

**Wellness Autopilot**

**Social Wellness**

# Social Wellness

## **#1**

Title

**Connect with Others!**

Message

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health.

To find new social connections:

1. Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.

2. Learn something new. Take a cooking, writing, art, music, or computer class.

3. Take a class in yoga, tai chi, or another new physical activity.

4. Join a choral group, theater troupe, band, or orchestra.

5. Help with gardening at a community garden or park.

6. Volunteer at a school, library, hospital, or place of worship.

7. Participate in neighborhood events, like a park clean-up through your local recreation center or community association.

8. Get active in your community.

9. Helping others can reduce feelings of loneliness.

10. Travel to different places and meet new people.

Link

<https://newsinhealth.nih.gov/2017/02/do-social-ties-affect-our-health>

Image



## **#2**

Title

**Self-Care Tips for Caregivers: Getting Organized**

Message

As a caregiver, it's easy to put your own needs on the back burner while focusing on the needs of your loved one. However, taking care of yourself is crucial to avoid burnout and maintain your own well-being. One way to start prioritizing self-care is by getting organized.

Making to-do lists and setting a daily routine can help you feel more in control and reduce stress. Start by making a list of all the tasks you need to accomplish each day and prioritize them. Consider delegating some tasks to others or hiring help if necessary. Then, schedule specific times for each task, taking into account your own needs for rest and relaxation.

By creating a structured routine, you can reduce decision fatigue and feel more productive. This can free up mental space to focus on your own self-care, such as exercising or spending time on a hobby. Remember, taking care of yourself is not selfish, it's necessary to be a good caregiver in the long run.

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## **#3**

Title

**The Power of Asking for Help**

Message

Are you feeling overwhelmed and struggling to keep up with your daily tasks? It's okay to ask for help! Building a strong support system can help you manage stress and reduce the burden of responsibilities. Start by making a list of specific ways that others can assist you, such as running errands, picking up groceries, or watching your children. Don't be afraid to reach out to friends, family members, or community resources for support. Remember, asking for help is a sign of strength, not weakness. Together, we can overcome any challenge.

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## **#4**

Title

**Take a Break: How Respite Care Can Help You Find Time for Yourself**

Message

Taking care of a loved one can be a full-time job, but it's important to take breaks and care for yourself too. Respite care can provide you with the opportunity to take time off and recharge. This can be especially helpful for caregivers who may feel overwhelmed or burned out.

Respite care comes in many forms, from hiring a caregiver to take care of your loved one for a few hours to enlisting the help of family and friends. It's important to make a plan and identify what type of care would be most beneficial for you and your loved one.

By taking breaks each day, you can reduce stress and prevent burnout. This can help you feel more energized and better equipped to provide care for your loved one. So don't hesitate to ask for help and take advantage of respite care options available to you.

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## **#5**

Title

**The Importance of Pursuing Hobbies and Interests**

Message

Engaging in hobbies and interests is a crucial aspect of self-care and personal fulfillment. When we make time for the things we enjoy, it helps us maintain a sense of balance and perspective in our lives.

Research shows that hobbies and interests can also have a positive impact on our physical and mental health. They can reduce stress, increase happiness, and even improve cognitive function.

It's important to prioritize our hobbies and interests, even when life gets busy. Making time for them can be challenging, but it's worth it in the long run. Consider scheduling specific time slots in your week dedicated to pursuing your hobbies or interests.

If you're having trouble finding a new hobby, consider trying something new. Take a class, try a new activity, or explore a new place. You may discover a new passion and find a renewed sense of purpose and joy in your life.

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## **#6**

Title

**Prioritizing Your Health: The Importance of Eating Healthy and Exercising Regularly**

Message

As a caregiver, it can be easy to neglect your own health while tending to the needs of others. However, it's essential to prioritize your own physical health to ensure that you have the energy and stamina to provide care. Two key components of a healthy lifestyle are a balanced diet and regular exercise.

Eating healthy foods can help you maintain a healthy weight, reduce your risk of chronic diseases, and improve your overall well-being. Aim to incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals. Consider meal prepping and planning ahead to make healthy eating easier.

Regular exercise is also essential for maintaining good health. Even if you don't have time for a full workout, finding ways to move your body throughout the day can have significant benefits. Try taking a walk, doing a few minutes of yoga or stretching, or engaging in activities you enjoy, such as dancing or gardening.

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## **#7**

Title

**Get Active Together!**

Message

Where you live, work, or go to school can have a big impact on how much you move and even how much you weigh. Being active with others in your community can have a positive effect on your health habits and create opportunities to connect.

To help make a more active community:

1. Start a walking group with friends, neighbors, or co-workers.

2. Make the streets safer for walking by driving the speed limit and yielding to people who walk.

3. Consider joining a low- or no-cost exercise group or an office sports team such as softball or kickball, and enroll kids in community sports teams or lessons.

4. Participate in local planning efforts to develop walking paths, sidewalks, and bike paths.

5. Work with parents and schools to encourage kids to safely walk or ride bikes to school.

6. Join other parents to ask for more physical activity at school.

7. Try different activities to find the ones you really enjoy, and have fun while being active!

Link

<https://newsinhealth.nih.gov/2015/05/opportunities-abound-moving-around>

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## **#8**

Title

**Bond with Your Kids**

Message

Parents have an important job. Raising kids is both rewarding and challenging. Being sensitive, responsive, consistent, and available to your kids can help you build positive, healthy relationships with them.

To build strong relationships with your kids:

1. Catch kids showing good behavior and offer specific praise.

2. Give children meaningful jobs at home and positive recognition afterward. Help them improve their skills one step at a time.

3. Use kind words, tones, and gestures when giving instructions or making requests.

4. Spend some time every day in warm, positive, loving interactions with your kids. Look for opportunities to spend time as a family.

5. Brainstorm solutions to problems at home or school together. Be available for advice and support, especially for teens.

6. Set limits for yourself on mobile device use and other distractions.

7. Ask about your child’s concerns, worries, goals, and ideas.

8. Participate in activities that your child enjoys.

Link

<https://newsinhealth.nih.gov/special-issues/parenting/positive-parenting>

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## **#9**

Title

**Build Healthy Relationships**

Message

Strong, healthy relationships are important throughout your life. They can impact your mental and physical well-being.

To build healthy relationships:

1. Recognize how other people influence you.

2. Share your feelings honestly.

3. Ask for what you need from others.

4. Listen to others without judgement or blame. Be caring and empathetic.

5. Disagree with others respectfully. Conflicts should not turn into personal attacks.

6. Avoid being overly critical, angry outbursts, and violent behavior.

7. Expect others to treat you with respect and honesty in return.

8. Compromise. Try to come to agreements that work for everyone.

9. Protect yourself from violent and abusive people. Set boundaries with others. Decide what you are and aren't willing to do. It's okay to say no.

Link

<https://newsinhealth.nih.gov/2018/04/building-social-bonds>

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## **#10**

Title

**Understanding the Relationship Spectrum: What You Need to Know**

Message

Loveisrespect.org provides a valuable resource for understanding the different types of relationships and where they fall on the relationship spectrum.

From healthy relationships to unhealthy relationships and even abusive relationships, it is important to know what to look for and how to navigate each type of relationship. By understanding the relationship spectrum, you can better identify red flags, set boundaries, and make informed decisions about your own relationships. Check out the Loveisrespect.org Relationship Spectrum for more information and resources.

Link

<https://www.loveisrespect.org/everyone-deserves-a-healthy-relationship/relationship-spectrum/>

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## **#11**

Title

**Shape Your Family’s Health Habits**

Message

Many things can influence a child, including friends, teachers, and the things they see on the TV or computer. If you’re a parent, know that your everyday behavior plays a big part in shaping your child’s behavior.

To help kids form healthy habits:

1. Be a role model. Eat healthy family meals together. Walk or ride bikes instead of watching TV or surfing the Web.

2. Make healthy choices easy. Put nutritious food where it’s easy to see. Keep balls and other sports gear handy.

3. Focus on fun. Play in the park, walk through the zoo, or on a nature trail. Cook a healthy meal together.

4. Limit screen time. Avoid snacks and meals in front of the TV.

5. Check with caregivers or schools. Make sure they offer healthy foods, active playtime, and limited TV or video games.

6. Change a little at a time. If you drink whole milk, switch to 2% milk for a while, then try even lower fat milks. If you drive everywhere, try walking to a nearby friend’s house, then later try walking a little farther.

Link

<https://newsinhealth.nih.gov/special-issues/parenting/shape-your-familys-habits>

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