

NOVEMBER 2021

Strategies For Enhancing Your Social Health

TCWGlobal

Creating New Connections



Do you have a favorite hobby?

Join a group with like minded interests to go on hikes, run, paint or volunteer with on a monthly basis.



Garden Much?

Get involved with or start a community garden. Cultivating and sharing food is a great way to build relationships.



Volunteer

Find activism or a non-profit cause that you are interested in and get involved. Feel good interacting with others and feel good about making a positive difference with your philanthropic endeavor.



Travel

Traveling to new places is a great way to interact with new people, expand our minds and our experiences. Be open minded during your travels to the local culture and embrace something new and different.

Enhancing Current Connections

Be the positive influence

With your family or friends be the one suggesting activities that involve light movement or healthy food options.

Refrain from judgement

Respectfully disagree, avoiding personal attacks during conflict. Don't be overly critical while being empathetic towards another's situation.

Do you know any caregivers?

Offer support or assistance to ease some of their stress. Sometimes a nice conversation goes a long way.

Limit your social media time

Encourage yourself and others to disconnect from the mobile device and be present during your social interactions. No time like the present time!

Small changes

Don't overwhelm your family and friends with new healthy activities or go too far on the health side too fast. Change can be hard, incremental change helps.