



SOCIAL WELLNESS

Ways to Support your Social Wellness:

The connections that we make with the people in our lives have an impact on our overall health and wellness. When we form deep connections with our family and friends, we tend to be much happier. However, isolation can negatively impact our physical, emotional, and mental health. For this reason, it is important to acknowledge our social health needs.





Meet up with family and friends in person, online, via phone, and via video



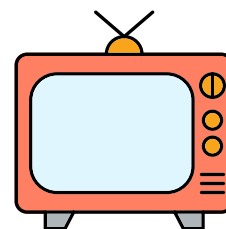
- Schedule regular calls with friends and family by utilizing video calls, using FaceTime, Skype, Zoom, or Facebook Messenger video-calling options and more.

Start a text or email chain with friends about good articles to read, videos to watch, podcasts to listen to, songs to listen to, etc.



- Catch up with old friends you've been out of touch with by email, phone, or on social media platforms.

Play online games with friends using apps, such as Words with Friends or Houseparty



Start watching TV shows or movies at the same time with friends, then check in to discuss them.



Cultivating Happiness

- Spend at least 15 minutes writing about the things for which you are grateful. You may find it easier to write at night so you can include events or observations from the day.
- Set an alarm on your watch, calendar, or smartphone to help remind you to write in your journal once or twice per week. Try to integrate journaling into your routine, but also write down joyful experiences as they happen so that you don't forget them.
- Begin your journey by writing about the basic material things about which you are grateful—such as having a home, a warm bed, food, etc. Then, try to shift the focus to the people, places, experiences, and situations that bring you joy and happiness.
- Avoid repeating the same entries. This will make journaling a challenge as time passes but challenging yourself in this way will allow your awareness and sense of gratitude to flourish.

Mindfulness improves emotional and physical health, reduces stress, and improves sleep. It can improve the quality of life and optimize tissue repair during the day and at night. Awareness leads to mindfulness, which can facilitate a path towards a state of the balance: the place where calm and relaxation are in equilibrium with sleep, active living, and optimal fitness. Daytime mindfulness activities can improve overall health and contribute to a healthy, deep rest. When less time is spent worrying, and focus is redirected from the past or future to the present, a path is opened for improved health and sleep.

Mindfulness meditation often uses either slow, intentional breathing or imagery to help to focus the thoughts.





Practice Gratitude

- Instead of tallying up all of the good people and things in your life, reflect deeply on how these people and things bring you joy, and what your life would be like without them.
- Try to find something to appreciate in the people and things you don't like. Focusing only on goodness will help shift your perceptions and bring you more happiness.
- Don't forget to be grateful for yourself and your abilities. Appreciate all that your body and mind can do— whether it's walking, talking, reading, dancing, swimming, or scaling a mountain.
- Get creative! Gratitude journals don't have to be full of lists and words. Fill yours up with keepsakes of your favorite moments— concert ticket stubs, restaurant menus, photos, etc.—or other things like drawings and collages that allow you to express your joy.



Practicing mindfulness and/or mindfulness meditation before bed has led to benefits including:

- o Reduced insomnia
- o Deeper sleep
- o Fewer episodes of wakefulness during the night
- o Improved mood and resilience
- o Greater daytime energy
- o Less anxiety





How to Get Started- practicing mindfulness to reduce stress and improve overall happiness:

- Select a quiet place where you can relax. Sit, stand, or lie down comfortably.
- Pay attention to the environment, listen to the sounds, smell what is around you, and feel the temperature of the room.
- Focus inward. Take several deep breaths, paying attention to how your body feels as you breathe. Let your eyes close as you become more relaxed.
- Scan your body and assess how you feel. Focus your awareness on the parts of your body that are tense or in pain. Breathe deeply and acknowledge the feeling, without judging it.
- If desired, you can imagine your body becoming heavier, and more anchored to the earth.

- If desired, you can visualize a location that makes you particularly happy. That could be a natural setting, a vacation spot you remember fondly, or a place where something good happened in your life.
- Let the thoughts flow. If you have anxious or worried thoughts, let each occurrence be an opportunity to observe the thought and let it go. Rather than fighting the thoughts, imagine standing still and letting the thoughts flow around you. Bring your attention back to your breath.
 - If you are concerned about losing track of time, set a timer.
 - Practice mindfulness meditation before you get ready for bed. Perhaps meditate before you brush your teeth, after shutting off your phone/computer, or as you lie in bed ready to fall asleep. Make mindfulness meditation part of your routine.

