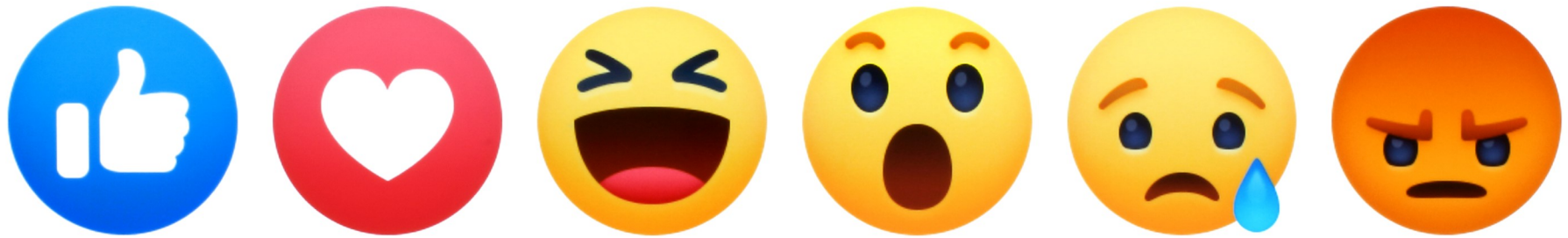


CT Behavioral Health Homes
Health and Wellness Toolkit

Social Wellness



“Good relationships are one of the most important aspects of your life that can positively impact your wellness.”

-www.unh.edu



July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7 <u>Global Forgiveness Day</u>	8	9
12	13	14 BHH Tableau Support Group	15 <u>World Youth Skills Day</u>	16 BHH Workgroup: Encounter Notes
19 <u>New Friends Day</u>	20	21	22	23
26	27	28	29	30 <u>World Friendship Day</u>

Understanding Social Wellness

SAMHSA defines social wellness as: “...having healthy relationships with friends, family, and the community and having an interest in and concern for the need of others and humankind.”

SAMHSA identifies three areas of social wellness:



Community
New People
Social Time

<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>

The National Institute of Health recognizes the following six strategies for improving your social health:

1. **Make connections**— “Look for ways to get involved with others.”
2. **Take care of yourself while caring for others**— “The stress and strain of caregiving can take a toll on your health. It’s important to find ways to care for your health while caring for others.”
3. **Get active together**— “Being active with others in your community can have a positive effect on your health habits and create opportunities to connect.”
4. **Bond with your kids**— “Children with strong connections to their caregivers are more likely to be able to cope with life’s challenges.”
5. **Build healthy relationships**— “At any age you can learn ways to improve your relationships.”
6. **Shape your family’s health habits**— “If you’re a parent, know that your everyday behavior plays a big part in shaping your child’s behavior...With your help, kids can learn to develop healthy eating and physical activity habits...”

<https://www.nih.gov/health-information/social-wellness-toolkit>

Resources for Clients



- ⇒ [How To Develop Natural Support](#)—9 page document defining natural supports and ways to develop a support system
- ⇒ [A Guide to Natural Supports](#)—“Booklet that provides a guide and ideas around facilitating natural supports for people with disabilities, and touches on some examples of their uses, how they might be developed or enhanced, and where they might be found.”
- ⇒ [How to Find a Hobby](#)—“Guide to help you get inspired, spark your interests, and follow your passion toward a new hobby”
- ⇒ [MeetUp: CT Mental Health Support Groups](#)—list of virtual support groups in CT ranging from depression to divorce support.
- ⇒ [List of 50 Low-Cost Hobbies Will Excite You](#)—“50 fun and low-cost hobbies you can try”
- ⇒ [Making Good Friends](#)—“Tips that can help you meet people, start a conversation, and cultivate healthy connections that will improve your life and well-being”

Staff Resources



- ⇒ [Social Wellness Toolkit](#)—“Tips for connecting with others”
- ⇒ [Eventbrite: Social Wellness](#)—Free events around social wellness and mental health
- ⇒ [Social Relationships and Health: A flashpoint for Health Policy](#)— “This article describes key research themes in the study of social relationships and health, and it highlights policy implications suggested by research”
- ⇒ [How To Build Good Working Relationships](#)— “Article that explains what working relationships are, why they are important and provides tips on how to build and maintain effective relationships”
- ⇒ [Creating and Maintaining A Healthy Work Environment](#): A Resource Guide for Staff Retreats
- ⇒ [Create High-Performing Teams With Open Communication](#)—“Article that explains why teams thrive when members collaborate and ideas and knowledge flow freely”