

Steps to

Connect with Others

WELLNESS
EDUCATION
CENTRE



What is Social Wellness?

Ask yourself if these apply to you

I treat all people with respect

I can (usually) find balance between work and social time

I enjoy and find value from the activities that I am involved in

I can build relationships of trust, understanding, and communication

I have a social network for having fun and for times that I'm feeling down

I can be assertive when necessary to stand up for myself and my opinion

I can have fun and feel comfortable in social situations or spaces

I am comfortable with who I am in social situations

I have connections in my community



Created by
Lauren Kanko

Steps to

Connect with Others

WELLNESS
EDUCATION
CENTRE



Maintaining Social Wellness

Smile

Don't hold grudges

Stay connected with friends and family

Put your phone down when you're with people

Get involved with clubs or activities that you enjoy

Reflect on your relationships with others and how they influence your mood

If a friend is in need, take the time to ask, "is there anything I can do to help you?"

Spend some time alone if you need to recharge before seeing friends

School is busy - schedule plans with friends to stay connected

Don't be afraid to ask for help when you need it

Spend time with pets

Listen

