

# Social Wellness

The **Social Wellness** dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature. As you travel a wellness path, you'll become more aware of your importance in society as well as the impact you have on multiple environments. You'll take an active part in improving our world by encouraging healthier living and initiating better communication with those around you. You'll actively seek ways to preserve the beauty and balance of nature along the pathway as you discover the power to make willful choices to enhance personal relationships and important friendships, and build a better living space and community.



*"The meeting of two personalities is like the contact of two chemical substances; if there is any reaction both are transformed."*

~ Carl Jung

## Steps for improving Social Wellness

### Make Connections:

- Join a group focused on a favorite hobby
- Take a class to try something new
- Join a local community group
- Check out Student Activities for clubs on campus

### Take Care of Yourself While Caring for Others:

- Make to-do lists and set a daily routine
- Try to take breaks each day
- Eat healthy foods and exercise as often as you can
- Engage in self-care activities regularly

### Get Active Together:

- Consider joining an exercise group
- Try different activities
- Sign up for local 5k run/walks and other active events
- Play a recreational sport

### Utilize Effective Communication Skills:

- Use reflections, repeating in your own words, to show understanding
- Use I- statements to reduce feelings of blame and take ownership of one's feelings
- Be assertive, stand up for your own needs and wants while respecting the needs and wants of others
- Be present and use a steady and appropriate tone of voice

### On-Campus Resources for Social Wellness: **STUDENT ACTIVITIES OFFICE**

What we do: The office supports learning outside the classroom by providing a host of extra-curricular activities through the Student Senate and more than 50 clubs and organizations, encouraging intellectual and cultural enrichment, socialization and leadership development.

To learn more, contact us by phone at (518) 629-7348 or by email at [studentactivities@hvcc.edu](mailto:studentactivities@hvcc.edu)



### **SOCIAL WELLNESS FOLLOWS THESE TENETS:**

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.

NATIONAL WELLNESS INSTITUTE, INC.



The State University  
of New York