Steps to Connect with Others

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

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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