

Social Wellness Checklist

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:



MAKE CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Look for ways to get involved with others.

TO FIND NEW SOCIAL CONNECTIONS:

- ☐ Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.
- ☐ Learn something new. Take a cooking, writing, art, music, or computer class.
- ☐ Take a class in yoga, tai chi, or another new physical activity.
- ☐ Join a choral group, theater troupe, band, or orchestra.
- ☐ Help with gardening at a community garden or park.
- ☐ Volunteer at a school, library, hospital, or place of worship.
- ☐ Participate in neighborhood events, like a park clean-up through your local recreation center or community association.
- ☐ Join a local community group. Helping others can reduce feelings of loneliness.
- ☐ Travel to different places and meet new people.



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