

Tip

CHECK IN WITH
YOUR SOCIAL
WELLNESS.

CAN YOU
COMMUNICATE
CLEARLY
WITHOUT
CONFLICT?

DO YOU HAVE
AT LEAST ONE
GOOD FRIEND
YOU CAN
COUNT ON?



 Presented by:
The Partnership
for a Healthier Carroll County

8 Dimensions of Wellness

SOCIAL



WEEK 8 - DAY 3

WORKSITE WELLNESS



6 STRATEGIES TO IMPROVE YOUR SOCIAL HEALTH:

1. MAKE CONNECTIONS
2. TAKE CARE OF YOURSELF
WHILE CARING FOR OTHERS
3. GET ACTIVE TOGETHER
4. BOND WITH YOUR CHILDREN
5. BUILD HEALTHY RELATIONSHIPS
6. CREATE HEALTHY FAMILY
HABITS



Click [here](#) for
a video on
healthy
relationships!

Remember!

Healthy
relationships
are based on
love and
respect.

Test your
knowledge
with the
relationship
spectrum:

Click [here](#)



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL