How We’ll Spend Our Time Together

- Defining social wellness
- Relationship between social wellness and overall health
- Four strategies for improving social wellness
- Provide you with an opportunity to be social
Defining Social Wellness

One’s ability to interact with people around them.

It involves:

- good communication skills
- having meaningful relationships
- respecting yourself and others
- creating a support system
Lack of Social Wellness and Your Health

- Psychological effects
  - Impact of loneliness

- Biological effects
  - Increased susceptibility to illness
  - Higher cholesterol levels
Increased Social Wellness and Your Health

- Psychological effects
  - Creates a good mood
  - Enhanced self-esteem
  - Handle stress better

- Biological effects
  - Fewer cavities
  - Fewer colds
Strategies for improving social wellness

- Healthy Relationships
- Community involvement
- Interdependency
- Accept diversity
What is a healthy relationship?

YES OR NO

- You must spend all your waking moments with your partner.
- You must agree on everything.
- You have to have same interest in everything.
- You must always put him/her needs before yourself.
- You cannot have negative feelings toward your partner ever.
## Healthy vs. Unhealthy Relationships

<table>
<thead>
<tr>
<th>Healthy relationships</th>
<th>Bad relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Tips to a healthy relationship

› Have realistic expectations.
  › Your partner will not be all the things you want him/her to be.
  › Acceptance is very important.

› Communicate!
  › Take time to listen to one another.
  › Don’t interrupt or think of what you want to say before the other person finishes the sentence.
  › Be fully present!
  › Discuss even uncomfortable topics such as sexual boundaries (You have a right to say “no” to sex if you are not ready!)
Tips to a Healthy Relationship

› Communicate!
  › Ask questions
  › Share information about yourself as well.

› Be flexible!
  › Relationships change and evolve over time.

› Take care of yourself
  › Don’t forget you have needs too!
  › Be honest with your feelings and thoughts.
  › You are important too!
  › In order to love someone else you must first love yourself!
Tips to Healthy Relationships

› Be reliable
  › If you make plans try to be consistent and respectful of other people’s time as well
  › Try to follow through on a promise to your partner.

› Keep your life balanced
  › Try new opportunities on campus.
  › Meet other people
  › Develop your own interests
  › Relationship is not about dependence!

› Show warmth and affection
**Tips to a Healthy Relationship**

- **Fight Fair**
  - Negotiate a time to discuss it.
  - Don’t criticize (use “I” statements)
  - Don’t assume how your partner feels or what their motives are.
  - Stay with the topic (don’t use current issue as a way to bring up everything else you’re upset about)
  - Say “I am sorry” when you are wrong
  - Ask for help with finding a resolution (i.e. Faculty and Staff Assistance Program)
Tips to a Healthy Relationship

› Fight Fair

› You might not have a perfect resolution. You agree to disagree on this issue.
› Don’t hold onto past hurts or misunderstanding especially after you have addressed it as a couple.
› Establish a win-win situation where it’s not about partner winning the argument but that the relationship is the winner.
Tips to a Healthy Relationship

➤ Be yourself!

➤ Express your needs, feelings and thoughts openly.
➤ You shouldn’t try to be another person just to please your partner.
➤ Feeling confident in yourself will help you be more honest and open in the relationship.
Community Involvement

› Within UCR

› Outside of UCR
Interdependency

- Be willing to help others
- Don’t be afraid of asking for help
Accept diversity

- Become aware of your biases
- Accept those around you
Time to be social!