

### 3. Social Wellness

**Definition:** A sense of connection, belonging, and a connection to a support system. Includes relationships with friends, family, pets, the community, and an interest in and concern for the needs of others. For many, relationships involve a sense of reciprocity and equality.

Swarbrick, M. (2010, January 19). Defining wellness. Words of Wellness

#### **Social Wellness Checklist**

- Taking part in clubs, social groups, or volunteer activities
- Maintaining social connections by keeping in touch with others
- Interacting with diverse groups of people
- Being aware of your impact in your community
- Building a strong support network of family, friends, co-workers, and peers
- Developing positive relationships
- Communicating effectively
- Reaching out for support and asking for help when needed
- Practising reciprocity in relationships
- Setting healthy boundaries with yourself and others

#### **Reflective questions**

- Do I have a sense of belonging in my relationships and communities?
- Do I set healthy boundaries with others?
- Do I have people in my life that I can trust?
- Do I communicate openly and respectfully with people in my life?
- Do I practise reciprocity in my relationships (giving and receiving support equally)?