



Social well-being boosts your physical and mental health!

Developing and maintaining supportive relationships and positive interactions with others enhances your quality of life.

Social health impacts

Quality and quantity of social interactions matter to your health, both immediately and in the long run. Try practicing these strategies to improve social well-being:

Build healthy relationships

People engaging in healthy relationships experience positive thoughts, energy, and mutual goodwill.

Shape your family's health habits

Be a positive role model for your family. 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.

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.

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

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