

## **Social Wellness**

July is Social Wellness Month, a time to celebrate our connections to others. Social Wellness Month recognizes the importance of maintaining and creating social bonds with each other.

### **What is Social Wellness Month?**

The month celebrated in July, revolves around the concept of self-love and nurturing relationships.

### **What are examples of social wellness?**

Social wellness includes taking breaks, keeping up with hobbies and interests, and exercising.

### **Why is social wellness important?**

Social wellness is necessary for anyone who wants to build healthy relationships and a strong social network.

This month is the perfect time to begin educating yourself about social wellness. This kind of wellness involves all the different people you surround yourself with daily. This includes social circles such as your friends, family members, work colleagues, and classmates. The people you surround yourself with regularly impact you and your ability to make good choices for yourself.

If the people that you spend most of your time with are more pessimistic and unhappy, this can cause you to think and view life in a negative way. It can even cause you to develop emotional disorders such as anxiety and depression.

Team Member resources-

[myCigna - Get Access to Your Personal Health Information](#)

[Connect - Talkspace](#)

### **How Do I Improve My Social Wellness?**

To begin improving your social wellness, it is important first to consider your goals for yourself and compare these goals with the people you spend most of your time with. For example, if your goal is to feel happier and fulfilled in life, but you spend most of your time with negative individuals, you may find that spending too much time with them is weighing you down.

That said, it can be helpful to find people who help you become a better version of yourself and achieve your goals. It can also be beneficial to begin engaging in activities that support your goals. If you want to continue your education, you can make new friends by enrolling in your classes. Establishing social bonds with people who share your goals, interests, and values can benefit your life in many ways.

## **Social wellness is vital when it comes to your mental health.**

During Social Wellness Month in July, break out of your fixed routine and vow to meet new people. This is because social wellness is all about your capability to bond with others and build satisfying relationships. Why is this so important? Well, the fact is, the more people you meet, the more likely you are to develop new hobbies and embark on journeys you never even imagined you would be a part of. You will get to hear new jokes, experiment, go to new places, get involved in new activities, etc. Most importantly, social relationships have a lasting impact on physical health!

Social Wellness Month was founded by Words of Wellness, a counseling group that understood the importance of socializing and building new bonds. But this group is not alone in realizing the impact of social wellness on a person's health. Social interactions with friends, family, and neighbors can influence our well-being. After many such studies, an emphasis was placed on searching for ways where one could be involved with a community and have several social interactions.

Are you motivated yet to network and meet new people? Well, you have the entire month to plan out different activities and events that will help you mingle. All you have to do is focus on the long-term benefits of social wellness.

## **HOW TO CELEBRATE SOCIAL WELLNESS MONTH**

### **Plan a group activity**

Go boating, running, bowling, picnicking or any other activity you like to do with friends. The point is to be surrounded by people and simply have a good time.

### **Make a new friend**

To build a network, you must make a new friend. This may be tough for a few people, but it really is not as hard as it sounds. You can easily interact with people at a gym, a coffee shop, a bookstore, etc.

### **Volunteer**

Celebrate the month by volunteering at a children's home, an old age home, or any other place where you will get a chance to interact with new people.

## **5 FUN FACTS ABOUT SOCIAL WELLNESS**

### **No stress**

Those with a social network handle stress better.

### **Americans feel lonely**

Around 20% of Americans feel isolated in their free time.

### **Improving health**

Laughter, touching, and hugging can improve health.

## **Being alone**

Lack of companionship can increase cholesterol levels.

Love and warmth from people can increase immunoglobulin levels.

## **WHY SOCIAL WELLNESS MONTH IS IMPORTANT**

### **It reiterates the importance of social networks.**

Though a lot of people are introverts and prefer spending time alone, Social Wellness Month highlights because it is essential to build a social network.

### **It highlights how essential relationships are.**

Believe it or not, making new friends can teach you a lot and can also have a positive effect on your mind, body, and soul. Social Wellness Month highlights how relationships can benefit you and help you grow.

### **It teaches how your network can be expanded.**

Do not know how to make new friends? Well, several activities are held during this month to teach people how to socialize and create more opportunities for them to meet new people.

