

EMPLOYEE ASSISTANCE PROGRAM

SOCIAL WELLNESS MONTH

July is Social Wellness Month, a reminder of how important it is to give and receive social support and nurture yourself and your relationships. During difficult times, strong connections with supportive friends and family are especially vital and can positively influence your emotions, your mental and physical health, self-image, and outlook on life. Research shows that people with a healthy social network tend to be healthier and live longer than people who are isolated and lonely.

This month is a good time to build your support system. Try these tips to strengthen your social connections and take good care of yourself, too:

- Look for ways to get involved with others. Join a new group or a class, even if it's virtual, and connect with people who share your interests.
- If you're a parent, spend time with your kids without mobile devices or other distractions. Be a role model to help your kids form healthy habits. Participate in activities they enjoy.
- If you're a caregiver, make sure to prioritize self-care to prevent burnout. Ask for and accept help and support from others when you need it, and keep up with your hobbies and interests. Try mindful meditation for 10 minutes a day to clear your mind and reduce stress.

