



SOCIAL WELLNESS

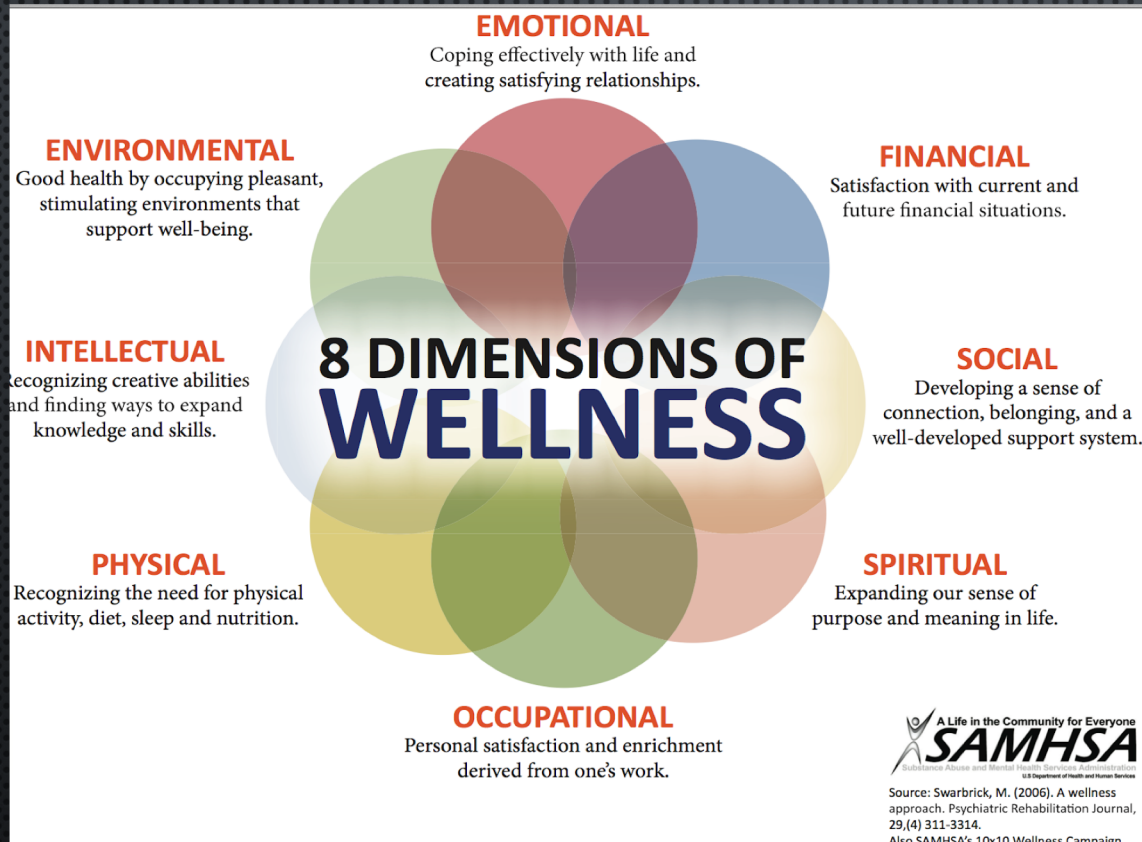
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WHAT IS IT?

- “DEVELOPING A SENSE OF CONNECTION, BELONGING, AND A WELL-DEVELOPED SUPPORT SYSTEM .”
--- SAMHSA (SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION)
- ABILITY TO DEVELOP GOOD COMMUNICATION SKILLS AND MAINTAIN GOOD RELATIONSHIPS WITH ONE ANOTHER
- BALANCING SOCIAL AND PERSONAL TIME
- ENGAGING WELL WITH THOSE IN THE COMMUNITY



WELLNESS WHEEL



BENEFITS?

- FEELINGS OF SECURITY AND SUPPORT
- REDUCE STRESS AND TENSION IN LIFE
- IMPROVE PHYSICAL HEALTH AND HAPPINESS
- ENHANCE SELF-ESTEEM AND SELF-WORTH
- INCREASE ENERGY AND BRAIN POWER



5 WAYS SOCIAL WELLNESS INFLUENCES HEALTH

- STRONGER IMMUNE FUNCTION
- BETTER CARDIOVASCULAR HEALTH
- LOWER RISK FOR DEPRESSION
- HEALTHIER AGING
- LONGER LIFE

Holt-Lunstad, J., & Smith, T. B. (2012). Social Relationships and Mortality. *Social and Personality Psychology Compass*, 6(1), 41-53. doi:10.1111/j.1751-9004.2011.00406.x



<http://www.lifetime-weightloss.com/blog/2013/12/30/5-ways-social-wellness-influences-health.html>

TIME MANAGEMENT

- TIME MANAGEMENT & PRIORITIES
- TIPS:
 - THINK ABOUT WHAT THIS MEANS FOR YOU
 - WRITE IT OUT!
 - SET GOALS
 - USE HELP FROM OTHERS!
 - SOCIALIZE & TAKE BREAKS FROM WORK!



WHY?

- HUGE BENEFITS MOVING FROM ZERO FITNESS TO A LITTLE FITNESS!
- GREATEST HEALTH IMPROVEMENTS COME FROM DECREASING SEDENTARY TIME TO BE JUST A LITTLE MORE ACTIVE!
- LITTLE BY LITTLE – SLOWLY INCREASING ACTIVITY!
- HELPS TO INCREASE ENERGY, BRAIN POWER, AND STRESS MANAGEMENT
- HELPS PREVENT HEALTH COMPLICATIONS SUCH AS HIGH BLOOD PRESSURE, HEART DISEASE, STROKE, DIABETES, AND OSTEOPOROSIS
- IMPROVE OVERALL MOOD AND ENJOY BEING ACTIVE WITH FRIENDS!
- SOCIAL TIME TOGETHER WHILE WORKING ON PHYSICAL HEALTH IMPROVES OVERALL HEALTH AND WELLNESS!

The American Heart Association Recommendations for Physical Activity in Adults

At least **30** minutes of moderate-intensity aerobic activity At least **5** days per week for a total of **150** minutes



OR

At least **25** minutes of vigorous aerobic activity At least **3** days per week for a total of **75** minutes



or a combination of the two

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity At least **2** days per week for additional health benefits



SOCIAL WELLNESS ASSESSMENT

- SEE WHERE YOUR SOCIAL WELLNESS LEVEL IS AND WAYS IN WHICH YOU CAN IMPROVE YOUR OWN HEALTH

[HTTP://WWW.FRESNOSTATE.EDU/ADMINSERV/LEARNING/DOCUMENTS/SOCIAL%20WELLNESS%20ASSESSMENT%2011_5_13.PDF](http://www.fresnostate.edu/adminserv/learning/documents/Social%20Wellness%20Assessment%2011_5_13.pdf)



BUILDING BLOCKS

- PUT IT ON YOUR CALENDAR AND DO IT!
- DO 10 MINUTES OF PHYSICAL ACTIVITY AT A TIME
- ADD A 15 MINUTE WALK OR ACTIVITY DURING YOUR LUNCH BREAK OR AFTER DINNER
- MAKE ACTIVITY PART OF YOUR DAILY ROUTINE
- FIND A PLACE YOU CAN STAY ACTIVE INDOORS
- ALWAYS BRING EXTRA CLOTHES (WEATHER PERMITTING)
- WORRIED ABOUT COST?
 - CHOOSE ACTIVITIES THAT DON'T REQUIRE SPECIAL GEAR OR ADVANCED SKILLS
 - CHECK OUT A LOCAL COMMUNITY OR REC CENTER

HOW?

- LUNCH BREAK – WALK AROUND CAMPUS WITH A FRIEND/COWORKER
- OU FIT & REC CLASSES
([HTTP://WWW.OU.EDU/FAR/FITNESS/GROUP_FITNESS](http://www.ou.edu/far/fitness/group_fitness))
- PERSONAL TRAINING
- WALK THE DOG!
- FAMILY DAY AT THE PARK
- WALK OR JOG WITH A FRIEND
- MALL-WALKING, TALKING AND SHOPPING
- VACATION – FAMILY HIKE, WALKS ON THE BEACH, LAPS AT THE POOL!



OU FITNESS EVENTS

- MCSSC: LAP SWIM, AQUA ZUMBA, AQUA HIIT DEEP, SHALLOW CHALLENGE, H2O LOW
- WALKING PATHS: 1 MILE, 2 MILE, 3 MILE RESEARCH CAMPUS PATHS
- FREE FITNESS CLASSES!
- DO YOUR OWN THING WITH FRIENDS!



SUMMARY: WHY?

- IT GOES BOTH WAYS!
 - BEING SOCIAL WITH OTHERS IMPROVES ADHERENCE TO PHYSICAL ACTIVITY
 - BEING PHYSICALLY ACTIVE HELPS YOU BE MORE CONFIDENT AND LIKELY TO BALANCE SOCIAL WELLNESS IN YOUR RELATIONSHIPS WITH ONE ANOTHER AND THE COMMUNITY



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