

SOCIAL WELLNESS MONTH

Social Wellness is the ability to establish and maintain positive and nurturing relationships and have a sense of belonging.

Social Wellness Objectives include: Show respect for yourself and others; Communicate effectively with others; Have meaningful and healthy relationships with others; and Value diversity.

W	E	L	L	N	E	S	S
<p>Master of Verbal Appreciation Give a compliment, be genuine.</p>	<p>Reach Out Get involved in a social group or group activity</p>	<p>Interact with Others Meet or visit your neighbour</p>	<p>Show Appreciation Give someone a "Thank You" note</p>	<p>Interact with Others Give someone a hug </p>	<p>Visit Have lunch with someone you haven't had lunch with before.</p>	<p>Humor Tell someone a joke . . . did they laugh? If not, keep trying!</p>	<p>Rekindle an Old Friendship Call someone you haven't spoken with in the last 3 months+</p>
<p>Appreciate Others Write someone a note/card telling them why they are special to you</p>	<p>Know Thyself: In your Journal, write down What are your values?</p>	<p>Diversity Learn about and appreciate the richness of another person's culture.</p>	<p>Wild and Crazy Day: Choose your own healthy social habit. Anything goes (keep it legal though)</p>	<p>Bedtime Bliss Find balance – practice self-care and get a min of 7 hours of uninterrupted sleep</p>	<p>Know Thyself: Journal, In your Journal, write down What are your needs?</p>	<p>Appreciate Yourself Retreat Take at least 1 hour for yourself and do an activity/hobby</p>	<p>Art of Communication Actively listen to someone and acknowledge their feelings by repeating what they said in your own words</p>
<p>Volunteer Volunteer at least 1 hour of your time. Great way to meet new people!</p>	<p>Explore Organize an outing with a friend/family etc and explore a new place</p>	<p>Raise a Glass Drink 1.5L of water today </p>	<p>Interact with Others Visit a colleague instead of sending them an email.</p>	<p>Unplug Put away the cell phone & spend quality time with others (unplug for a min of 3 hours straight)</p>	<p>Play Date Schedule a play date with a friend/family/colleague </p>	<p>Evaluate Do you have any unhealthy relationships in your life?</p>	<p>Interact with Others Say "HELLO" to someone you have seen before, but never greeted...Bonus if you sing Adele "Hello" song to them.</p>
<p>Know Thyself: In your Journal, answer: Does opening up to others about myself make me anxious or uncomfortable? Why or why not?</p>	<p>Change Make one simply change today to improve your social wellness</p>	<p>Reach Out Show confidence, smile and introduce yourself to someone you haven't met before</p>	<p>Diversity Demonstrate by your actions that not everyone has to act, communicate, or look a certain way to be your friend.</p>	<p>Search Out Search your name on the Internet to ensure there is no inappropriate content associated with you.</p>	<p>Art of Communication Pay attention when two or more people are talking. Observe the dynamics and gestures between them</p>	<p>Know Thyself: In your Journal, create a SMART Social Wellness goal. Specific; Measurable Attainable; Realistic Timely</p>	<p>Surround yourself with healthy relationships Avoid those that put you down or take but never give.</p>

Challenge yourself to work on at least one square per day. When you complete the task, check of the square.

Work towards completing at least 17 squares over the course of the month. If you complete all the squares – shout BINGO, give yourself a pat on the back, and take a bow!

