

Q: What is the goal of the "Social" Dimension of Wellness?

A: The goal is to develop a sense of connection, belonging, and a well-developed support system.

September 2018

Q: Can you tell me about some of the different elements of social wellness?

A: The National Wellness Institute describes social wellness as having many different aspects that influence people every day such as:

- Meaningful Relationships (friends, family, supports, acquaintances)
- Environment/Community
- Education/Occupation
- Pets (social connection)

All of these aspects are part of helping someone be socially well. Social Wellness is about having supports, a sense of belonging, and finding commonality with people, places and things.<sup>1</sup>

Q: Can you suggest some activities on campus?

- A:
- Sept. 22nd, International Day of Peace Celebration, 10 AM-4 PM, Norman Miller Center
  - Sept. 26, Scott Ainslie in Concert, 7-9 PM Walter Theater
  - Get Involved! Campus events →

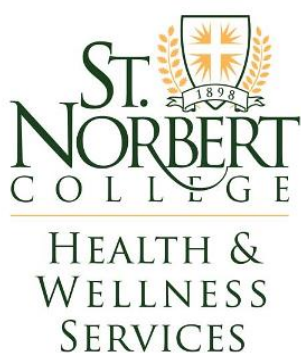


### Importance of Social Wellness

- Being able to create and maintain relationships with friends, family, co-workers, and peers.
- Having these supports through good times and bad.
- Networking can be an outcome through having positive relationships. One can gain more opportunities occupationally, educationally, as well as socially.
- Interactions with different cultures and religions can offer more experience to people which is important to social wellness.
- Exposure to different lifestyles can help one become well rounded as well as more educated about different belief systems.
- Social wellness also encourages communication. One can benefit from this by being able to work through conflicts<sup>2</sup>

Sources:

1. SAMSA.gov [https://www.integration.samhsa.gov/pbhci-learning-community/Wellness\\_Resource\\_Manual.pdf](https://www.integration.samhsa.gov/pbhci-learning-community/Wellness_Resource_Manual.pdf)
2. Ideas from Travis. J. (2008). Dimensions of wellness (social). <http://www.sasked.gov.sk.ca/docs/wellness/dimensions.html>



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 Located on the 2<sup>nd</sup> floor of the  
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**\*KEY =**  
 Keep  
 Educating  
 Yourself