

Definition of Social Wellness: Maintaining optimal social roles and relationships with other people that encourage connections, support mutual benefits, and decrease potential harm to others.

- Social wellness is ability to create, maintain and promote good relationship with others.
- It includes good communication skills, seeking opportunities to connect with others, developing healthy attachments and know how to cope and improve with unhealthy relationships, respect for oneself and others and performing social roles according to the need of relations:
- Development of assertiveness skills not passive or aggressive ones.
- Balancing social and personal time.
- The ability to be who you are in all situations.
- Becoming engaged with other people in your community.
- Valuing diversity and treat others with respect.
- Continually being able to maintain and develop friendships and social networks.
- The ability to create boundaries within relationship boundaries that encourage communication, trust and conflict management.
- Remembering to have fun.
- Having supportive network of family and friends.
- Becoming a clear communicator means effectively conveying your thoughts, ideas, needs and wants. Communicating clearly helps you manage your time and your life, to feel good about yourself, and to build trustworthy relationships with others.
- Relationships are essential to maintaining wellness and health. Learn more about having healthy and supportive relationships.

Benefits of Social Wellness

- Social wellness gives one feeling of security and support and relieves the feeling of sadness.
- Improve person's ability to listen to others and enhance the quality of patience in oneself.
- Improve the feeling of satisfaction in life due to good relation at office, home, and community with friends.
- Give one's feeling of goodness in life and create the optimistic attitude towards life and future. For example spending time with loved ones lead to happiness and cheerfulness.
- Help in reducing stress and tensions in life and can help to reduce relapses in life. Spending time with

loved ones like family and friends can take stress off. Laughter is proven as good stress reducer.

- Enhance self-esteem and lead to fewer misunderstandings between relationships.
- Enhance the feeling of belongingness and will reduce loneliness.
- Increase the importance of self-worth and help you to show your best in everything.
- Give one's access to improve your knowledge, advice, guidance and other assistance one needs in life.
- Help you to understand more about relationships and how to cooperate with others and how to sacrifice for others.
- Provides good communication skills and ability to handle different people and situations.
- People who surround with various social activities have a lower risk for illness. According to a study conducted in 2003 "Prospective in biology and Medicine" claims that people who are isolated have slower wound healing power, less efficient sleep cycle and get ill more readily than socially healthy people.
- According to researches joining friends and colleagues help to live a healthier life and boost your brain power.
- According to a study conducted in Birmingham-young University that social network and healthy relation with society is more important than exercise. Friendship whether near or far increases chances of long life.
- It helps in reducing blood pressure, inflammation and chances of stroke. As interacting with different people reduce the stress level which in turn helps in reduction of blood pressure, inflammation and stroke.

Social Wellness Lifestyle Guidelines

- It is not easy to improve your social skills at once. Choose a specific thing you want to improve or your goal. For example, you may decide that you want to be comfortable with your lab partners or I want to join conversation at party
- Practice being an extrovert and say hello to everyone and try to communicate more and more. Communication is a powerful and as you enter into more conversations, you will become more and more comfortable with yourself, your ideas and their place in the thinking of others.
- Make eye contact and smile more. It is amazing how people will respond to smiling because everyone likes a cheerful person.
- Show love, warmth and affection toward others.
- Be active on social sites to be connected with people and friends. Become active in community, do some volunteering
- Give the feeling of comfort with everyone while talking and in relation with husband and wife and everyone must have right to say no if he or she does not want to do that thing.
- Be physically and mentally present while dealing with others. It is like sometimes people are present in conversation but their mind is somewhere else as thinking about home, food and many more things.
- Be flexible as relationships can change and progress with time and life. Make plans for something while considering the time and efforts of others.
- Be honest and confident with yourself and consider your own needs, feelings, and thoughts.
- Improvement can be made when you develop more confidence in yourself, so recognize small things that you accomplish or are able to give to another. Realize that value has come from you and resides in you.

Build the store of inner knowledge and try to make it more and stronger.

- Do not try to please others by showing yourself as someone you are not.
- Keep your life in balance so you do not develop over dependence in unhealthy relationships.
- Always try to look approachable and friendly so that other people will be interested in you.
- Do not be mean to other people. Do not insult and spread gossips to people you do not trust and be mindful of the appropriate social media communication.
- Look for company of those people who are well intentioned and support you or share your interest. You can talk to them anytime in your mind and they will give you helpful advice.
- Take out time for family and friends to listen and tell them your thoughts.
- Accept differences in others as they are and communicate with them to remove misunderstandings or to share information with them.
- Do not interrupt any one while speaking and if your views are contradictory to them even then respect others views and thinking, do not criticize anyone and tell your own views with the words like “sorry if this offends you”