



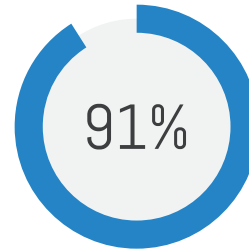
## HOW TO CELEBRATE SOCIAL WELLNESS MONTH

1. Plan a Group Activity
2. Make a New Friend
3. Volunteer



Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

*-World Health Organization*



of students report an overall feeling of wellbeing after participating in campus recreation programs.

## GROUP EXERCISE IDEAS AROUND CAMPUS



Swim Class

Fitness Class



Workout Class

Cardio Class



## 4 FACTS ABOUT SOCIAL WELLNESS

- ① **No stress:** those with a social network handle stress better.
- ② **Improving health:** laughter, touching, and hugging can improve health.
- ③ **Being alone:** lack of companionship can increase cholesterol levels.
- ④ **Love and warmth from people:** love and warmth from people can increase immunoglobulin levels.

MONTHLY MENTAL HEALTH GOAL: \_\_\_\_\_

SOCIAL WELLNESS MONTH



# JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	<p>3</p> <p>Go on a walk with a friend today.</p>	<p>4</p>	<p>5</p> <p>be proud OF your progress</p>	<p>6</p> <p><b>Social Anxiety Test</b>  <a href="https://www.talkspace.com/assessments/social-anxiety-test">https://www.talkspace.com/assessments/social-anxiety-test</a></p>	<p>7</p> <p><b>How to...</b>  <a href="https://www.talkspace.com/blog/social-anxiety-in-college/">https://www.talkspace.com/blog/social-anxiety-in-college/</a></p>	<p>1</p> <p>8</p>
9	<p>10</p> <p>Increase your social wellness by finding a new hobby!</p>	<p>11</p> <p>make Happiness a Habit</p>	<p>12</p> <p><b>Emotional Exhaustion</b>  <a href="https://www.talkspace.com/blog/emotional-exhaustion/">https://www.talkspace.com/blog/emotional-exhaustion/</a></p>	<p>13</p> <p><b>National French Fry Day</b></p>	<p>14</p> <p>you Can do anything</p>	<p>15</p>
16	<p>17</p> <p>Eat lunch with a friend today!</p>	<p>18</p> <p><b>World Listening Day</b></p>	<p>19</p> <p>Increase your social wellness by meeting new people!</p>	<p>20</p> <p>ENJOY EVERY MOMENT</p>	<p>21</p> <p><b>National Mango Day</b></p>	<p>22</p>
23	<p>24</p> <p><b>International Self Care Day</b></p>	<p>25</p> <p><b>What is Self Care?</b>  <a href="https://www.talkspace.com/blog/what-is-self-care/">https://www.talkspace.com/blog/what-is-self-care/</a></p>	<p>26</p> <p>Take care OF YOURSELF</p>	<p>27</p>	<p>28</p> <p>Increase your social wellness by joining a new class!</p>	<p>29</p>
30	<p>31</p> <p>do something GOOD TODAY</p>					

TO-DO LIST