

TIPS ON IMPROVING SOCIAL WELLNESS



1

Get involved! There are tons of ways for students and employees to meet new people through both campus and community activities. Intramurals and student organizations are excellent ways for students to strengthen their social wellness. Employees can get involved in group exercise classes at UT, attend HealthyU events and participate in various community outreach programs.

2

Set aside time for your friends. Setting aside social time ensures you will make the effort in connecting with your friends on a regular basis. Whether it's something simple like meeting for dinner once or twice a month, or planning weekly get-togethers, this time is crucial for both stress relief and maintaining positive relationships.

3

Get to know yourself. Knowing who you are as a person helps to build and maintain positive relationships. Surrounding yourself with individuals who possess the same values, ideals and interests is important. This way, you and your friends all have a greater understanding of each other, and creates an atmosphere of acceptance.

4

Don't be a flake. Spreading yourself too thin and not knowing when to say "no" not only increases stress on yourself, but also puts strain on your relationships. Wisely planning your time, for both your personal relationships and yourself, can strengthen and improve your social wellness.

5

Appreciate yourself and others. A little kindness goes a long way. This not only applies to your friends and family, but also to yourself. Giving more energy to positive thoughts can impact not only yourself, but everyone around you as well. Set a goal for yourself to compliment at least 2 people every day.

