

CONNECT WITH EASE

Employee Assistance Service for Education

Monthly Article

Healthy Steps for Social Wellness

"Cultivating social wellness is like keeping a flower garden—it takes intention, energy, time, care and effort—and is an ongoing process that requires attention throughout our entire life."



Free confidential professional help for district employees and family members:

Family troubles. Emotional distress.
Job stress.

Anxiety. Drug/alcohol use. Grief. Loss.
Life transition issues.

Professional counselors are ready to help.
Call the EASE Hotline for 24/7 assistance.

EASE CAN HELP DURING DIFFICULT TIMES

CONNECT WITH EASE:

(800) 882-1341

MESSAGE FROM EASE

July is "Social Wellness Month". Social wellness is an important aspect of overall healthy well-being. Our relationships have a great influence on us and are often directly linked to our mood and health. Research shows that people with strong supportive relationships live longer, happier lives. On the contrary, unhealthy relationships can quickly become a life stressor and have an impact on our mental health.

Social wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. You have the power to enhance your social relationships. The key is developing awareness and being intentional about how you are connecting with others. Consider how you can make small steps in greater Social Wellness this month!

Social Wellness Checklist

- **Make Connections** - look for ways to get involved with others.
- **Take care of yourself while taking care of others**-engage in self-care strategies.
- **Get active together** - engage in physical activity with others in your community.
- **Shape your family's health habits** -develop healthy eating and physical activity habits that last.
- **Bond with your kids** - Be sensitive, consistent, and available.
- **Acceptance** - seeing things as they actually are in the present and accepting whatever that is.
- **Build Healthy Relationships** - learning ways to improve your relationships and keep your connections supportive.

<https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/social-wellness-checklist.pdf>

HEALTHY STEPS FOR SOCIAL WELLNESS

By: EASE Staff

There are various aspects of well-being. Not only does it constitute eating well and exercising, but it also includes our social interactions and connections. It's no secret that healthy relationships are essential to a happy life, but what happens when we get preoccupied, overwhelmed, and busy is that we begin to lose contact with our family and friends.

According to researchers, approximately 20% of Americans feel lonely and isolated during their free time. Socially isolated people are more susceptible to illness and have a death rate two to three times higher than those who are not socially isolated.

Research suggest that certain physiological benefits of social support include:

- improved immune functioning
- lower blood pressure
- reduced anxiety
- reduced risk of chronic illness
- faster healing times
- higher cancer survival rates
- reduced physiological impact of stress

Incorporating time into our daily lives that allow us to build stronger social bonds and connect with others is the first step in promoting social wellness. Relationships that offer social support may improve mental health because it allows the person to feel valued, listened to, loved, and connected.



IDENTIFYING AND FOSTERING HEALTHY RELATIONSHIPS

- Reaching out to old friends
- Making regular plans with family members
- Attending a family or school reunion
- Joining a social organization that reflects your interests
- Voluntering with a non-profit organization

CULTIVATING SOCIAL WELLNESS

- Go to the gym, park, or a yoga, fitness or dance class
- Take up a hobby and connect with others who share your interest
- Join groups on www.meetup.com or other social networking sites
- Organize a spa day with a group of friends or colleagues
- Set a regular date night with your significant other or dinner with your family

<https://www.optimumperformanceinstitute.com/life-coaching/7-ways-to-successfully-cultivate-social-wellness-for-life/>
<https://www.canopyhealth.com/en/members/articles/building-healthy-relationships-can-increase-your-mental-health.html>



TALK TO US

EASE has counselors if you want to talk.

(800) 882-1341