



# Connecting with Others

Forming connections with one’s environment and community is the emphasis of social wellbeing.

Creating authentic connections with others can provide joy and a sense of belonging and offer support during difficult times. When making intentional choices to nurture intimate relationships and important friendships you construct a better living space and community for yourself and others.

Social wellbeing involves building healthy, nurturing, and supportive relationships while fostering a genuine connection with those around you. It includes balancing your relationships at work with those at home. And striking a balance between alone time and your social life.

Cultivating social wellbeing is like tending a garden – it requires intention, energy, time, care, and effort. It is a work in progress that requires attention throughout life.

## Cultivating Connections

- Make an effort to keep in touch with friends and family members via mail, text, phone, or personal visits.
- Be a trustworthy, dependable and caring friend.
- Join a group (church, philanthropic, hobby-related, etc.) or club (knitting, hiking, cooking, travel, etc.).
- Volunteer – you will feel good about contributing to a cause and meet others who share your passion.
- Take a class to learn a new skill or explore an interesting topic. Here you can meet others with similar interests.
- Write thank-you notes to important individuals in your life.
- Plan a regular lunch date with a friend or organize a monthly game night for friends or family.

### When thinking about social wellbeing during a check-in moment, reflect on the following questions:

- Am I living in harmony or conflict with those around me?
- What aspects of my social life do I enjoy? What aspects need my attention?
- Do I enjoy the time I spend with others?
- Do I explore diversity by interacting with individuals of other cultures, backgrounds, and beliefs?