

Social Wellness Checklist

July is Social Wellness Month!

Build strong connections. Support your well-being.

Positive social habits can improve both your mental and physical health. Use this quick checklist to strengthen your relationships and stay connected.

Make Connections

- Join a group or club based on your interests
- Try a new class or activity (fitness, art, music)
- Volunteer in your community
- Attend local events or gatherings
- Reach out to neighbors, coworkers, or friends

Care for Yourself (and Others)

- Ask for help when you need it
- Take breaks and make time for yourself
- Keep up with hobbies and interests
- Eat well and stay active
- Consider joining a support group if you're caregiving

Stay Active Together

- Exercise with a friend, family member, or group

- Set shared goals and hold each other accountable
- Join a class, team, or walking group
- Make physical activity part of your routine

Support Healthy Family Habits

- Be a role model for healthy eating and activity
- Make healthy choices easy and accessible
- Keep activities fun and engaging
- Limit screen time
- Build healthy habits gradually

Strengthen Family Bonds

- Spend quality time together every day
- Praise positive behaviors
- Listen and communicate openly
- Show kindness, respect, and encouragement
- Participate in activities your children enjoy

Build Healthy Relationships

- Communicate honestly about your feelings and needs
- Listen without judgment
- Handle conflict respectfully—avoid personal attacks
- Set boundaries and say "no" when needed
- Surround yourself with supportive, respectful people

✓ Strong social connections = better health, improved mood, and greater resilience.

**National Institute of Health*