



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



CHALLENGE:

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

SOCIAL WELLNESS IS ...

developing a sense of belonging,
connection, support system.



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





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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!**



 Presented by:
The Partnership
for a Healthier Carroll County



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?



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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

You 

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](#)

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



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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.



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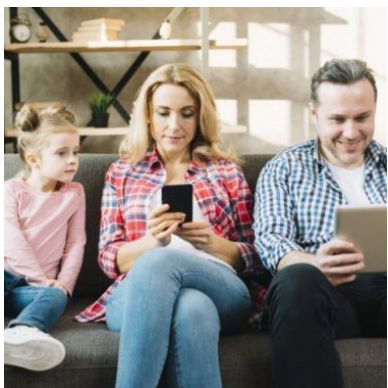
FINANCIAL



OCCUPATIONAL



SOCIAL



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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



[Set Up Screen Time Limits - iPhone](#)



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