

HealthMatters

AN EVERSIDE HEALTH & WELLNESS RESOURCE | 2022



Social relationships help you navigate the world.

Supportive relationships and positive interactions with others enhance your quality of life, impacting mental and physical health as well as longevity.

Social well-being boosts your health

Social well-being includes developing and maintaining strong, healthy relationships. What can you expect when you nurture positive social connections?

- Feel more resilient mentally and physically.
- Share in healthier everyday habits.
- Express your true self and feel more comfortable with people from all walks of life.

Social health impacts

Quality and quantity of social interactions matter to your health, both immediately and in the long run. The links between positive relationships, health, and overall well-being are seen in three pathways:

Behavioral

Social bonds such as those with partners and friends can influence our every day health habits and behaviors, which can influence our health and longevity.

Contact your Everside Health provider today to learn more.

Psychosocial

Social support can reduce stress and enhance emotional and psychological well-being, positively influencing health behaviors and physical health.

Physiological

Positive relationships can boost cardiovascular, immune, and endocrine responses, which can affect longevity and health in the long run.

Did you know?

High levels of social support may help people stick to healthier diets and reduce emotional stress, which can positively influence health outcomes.

Key indicators

Social well-being is focused on social duties adults face in their lives and how they balance individual and social worlds:

- **Social integration** is the sense of being a part of a community and society based on how supported and represented you feel.
- **Social acceptance** is the feeling that other people respect you and want to include you.
- **Social contribution** is your assessment of your personal value and contribution to society or a community.
- **Social actualization** refers to a view that society can progress to meet our highest needs through collaboration.
- **Social coherence** is a view of solidarity and mutual trust among members of a community who are helpful, fair and share resources.

Social isolation and loneliness, by contrast, are key risk factors for poor health.

Strategies for improving your social well-being

Make connections

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.

Build healthy relationships

It's important to know what a healthy relationship looks like and how to keep your connections supportive. Learn the differences between healthy and unhealthy ways of relating to others.

Take care of yourself

Eat healthy foods and move as often as you can. Share with friends and family ways they can help. Try to take breaks each day and keep up with your hobbies and interests when you can.

Bond with your kids and family

The strong emotional bonds that result help children learn how to manage their own feelings and behaviors and develop self-confidence. Ask about their concerns, goals, and ideas.

Shape your family's health habits

Be a positive role model for your family. Your everyday behavior plays a big part in shaping your family's behavior. With your help, family members can learn to develop healthy eating and physical activity habits that last throughout their lives.

Get active together

Being active with others in your community can have a positive effect on your health habits and create opportunities to connect. Start a walking group with friends, neighbors or co-workers.

Want to learn more?

Contact your provider to discuss your social well-being today!

Sources:
[What Is Social Wellbeing? 12 Activities for Positive Relationships | Positive Psychology](#), accessed 7/21/2022
[Social Wellness Toolkit | National Institutes of Health \(NIH\)](#), accessed 7/21/2022
[Social Cohesion - Healthy People 2030 | health.gov](#), accessed 07/25/2022

Ways to improve social well-being

Express gratitude to others

Journaling, writing a letter, and communicating gratitude to others can improve well-being, increase positive energy, reduce negative energy, and promote optimism and prosocial behaviors.

Random and consistent acts of kindness

Doing either planned or unplanned acts of kindness can foster feelings of well-being. Try this daily for a period of one week with yourself and others while being mindful of thoughts and feelings.

Loving kindness meditation

Practicing self-love, empathy, understanding, and kindness can increase feelings of connectedness and foster positive emotions. It is wishing goodwill to yourself and others without expectations.

Did you know?

Compassion at work can yield individual benefits in terms of better physical and mental health, decreased symptoms, and the promotion of healing from ill health.

Active constructive responding

Sharing positive experiences with others through engaging conversations that reflect a genuine, honest, and enthusiastic interest in the other person is linked to increased positive emotions.

High-quality relationships

People engaging in healthy relationships experience positive thoughts, energy, and mutual goodwill. They feel valued, understood and energized in interactions.