

# Social Wellness Checklist

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:



## CONNECT WITH OTHERS

Social connections may help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Look for ways to get involved with others.

### TO FIND NEW SOCIAL CONNECTIONS:

- Learn something new.** Join a group interested in a hobby, such as knitting, hiking, birdwatching, or painting.
- Volunteer.** Consider helping out at a school, library, museum, hospital, or animal shelter.
- Stay in touch with family, friends, and neighbors.** Connect in person, online, or by phone.
- Share your knowledge.** Teach a favorite pastime or skill, like chess or baking, to a new generation.
- Take the stage.** Join a local theater troupe, community choral group, or local band or orchestra.
- Help others.** Run errands for people with limited mobility or access to transportation.
- Get moving.** Take a class to get physical activity.
- Be more active in your local community.** Join a community or senior center or a faith-based organization.