

ON SOCIAL WELLNESS

MEETING YOUR NEEDS IN CONNECTION WITH OTHERS

WHAT IS SOCIAL WELLNESS?



Social Wellness is the integration of your sense of well-being with others in your community.

When you are congruent with your community, you:

- Feel as if your needs are being met
- Your values are in alignment with your community
- Feel trusting and safe with others

ARE YOU SOCIALLY WELL?



Ask yourself the following questions:

1. What is my community?
2. What is my **intention** for being in these communities?
3. Am I **satisfied** with these communities?
4. Do I feel as if I am seen and **respected** by other members of my community?
5. What would I like to shift about **how I spend my time** - either with others, or alone?



COMMON SYMPTOMS OF SOCIAL UNWELLNESS

There are often feelings of dissatisfaction with a community. Common symptoms include:

1. Mismatch in Values
2. Difference in level of Differentiation
3. Anxiety of self & the system

Remember: These symptoms can create a feedback loop, leading to further feelings of isolation!

SO ... HOW DO I CREATE A SENSE OF SOCIAL WELLNESS?



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Remember: Everyone's definition of social wellness is different! And your definition can change with life's circumstances.

Ask yourself some of the following questions:

1. What am I looking for in a community?
2. What am I willing to give to this community?
3. What is my intention for joining this community?
4. How will I know if it's not the right group for me?



REMEMBER ...

SOCIAL WELLNESS REQUIRES A MATCH

BETWEEN PERSONAL & COMMUNITY VALUES!



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