



# Social Wellbeing

**1. Social wellbeing** entails developing and maintaining meaningful relationships with other people and our communities. This may be done via mediums such as Telephone, Zoom, FaceTime, WhatsApp, and Messenger if face-to-face is not possible.

**2. Keep socially connected** to maintain your health and prevent illnesses such as heart disease or stroke.



**3. Be careful with social media.** Even though it can make us feel connected with others, research shows the more we use it, the more socially isolated we can feel.



**4. Social wellbeing is linked to:**

- Improved self-esteem and confidence
- Better cognitive functioning
- Feeling good about ourselves
- Decreased levels of anxiety, depression, or stress



**5. Social needs:**

Social needs include:

- Belonging
- Loving and being loved
- Connection with others
- Feeling accepted

**6. Maintain social wellbeing by:**

- Doing kind things for others
- Keeping in frequent contact with your friends
- Spending quality time with those you love
- Communicating effectively by actively listening and calmly expressing your thoughts and feelings
- Engaging in voluntary work
- Joining a group that has a common interest such as art, crafts, creative writing, board games, and music
- Being part of a study group
- Going on social outings such as having a meal together
- Joining a walking group or exercising with others
- Being involved in community and cultural events
- Getting involved in a team sport such as basketball, netball, football & soccer



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