

Social Wellness

Social wellness refers to our ability to interact with others and form meaningful relationships. It involves building healthy, nurturing and supportive relationships, as well as fostering a genuine connection with those around you.

Having healthy relationships can improve your overall health. Being in connection with those who care about us reduces distress. People who have healthy relationships, and a strong social network tend to live longer, can comfortably adapt in social situations, and respond better to stress.

One of the biggest benefits of having good social wellness is the presence of a social support network. This network can be close friends and family members to turn to when you are in need or in a crisis. Your support team can offer assistance, perspective, and insight



Social wellness is about nurturing ourselves, others, and our connections. Healthy relationships are developed over time and should be mutually beneficial -- a balance of requiring and providing support. Here are a few tips for establishing and maintaining lasting relationships:

- Devote time each week to the relationship to show that you see it as a priority.
- Be honest and supportive of one another's feelings, hopes, and dreams.
- Refrain from judgement. We are not perfect. Build up those around you instead of breaking them down.
- Show appreciation in verbal and nonverbal ways.
- Never jump to conclusions or respond without the whole picture.
- Do not compete. Be happy instead of jealous with successes that are not your own.

Take the time to develop your social support network. Make some new friends or strengthen the healthy relationships you currently have. The effort you put into fostering these relationships have many long-term benefits for your physical, mental, and emotional well-being.

Activity: Identify two people in your social support network; call or text them and catch up!

Source: onehealth.com/services/behavioral-health/8-ways-to-better-social-wellness/

For more information about January Mental Health Month please visit gp.osu.edu/MentalHealthMonth or facebook.com/ohio4h

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