

# July Newsletter



July 2019

## Social Wellness Month

Social wellness means nurturing yourself and your relationships. It means giving and receiving social support—ensuring that you have friends and other people, including family, to turn to in times of need to give you a broader focus and positive self image.

### Social support can take different forms:

- Emotional support refers to the actions people take to make someone else feel cared for.
- Instrumental support refers to the physical support, such as money and housekeeping.
- Informational support means providing information to help someone.

### Why is Social Wellness Important?

Healthy relationships are a vital component of health, research shows that:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Healthy social networks enhance the immune systems ability to maintain health.

### Nurture Your Relationships

1. Become a master of commitment. It's important to be aware of precisely what you are committing to, so that you can realistically judge whether or not you have the capacity to follow through on the commitment.
2. Make commitments you can stand by. In a relationship, it's important to be honest and empathetic to each other's feelings, hopes, and dreams.
3. Break the cycle of blame and criticism. It's important to own your part in the relationship dynamics.
4. Shift your attention away from fixing the other person and onto more creative expressions for resolving conflicts.
5. Become a master of verbal and non-verbal appreciation. Showing appreciation of others is critical to healthy relationships.

### Grow Your Social Network

- Workout. Join a gym to meet new people.
- Volunteer. Devote some of your time to a charity. You'll meet others with similar passions.
- Find others who share the same interests as you. Consider your interests, and then pursue them. You're bound to find others with similar passions.

Have a wonderful July!

Check out our website  
[drwinkonline.com](http://drwinkonline.com)



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