



# WELLNESS WEDNESDAY

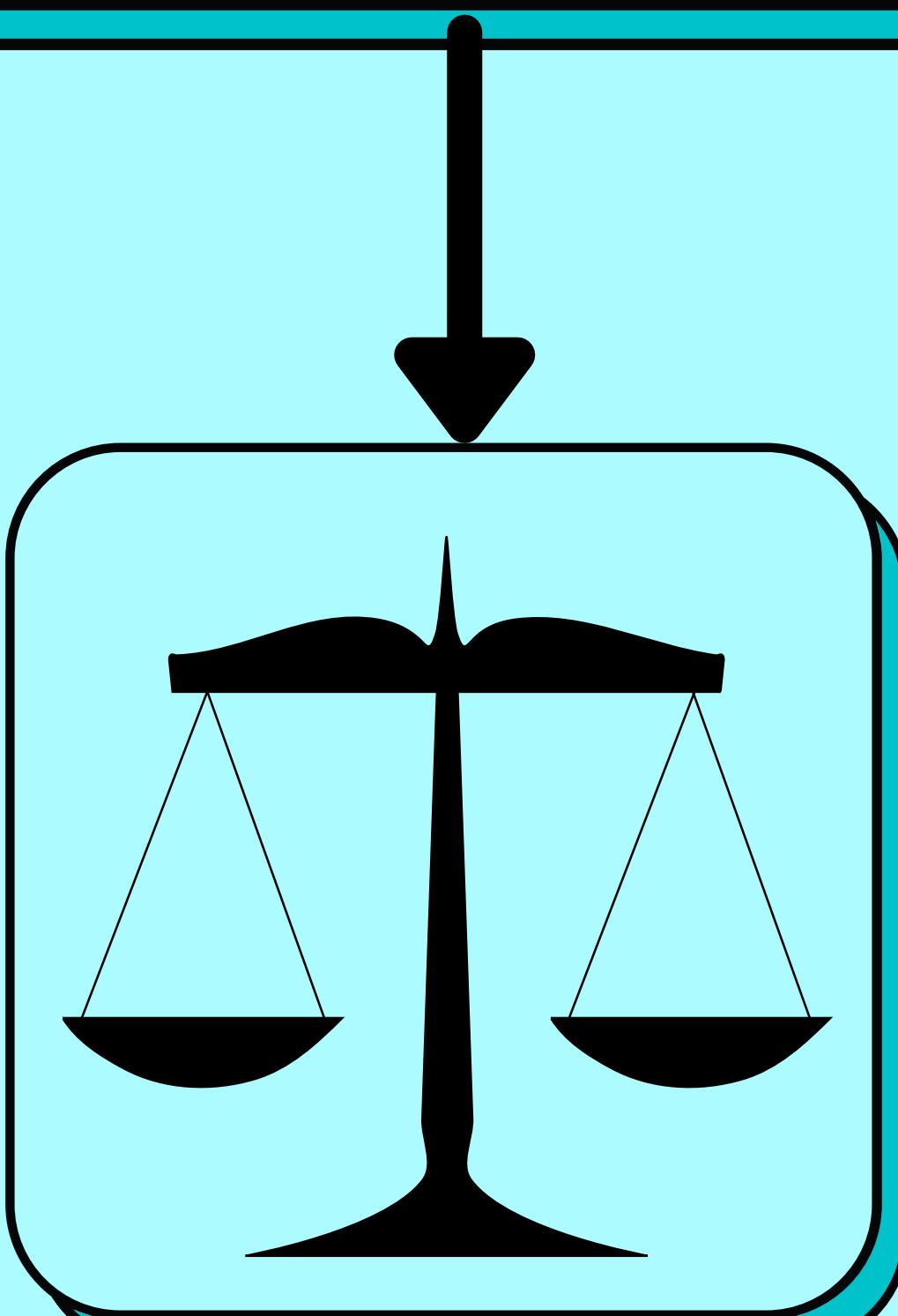
## What is social wellness?

Let's talk about it.

Social wellness refers to the ability to form and maintain relationships. It also focuses on the importance of communication and interacting with others.



Develop and maintain friendships while also working on forming social connections as they will help strengthen your physical and mental well being.



It is important to find a **balance** in your social life. Take time for yourself and practice self care while also caring for others.



Try your best to get involved in the **community** by attending social events and gatherings.



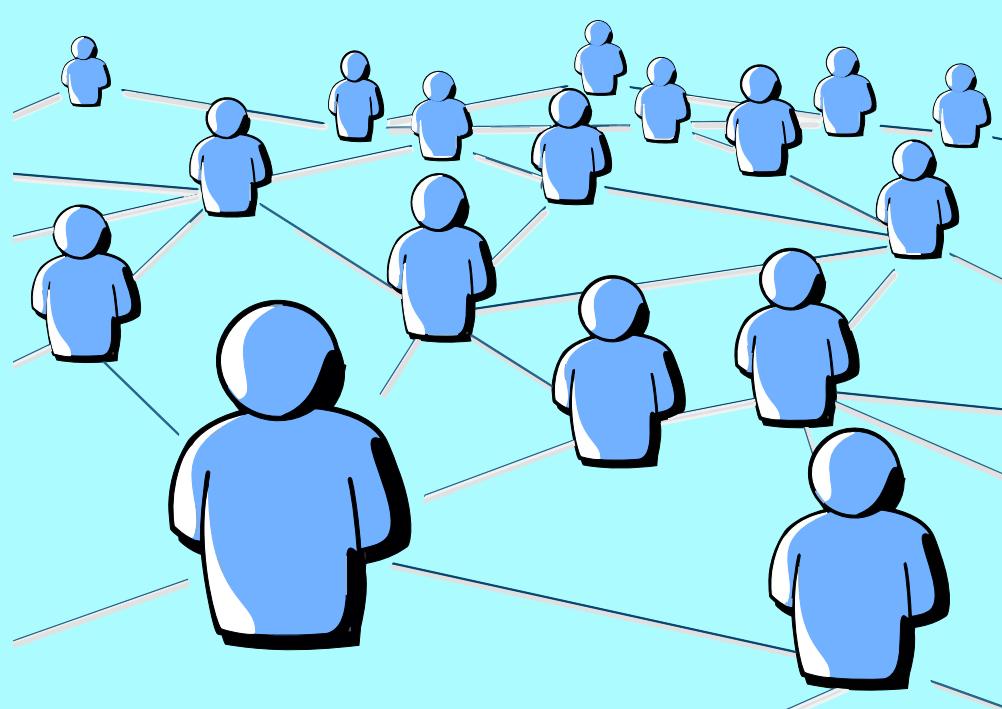
As a parent, it is important to **bond with your kids**. Make yourself be available, responsive and sensitive to their needs. This will allow for a healthy relationship.



Treat others kindly and with **respect**. Value diversity, equity and inclusion.



**Have fun** and enjoy the time you spend with others. Be in the moment and appreciate the people around you.



## Social Wellness Videos For Kids

Social Wellness

Social Skills

Increase Social Connections

Cyber Safety

A Short Story About True Friendship