

EXPLORE THE DIMENSIONS OF WELLBEING

Dimension 4: Social



OPEN YOURSELF
TO CONNECTION
WITH LOVED ONES



PRACTICE SAYING
“NO” TO REQUESTS
OR FAVORS IF THEY
MAKE YOU
UNCOMFORTABLE







INTRODUCE
YOURSELF TO OR
CHECK IN ON
YOUR NEIGHBORS

Today we continue our series on the dimensions of wellbeing. Remember the eight dimensions: physical, emotional, intellectual, vocational, social, environmental, spiritual, and financial dimensions. The last several weeks have covered physical, intellectual, and emotional wellbeing. Now we will focus on social wellbeing. Tending to and creating balance among these dimensions looks different for everyone and may change over time. Keep engaging in the process! Taking some time to focus on the “dimension of the week” may help you to identify areas that need some extra attention.

Social wellbeing means tending to your relationships and maintaining healthy boundaries. It means caring for others and, equally as important, allowing them to care for you. Social wellbeing means being involved in your community.

Ways to care for your social wellbeing:

-  Open yourself to connection with loved ones
-  Practice saying “no” to requests or favors if they make you uncomfortable
-  Introduce yourself to or check in on your neighbors
-  Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>