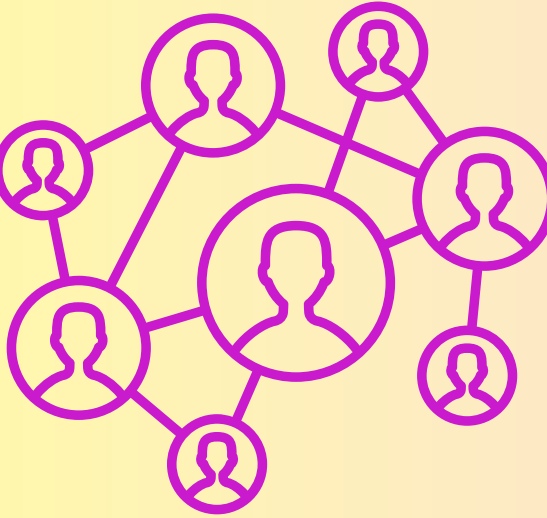


# SOCIAL WELLNESS MONTH

**Stay Connected: Celebrate Social Wellness Month with Us!**

Our relationships and interactions with others have a powerful influence on our overall health. Whether it is mentally, emotionally, and physically, positive social connections help reduce stress and anxiety, improve mood and self-esteem, and lower the risk of depression. Human beings evolved as social creatures after all, and 'survival of the fittest' may not be as true as 'survival of the most compassionate'. They also contribute to better physical health by promoting longevity, boosting the immune system, and decreasing the risk of heart disease and other chronic conditions. Strong social ties encourage healthy behaviors, build empathy and communication skills, and provide emotional support during difficult times, which fosters resilience. Most importantly, feeling connected to others gives us a sense of personal investment, goal sharing, and identity—core elements of a fulfilling life. Nurturing social wellness helps us thrive as individuals and as part of a larger community.



Volunteering supports social wellness by connecting you with others in meaningful ways. It fosters empathy, strengthens community bonds, and provides a sense of purpose. During Social Wellness Month, volunteering is a valuable way to enhance your well-being while making a positive impact on those around you.



Being physically active, such as a yoga class or joining a local sports team provides a function to socialize around. It establishes a routine for social interaction. Along the way your body benefits as physical activity correlates to a healthier lifestyle. Healthier lifestyles can boost your internal mood and decrease stress.



We all have that one friend or person in our life we haven't checked in on in too long or maybe 'left on read' one too many times. Meaningful conversations, shared memories, and simple check-ins can reignite bonds and remind us we're not alone. This Social Wellness Month, take time to reach out—you never know how much a small connection can uplift both you and someone else.



Spending time with family strengthens social wellness by deepening trust, support, and a sense of belonging. Whether it's sharing a meal, having a conversation, or just enjoying each other's company, these moments help nurture stronger connections. This Social Wellness Month, make space for quality time with the people who know you best.

## How to Build Healthy Relationships:

Strong, supportive relationships don't just happen—they're built through intentional communication, mutual respect, and trust. Whether you're strengthening old bonds or creating new ones, here are a few ways to build healthier connections.

**Be Honest and Open:** Share your thoughts and feelings clearly and respectfully. Open communication helps others understand where you're coming from and fosters a deeper sense of connection.

**Practice Active Listening:** Good relationships require listening—not just hearing. Focus on what the other person is saying without interrupting or forming a response too quickly. Show empathy and validate their feelings.

**Address Conflict Respectfully:** Disagreements are natural, but how you handle them matters. Express concerns without blame or personal attacks. Look for common ground and work toward solutions that support both sides.

**Set Healthy Boundaries:** Knowing your limits—and communicating them—is essential. Boundaries protect your emotional space and help define what's acceptable and respectful in a relationship. Just as you need space and respect, so do others. Honoring their boundaries builds trust and shows that you value their well-being.

**Know the Signs of Unhealthy Relationships:** A healthy relationship should make you feel supported, safe, and respected. If a relationship causes fear, anxiety, or harm—emotionally or physically—it may be time to step back or seek help. This Social Wellness Month, take time to reflect on your relationships. Even small changes in how you communicate and connect can lead to deeper, more meaningful bonds.

## RESOURCES:

**National Institute of Health's Social Wellness Toolkit:**



**Mental Health of America links for BIPOC individuals:**

