

Hot Topic: SOCIAL WELLNESS

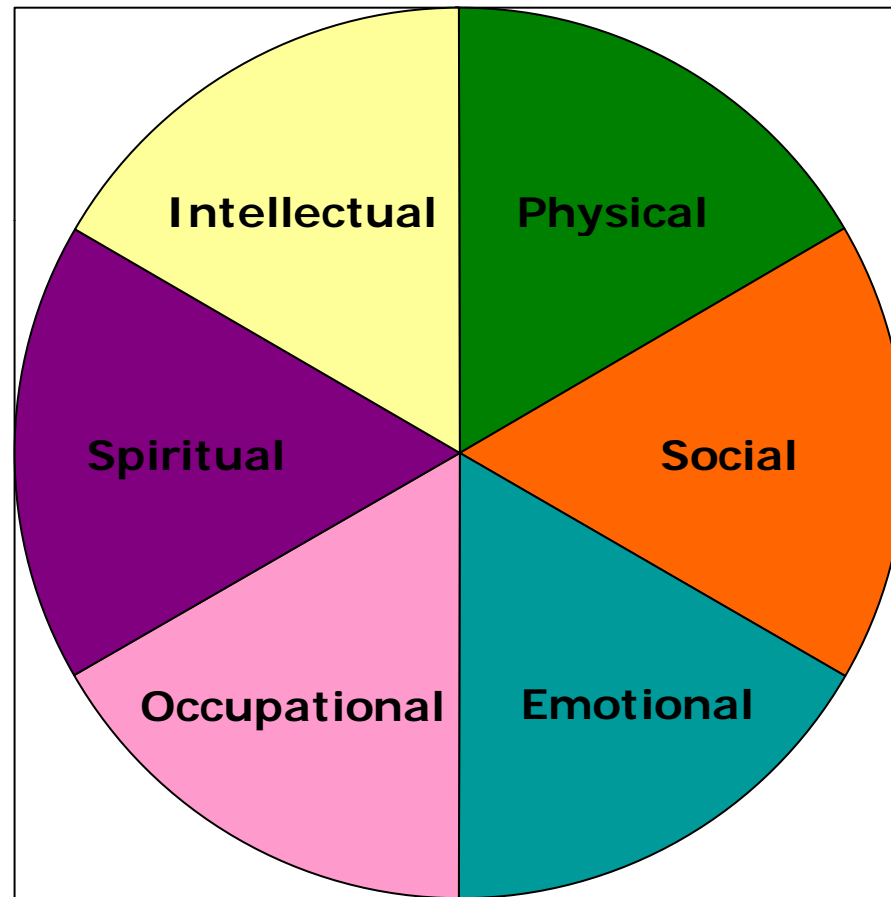
March 2010



TODAY'S AGENDA

- **Defining Social Wellness**
- **Social Wellness Assessment**
- **Why Social Wellness is Important**
- **Social Wellness Activity**
- **Questions**

DIMENSIONS of WELLNESS



DEFINITION

**Interdependence with others
and nature; the degree of
connectedness you have with
individuals, your community
and your environment**

ASPECTS of SOCIAL WELLNESS

- **Obey the laws and rules of our society**
- **Exhibit fairness/justice when dealing with others**
- **Contribute time and/or money to social and community projects**
- **Compassionate person and try to help others when you can**
- **Support and help with family, neighborhood, and work social gatherings**

ASPECTS of SOCIAL WELLNESS *(continued)*

- **Volunteerism-you get more than you give**
- **Network of close friends and/or family**
- **Interested in others, including those with different backgrounds from yours**
- **Able to communicate and get along with a wide variety of people**
- **Able to balance your own needs with the needs of others**

HISTORICAL PERSPECTIVE

- SOCIAL LIVING THEN.
 - Better Odds of Hunting Success
 - “Group” Care of Offspring
 - Improved Protection from Predators/Danger
 - Better Chance for Survival



HISTORICAL PERSPECTIVE *(continued)*



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▪ SOCIAL LIVING NOW-

- No Longer Essential for Survival
- TV's, DVD's, CD's, Computers, etc. Provide Entertainment within Your Own Home
- Mobile Society fosters Constantly Changing Social Networks
- Pace of Life Makes Maintenance of Relationships More Difficult

DID YOU KNOW?

- **A 21-year-old Today has:**
 - Watched 20,000 hours of TV
 - Played 10,000 hours of video games
 - Talked 10,000 hours on the telephone
 - Sent or received 250,000 e-mails/instant messages/text messages
- **More than 70% of 4-year-olds in the United States have used a computer**
- **Research Indicates that the Depth of Relationships is More Significant than the Physical Proximity**

SOCIAL WELLNESS ASSESSMENT



Is Social Wellness Really that Important?



SOCIAL WELLNESS FACTS

▪ Improved Immune Function

- 2005 study of first year college students
 - Weaker Response to Flu Shot Associated with Loneliness
- Warm, close friendships cause higher levels of immunoglobulin A
- Socially isolated have a death rate of 2-3 times higher than those who are not

▪ Decreased Cardiovascular Risk

- 1993 study of Swedish men for 6 years
 - Smoking and lack of social support were the two leading risk factors for coronary heart disease
- Cholesterol levels go up when human companionship is lacking

SOCIAL WELLNESS FACTS *(continued)*

- **Improved Motor Skill Retention**
 - 2009 study of over 900 seniors
 - Less frequent participation in social activities = more rapid decline of motor skills
 - This amount of decline of motor skills = a 40% increased risk of death
- **Preservation of Memory Function**
 - 2008 study of sampling of U.S. seniors
 - Memory among the least socially integrated declined at twice the rate of the most socially integrated

SOCIAL WELLNESS FACTS *(continued)*

■ Optimism

- **Complaint Free World**

- Began in 2006

- Average Person Complains 15-30 times/day

- 21 Days to Break a Habit

- **Faster Recovery Times**

- **Achievement of Goals**

■ Gratitude

- **Regularly Practicing = 25% Increase in Happiness**

- **Direct Correlation with Optimism**



SOCIAL WELLNESS FACTS *(continued)*

- **Laughter is Good Medicine**
- **Stress is Reduced**
- **Touch Improves Your Health**
- **Self-Esteem is Increased**
- **Longevity is Improved**



CITATION
SPECIAL OLYMPICS
AIRLIFT

BOTTOMLINE: GET INVOLVED!

TIPS for GOOD SOCIAL WELLNESS

- Connect with a friend or loved one every day
- Make time for one social activity each week
- Practice active listening and assertive communication
- Develop good conflict resolution skills
- Join a volunteer group, church group, or community organization



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TIPS for GOOD SOCIAL WELLNESS *(continued)*

- Participate in activities that are consistent with your values, interests, and beliefs
- Choose to socialize with positive people
- Combine your wellness efforts
 - Walk and Talks
 - Workout with a Friend
- Set an example for our youth
- Uncomfortable? Fake it until you make it!!



SOCIAL WELLNESS ACTIVITY



“You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.”

~Dale Carnegie



“Service is the rent we pay for living.”

~Marion Wright Edelman