

## Day 1 Social Wellness

### What does it mean to be socially healthy?

- Being able to keep healthy relationships with those close to you (family/friends)
- One's ability to interact with people around them.

### Social Wellness involves:

- Good communication skills
- Having meaningful relationships
- Respecting yourself and others
- Creating a support system

### Effects of lack of social wellness:

- Psychological effects
  - Impact of loneliness
- Biological effects
  - Increased susceptibility to illness
  - Higher cholesterol levels

### Effects of increased social wellness:

- Psychological effects
  - Good mood
  - Enhanced self-esteem
  - Handle stress better
- Biological effects
  - Fewer illnesses

### Ways of improving social health:

- Healthy relationships
- Community involvement
- Interdependency
  - Be willing to help others
  - Don't be afraid of asking for help
- Acceptance of diversity
  - Become aware of your biases
  - Accept those around you

### What is a healthy relationship?

- You must spend all your waking moments with your partner.

# Social Wellness Lesson Plans

**M Mosston**



## **Social Wellness Lesson Plans:**

## **Social Wellness Lesson Plans** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Social Wellness Lesson Plans**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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