# About Social Wellness

Social Wellness involves developing a sense of connection, belonging, a well-developed support system.

* Make at least one social connection per day by calling, e-mailing, or visiting someone.
* Get active in a support group.

Consider focusing on your social wellness if you agree with one or more of the following:

* I want to give time to community projects
* When I can, I want to help others more often
* I want to be a better communicator
* I want a stronger support system
* I want to stay in touch with my friends and family
* I want to spend more time with positive people

# Motivational Messages

1. Push the boundaries of your comfort zone! Try to introduce yourself to someone new today.
2. Connect with someone new-- Share something interesting about yourself.
3. Remember, friendships are give and take. Offer your support to a friend in need.
4. Feeling disconnected? Join a social/support group for something important to you.
5. In a good relationship, you will get out what you put in. So always try to be your best!
6. Feeling lonely? Take a few minutes to call, email, or text someone.
7. The internet can make it easier to meet new friends! Try sites like MeetUp.com and connect with new people!
8. Spend time with loved ones to create connections with those you care about.
9. When it comes to managing stress, maintaining positive relationships is not just a good idea—it’s essential!
10. Do you like to read? Find a local, free book club to read and meet new people! Intellectual + Social Wellness!
11. Having trouble telling a friend how you feel? Try writing it down first.
12. Spending time with positive people can make you happy. Who can you connect with today?
13. When friends encourage each other, they are more likely to succeed. Remember to ask for a friend’s support when you need it.
14. Connecting with others in recovery can support your own journey.
15. The 8 Dimensions are all connected! Find a place to volunteer and meet new people. Occupational + Social!
16. Have you tried volunteering? It can give you a sense of purpose and social connection.
17. Be the change you want to see in your community.
18. The 8 Dimensions are all connected. Make an effort to reach out to a neighbor today. That’s Social + Environmental!
19. Speak up! Join in on a community conversation to meet people with similar interests.
20. Looking to help yourself and others? Consider getting involved in peer recovery support.
21. The 8 Dimensions are all connected! Encourage a friend to take a walk with you this week. That’s Social + Physical.
22. Remind yourself that you deserve supportive friends and a healthy support network.
23. Remember to take the time to support your friends, too. We can all use a little support sometimes!
24. Building healthy relationships can help improve all Eight Dimensions of Wellness.
25. Reconnect with someone you haven’t spoken to in a while!
26. Looking to reconnect with family or friends? Pick up the phone and catch up if they are too far away—even a phone call can lift your spirits!
27. Looking to get out and meet people with your same interests? If you like art, try a gallery; if you enjoy history, visit historic sites.
28. Have you found a place to volunteer? You never know who you might meet.
29. Always remember to keep an open mind when meeting new people!
30. Looking for volunteer opportunities? Ask people in your community for ideas!
31. Working on your social wellness? Brainstorm events that would be good ways to connect or reconnect to friends, like a public concert.

# Positive Reinforcement

1. Keep up the good work! Building relationships takes time.
2. You are a good friend.
3. You’re making new connections every day!
4. You are courageous when you introduce yourself to new people.
5. Every day is a fresh opportunity to make new friends.
6. You’re doing a great job connecting with friends and family!
7. You’ve been connecting with friends and family regularly. Way to go!
8. By improving your social wellness, you’re creating space in your life for positive people.
9. Always remember: your friends and family are supporting your recovery journey!
10. Taking care of yourself is helping you be a better friend to others!
11. Spending time with positive people is helping you feel good.
12. You can accomplish more with the support of a friend.
13. A good friend is good for your health – social support can help with stress.
14. You’re building your support network and creating healthy friendships. Way to go!
15. Spending time with friends is improving your social and emotional wellness. Keep it up!
16. You’re finding ways to connect with new people. That’s impressive!
17. You’re doing a great job forming new, healthy relationships!
18. Creating nurturing relationships is supporting your recovery. Well done!
19. You can have the confidence to put yourself out there!
20. You’re working hard to create a well-developed support system. Good for you!
21. You’re becoming a better listener and offering support to your friends when they need you. That’s great!
22. You’re seeing improvements in all 8 Dimensions of Wellness as you continue to strengthen your social network.
23. You’re getting more comfortable and confident about meeting new people and making new friends. Be proud of yourself!
24. Take a moment and reflect on the healthy relationships you’re building to support your recovery.
25. You’re getting better at expressing yourself and sharing your feelings with your loved ones.

# Activities

**a.** Discovery Questions (Think)

**Title:** Is it time for a change? **Description & Instructions:** Consider all the things people in your life say or do. Do they say or do things that hurt you; go against your morals, values, and beliefs; keep you from pursing your goals and dreams; or make you feel badly about yourself? Have you talked to them about it? Do they continue to do it anyway? Ask yourself: is it time for a change? Should I surround myself with new people? **Estimated Duration:** 10-20 minutes

**Title:** Avoiding isolation. **Description & Instructions:** Think about the times you might become socially isolated or feel alone. During the winter months? On weekends? Think about when these moments of isolation happen and how they make you feel. Brainstorm ways to get connected with others when you’re feeling lonely. **Estimated Duration:** 10-20 minutes

**Title:** Healthy friendships. **Description & Instructions:** Think about your friends and the connections you have with others. Identify relationships that are helpful, those that are more challenging, or those that are potentially harmful and barriers to self-care. Think about ways to improve these connections, and remember the helpful relationships when you need support. **Estimated Duration:** 10-20 minutes

**b.** Physical (Do)

**Title:** Find a Friend **Description & Instructions:** Choose a topic that interests you and search the internet to find groups related to that topic, either online or near you. Consider if you would like to interact with people online or in-person. If you find a group you want to join, follow the instructions to join it and be ready to make some new friends. **Estimated Duration:** 45-60 minutes

**Title:** Creating Routines **Description & Instructions:** Talk with a friend about a healthy routine or ritual you can create. Healthy breakfasts on Sundays, walk together on Tuesdays – what would work best for you? Create a plan for a social routine and stick with it. **Estimated Duration:** 20-30 minutes planning

**Title:** Connecting the Dimensions. **Description & Instructions:** All of the Dimensions are Connected. Connect with a friend and pick a dimension to focus on, and do one activity to improve that dimension together. Spiritual? Try meditating. Physical? Cook a healthy meal. Occupational? Attend a job fair. Intellectual? Go to a museum. These are just examples, and the possibilities of what you can do are endless! **Estimated Duration:** 20-30 minutes planning

**c.** Document (Write)

**Title:** Get to know yourself. **Description & Instructions:** Take a sheet of paper and fold it in half to make two columns. In the first column, list all the things you are proud of about yourself. In the second column, list the things you want to improve about yourself. Review the columns. The first represents who you are now. The second represents who you want to be. Knowing this information, write down the things you need from people in your life to maintain the first column and to help you achieve the second. Surround yourself with people who can meet those needs. **Estimated Duration:** 30-45 minutes

**Title:** Time to Connect. **Description & Instructions:** Has it been a while since you’ve talked to friends or family? Write a list of people that you need to reconnect with, and then try the “Phone-a-Friend” activity! **Estimated Duration**: 5-10 minutes

**Title:** A healthy support network. **Description & Instructions:** Make a list of the positive supporters in your life. Write down their names, the best way to reach them, and a strength they offer as a friend. Keep the list handy if you ever need to reach out to a friend. **Estimated Duration**: 10-15 minutes

**d.** Person-to-Person (Interact)

**Title:** “Hi, my name is…” **Description & Instructions:** Practice introducing yourself to new people. What do you want them to know about you? Your favorite things? Your hobbies and interests? Where you grew up? What you do now? Think about these things now so you can prepare for when you meet someone later. **Estimated Duration:** 10-15 minutes

**Title:** Phone-a-Friend **Description & Instructions:** Do you have a friend that you haven’t talked to in a while. Take a few minutes to call and chat with them or send them a quick text. **Estimated Duration:** 5-15 minutes

**Title:** Join a group! **Description & Instructions:** Interact with new people by joining a book club, support group, or group focused around one of your favorite wellness activities. You can find groups online or through a local library. Find a healthy group that fits your interests, join, and interact with new people. **Estimated Duration:** 20-30 minutes to find the right group

# Resources

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

The 126 Wellness Worksheets in this package are designed to help you become more involved in your own wellness. Access worksheets, assessment tools, inventories and more.

[Signs and Tips for Social Wellness](http://www.unh.edu/health-services/ohep/social-wellness)

Access additional tips and tools for social wellness from the University of New Hampshire Health Services.

[Suggestions for Increasing Social Wellness](https://shcs.ucdavis.edu/wellness/social/)

The University of California, Davis offers ideas for social wellness, from joining clubs to practicing self-disclosure.

[Building a Healthy Relationship from the Start](http://www.cmhc.utexas.edu/vav/vav_healthyrelationships.html)

This article is based on an audiotape script originally developed by The University of Texas at Austin, and includes strategies for healthy relationships.