

Wellness Checklist

habits can help you build support systems and stay healthier socially. Here are some tips for connecting with others:

MAKE CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Look for ways to get involved with others.

To find new social connections:

- Join a group focused on a favorite hobby.
- Take a class to try something new.
- Try yoga, tai chi, or another new physical activity.
- Join a choral group, theater troupe, band, or orchestra.
- Help at a community garden or park.
- Volunteer at a school, library, or hospital.
- Participate in neighborhood events.
- Join a local community group.
- Travel to different places and meet new people.

TAKE CARE OF YOURSELF WHILE CARING FOR OTHERS

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll on your health. It's important to find ways to care for your health while caring for others. Depending on your circumstances, some self-care strategies may be more difficult to carry out than others. Choose ones that work for you.

To take care of yourself while caring for others:

- Make to-do lists, and set a daily routine.
- Ask for help. Make a list of ways others can help. For instance, someone might sit with the person while you do errands.
- Try to take breaks each day.
- Keep up with your hobbies and interests when you can.
- Join a caregiver's support group.
- Eat healthy foods, and exercise as often as you can.
- Build your caregiver skills. Some hospitals offer classes on how to care for someone with an injury or illness.



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