



8 Dimensions of Wellness

SOCIAL



WEEK 8 - DAY 1

WORKSITE WELLNESS

"REMEMBER,
YOU DON'T
NEED A
CERTAIN
NUMBER OF
FRIENDS,
JUST A
NUMBER OF
FRIENDS YOU
CAN BE
CERTAIN OF."

-UNKNOWN



SOCIAL WELLNESS IS ...

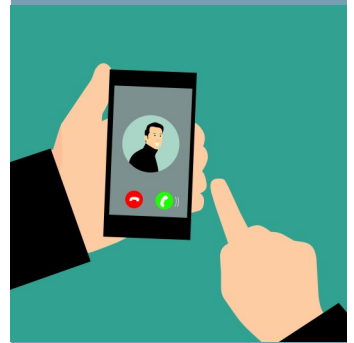
developing a sense of belonging,
connection, support system.



Click [here](#) for a video about
Social Wellness!

CHALLENGE:

CALL/ZOOM
A FRIEND OR
FAMILY
MEMBER!
PHONE CALLS
FOSTER
CLEAR COM-
MUNICATION
AND HELP
BUILD
STRONGER
RELATION-
SHIPS.



Presented by:

The Partnership
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL



8 Dimensions of Wellness

SOCIAL



WEEK 8 - DAY 2

WORKSITE WELLNESS

**"SOMETIMES THE
GREATEST
ADVENTURE IS
SIMPLY A
CONVERSATION."**

**-AMADEUS
WOLFE**



CLICK [HERE](#) FOR
A VIDEO ON
HOW TO FEEL
CONFIDENT
WHILE
MEETING
NEW PEOPLE.



THINGS TO THINK ABOUT!

- **ARE YOU MAKING TIME FOR
YOUR FAMILY AND FRIENDS?**
- **HAVE YOU TRIED BRANCHING
OUT AND VISITING NEW
PLACES?
MEETING NEW PEOPLE?**


Tip

**VOLUNTEERING
IS A GREAT
WAY TO
MEET
NEW PEOPLE!**

**KEEP AN
OPEN MIND!**



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL

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

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



8 Dimensions of Wellness

SOCIAL



WEEK 8 - DAY 5

WORKSITE WELLNESS

Tip

SET A TIME
LIMIT ON
SOCIAL MEDIA
APPS SO YOU
AREN'T
SPENDING TOO
MUCH TIME
SCROLLING!

THIS WILL
INCREASE YOUR
TIME AND
PRODUCTIVITY,
AS WELL AS
IMPROVE YOUR
ABILITY TO
FOCUS.



SOCIAL MEDIA...

HAS THE ABILITY TO HELP US
COMMUNICATE, STAY UP TO
DATE, FIND NEW FRIENDS,
PROMOTE CAUSES AND SEEK
EMOTIONAL SUPPORT.

IT IS IMPORTANT THAT WE
REMEMBER THIS VIRTUAL
CONNECTION CAN NEVER BE A
REPLACEMENT FOR HUMAN
CONNECTION IN-PERSON!

"IN A WORLD
OF
ALGORITHMS,
HASHTAGS
AND
FOLLOWERS,
KNOW THE
TRUE
IMPORTANCE
OF HUMAN
CONNECTION."

-SIMI FROMEN

You Tube

How to Start
using Screen
Time limits for
iPhone, iPad
and iPod touch.



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL