What is social wellness?

“Social Wellness refers to one's ability to interact with people around them. It involves using good communications skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends.” (University of California, Riverside, 2017) – Martine S

“To me social wellness is about feeling a sense of belonging and camaraderie. At this stage of my life I think social wellness is defined by my friendships and how connected I feel to the people around me at school.” - Alex M

“To me, social wellness means being vulnerable enough to form genuine connections with those around us. I think it is important to foster new relationships as well as to nurture existing relationships. - Saira B.

“For me, social wellness suggests being present, involved, and satisfied in my home life first and foremost while also being able to draw upon friendships to fortify my mental well being.” - David
What is social wellness?

- Understanding and exploring the ways that social wellness can impact and interweave into the other aspects of wellness, such as financial and professional wellness, can help to purposefully maintain it as a priority. – (Åslund, 2014) Elizabeth C.

- “Social wellness has an impact on psychological and biological health, affects mood, improves interdependency, builds self-esteem and allows accepting diversity and handling stress in an enjoyable way. The social dimension of wellness motivates to develop, nourish and encourage relationships, furthermore counteracts the stress which is frequently encouraged by medical students” – Jessica (Rehman, 2014)
Are you engaged in the process of social wellness?

- Do I plan time to be with my family and friends?
- Do I enjoy the time I spend with others?
- Are my relationships with others positive and rewarding?
- Do I explore diversity by interacting with people of other cultures, backgrounds, and beliefs?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your social wellness. (University of California, Riverside, 2017) – Anna F.
TIPS TO ACHIEVE SOCIAL WELLNESS
Communicate

- Take time to reach out and maintain relationships with friends, especially those not in medical school or at a different regional campus. –Meghan L.

- Social media can be an excellent way to nurture relationships and arrange times for phone calls or face to face interactions.-Ricardo

- Take a genuine interest in other people and their lives. Talk about things not related to school/clerkships - their goals, ambitions, politics, family, etc. –Meghan L.

- Have meaningful conversations. It is important to feel that there are people in your life that you can share personal and challenging information with. -Alex M.
Schedule Your Breaks!!

- Set hard limits on your study and work time. – Tucker R.
- Set a time each day or each week (~30 minutes) to speak to friends, family, or loved ones outside of medicine so that we keep an open mind and realize there’s a life outside of what we are doing each day. – Jared B.
- Keep a daily and weekly schedule to help incorporate your study time and social time. – Rachel P.
- Resources such as a timer (to use during allotted study time), and a calendar can help with scheduling a balanced life. – Rachel P.
Know Where You Live

- Take time to get to know those who you work with and the new town you will be working in by supporting some of the local businesses - Breanna J.

- Find locations that are halfway between major cities to meet friends for dinner. Cory N.

- Volunteer around your community. Helping others helps you feel good too! - Meghan L.

- “One way that I will practice social wellness is when I go to the local gym across from the hospital. Several people have told me that people randomly approach the new third years. - Jason W.
TALLAHASSEE CAMPUS
- Greek Food Festival – Chris G.
- Springtime Tallahassee Festival
- Football games
- Concerts
- Golfing
THOMASVILLE CAMPUS
Support the local businesses in Thomasville – Breanna J.
- Farmer’s Daughter vineyards and wine tasting room
- Jonah’s
- the Fuzzy Goat

Make time to spend with peers living with you in Thomasville
MARIANNA CAMPUS
Visit Panama City and Dothan, AL, they’re only an hour away.

Visit the Florida Caverns State Park

Be sure to speak to your spouse each day to clear your mind

Take the night to spend with your family and friends.
Resources

- [https://wellness.ucr.edu/social_wellness.html](https://wellness.ucr.edu/social_wellness.html) (University of California, Riverside, 2017)
- [www.panamacitybeach.com](http://www.panamacitybeach.com)
- [https://www.floridastateparks.org/park/Florida-Caverns](https://www.floridastateparks.org/park/Florida-Caverns)
- [www.springtimetallahassee.com/](http://www.springtimetallahassee.com/)