



July is Social Wellness Month

"Social wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you."

- <https://www.unomaha.edu/student-life/presidents-wellness-committee/social-wellness.php#:~:text=Social%20wellness%20refers%20to%20the,connection%20with%20those%20around%20you>



Take some time this July to focus on strengthening your relationships with loved ones and friends and to make connections with new people.

- Have a meal with family or friends and follow up with a game night.
- Call or visit a loved one or friend you've not seen in a while and catch up.
- Become pen pals with a faraway relative or friend. Go old school and send letters in the mail. Draw them something special. Ask questions in response to their letters. Share what's going with you and what you are looking forward to this summer.
- Go for a walk around your neighborhood. Say hi to your neighbors and chat for a moment.
- Sit in your driveway or sidewalk and color with chalk. Leave extra for neighbors who walk by to join.
- Invite the new kid to play. Learn their favorite game and give that a try.
- Sit with an elderly relative or neighbor and ask them to share their favorite childhood memories. Compare how life was different for them as a child than it is/was for you: games/pastimes, chores/responsibilities, etc.
- Have a neighborhood block party.
- Share a book with a family member. Take turns reading chapters or pages to each other.

