

# LET'S KEEP IN TOUCH!

- Find out what your friend needs from you
- Set guidelines for how you will stay in touch
- Remind your friends that you are thinking about them often
- Tell them why they are special to you
- Discuss the future
- Pay attention to the details
- Make time for them
- Be there when it matters



## 8 Dimensions of Wellness

# SOCIAL



WEEK 8 - DAY 4

## WORKSITE WELLNESS



"ALONE WE  
CAN DO SO  
LITTLE;  
TOGETHER  
WE CAN DO  
SO MUCH."

-HELEN  
KELLER

### COMMUNITY— THINGS TO THINK ABOUT...

1. HAVE YOU FOUND SUPPORT GROUPS IN YOUR AREA TO CONNECT?
2. HAVE YOU MADE A DATE WITH FRIENDS LATELY?
3. ARE YOU KEEPING IN TOUCH WITH THOSE IMPORTANT TO YOU?



CLICK [HERE](#) TO  
LEARN ABOUT  
THE BENEFITS  
OF SUPPORT  
GROUPS.



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL