

OCTOBER 2022

Build Healthy Connections for Improved Wellbeing

PHYSICAL

DEVELOPMENTAL

SOCIAL

ENVIRONMENTAL

FINANCIAL

EMOTIONAL

Maintaining your social wellbeing is as crucial to your health as exercise, nutrition and taking your medications as prescribed.

What Are the Two Basic Types of Relationships?

1. **Strong and deep:** These relationships are with people who are very close to you and integral to your life (think family and close friends). These connections take time to develop and provide meaning to your life.
2. **Broad:** These relationships are also necessary! They give us a sense of familiarity, connectedness, self-worth, position in the community and help us know the world and our surroundings.

What Are the Benefits of Developing Any Type of Relationship?

- Human beings are “wired” to be social
- Relationships with others contribute to feeling better
- Developing healthy social relationships can increase our feelings of happiness, security, belonging and self-worth
- Creating bonds with family and friends allows us to feel secure and receive emotional support
- Sharing positive experiences give us a chance to support others, which can be personally rewarding
- Spending time with positive people can improve your psychological wellbeing

How Can You Make New Connections?

If you feel you could use more meaningful relationships in your life, start by meeting new people and seek out connectedness.

[Check out this year's Way to Wellness topics and download our 2022 companion calendar](#) with more great tips and challenges to track for each month. Stay tuned for upcoming topics!