

# Social Wellbeing: Overview

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## What is Social Wellbeing?

Social Wellbeing is all about creating positive relationships in both professional and private spaces. This includes everything from relationships with family and friends, to more formal relationships such as with colleagues and clients.

Maintaining a positive Social Wellbeing has many benefits including:

- 1. Feeling safe**
- 2. Lower anxiety**
- 3. Higher self-esteem**
- 4. Greater empathy**
- 5. Greater emotional resilience**
- 6. Conflict management**

Signs that someone may be struggling with their Social Wellbeing include:

- 1. Poor communication skills**
- 2. Lack of self-care**
- 3. Reluctance to reach out**
- 4. Health issues**
- 5. Lack of work-life balance**
- 6. Loneliness**

By supporting your own Social Wellbeing, it will help you to create relationships within the workplace, that help you build trust and a sense of belonging with your team. If you want to read more into Social Wellbeing we have put some resources below.

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

<https://citymha.org.uk/Resources/Thriving-at-Work-UK-Guide>

<https://www.nih.gov/health-information/social-wellness-toolkit>

<https://healthhub.hif.com.au/mental-health/what-is-social-health-definitions-examples-and-tips-on-improving-your-social-wellness>

<https://www.mentalhealthatwork.org.uk/toolkit/>

# Ways to support your Social Wellbeing

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## Schedule in a weekly call with a family member or friend

Staying connected with friends and family is a great way to make sure you have regular social interaction and a chance to build a support network.

## Volunteer for a charity

The right match can help you to find friends, connect with the community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. \*1

## Start a new hobby

Research shows that people with hobbies are less likely to suffer from stress, low mood, and depression. Activities that get you out and about can make you feel happier and more relaxed. Group activities like team sports can improve your communication skills and relationships with others. \*2

## Participate in community events

Involvement in community activities will not only get you out of the house, but it will also allow you to form relationships with people you may not otherwise meet.

## Ask your manager about starting a group at work

Starting a scheduled activity, such as a book club or sports club at work will mean you can connect with your colleagues in a less formal setting, helping you to build friendly relationships.

## Put aside time to meet a loved one in person every month

It can be difficult to meet up with loved ones regularly, especially when you are trying to find a gap in two busy schedules. But by purposefully scheduling a time each month to re-connect, you are strengthening your support system.



1. <https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm>
2. <https://www.headtohealth.gov.au/meaningful-life/purposeful-activity/hobbies#:~:text=Research%20shows%20that%20people%20with,skills%20and%20relationships%20with%20others>