



The Global Wellness Institute defines wellness as **the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.**

Welcome to *Volume 7, Issue #4* of the Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter is divided into five sections: Wellness Dimension Focus, Message from the Editor, What's New(it's new!!), Wellness in the News, and Tips for Living. Let's get started!

Wellness Dimension Focus – Social Wellness – A healthy state of social wellness is having the ability to live in harmony with others while contributing towards the common welfare of the community and environment. It involves learning the social skills to develop a good support system, and deep, meaningful, positive interactions and relationships with others. Having loving, nurturing and supportive relationships as well as other meaningful social interactions can have significant and positive effects on life-wellness. Social wellness involves building and maintaining healthy, intimate loving and supportive relationships as well as fostering a general connection with everyone around you, which includes your family, friends, colleagues, and strangers throughout life.

(http://lifelifewell.co/category/wellness/index_wellness_arti.php?ARTIwellness_ID=%205)

Message from the Editor (Mr. Rotatori, Wellness Department Head) - Well, this is it. This will be my last newsletter before I retire in June. Ironically, the topic is social wellness. My social circle for the past 34 years has been mostly connected to my job. My current daily routine includes waking up at 5:00am and working out or playing basketball with some faculty friends. I then start my work day at around 7:30am either preparing for my lessons or catching up on administrative work. At the end of the school day I put on my coaching hat and provide instruction to athletes. My day ends mostly between 6:00 and 6:30pm. Yes, I do have friends and family in my homelife but when you work on average 50-60 hours a week, I usually don't have much time to spend with them. I am looking forward to reconnecting with them and building even stronger relationships and also creating new friendships along the way. A person's social wellness is critical for overall health and wellness. There are many studies that prove social connectedness increases health and longevity. We know the importance of being connected to others because we all experienced a severe loss of human interaction during the pandemic. Most of us are still trying to recover from this traumatic experience, including myself. Don't forget that improving individual social wellness helps to build community health and wellness too. These relationships increase trust and resilience between people. When people feel connected to their community they often are willing to give back by volunteering. This strengthens the community and provides supportive and inclusive connections. I hope I get a chance to improve my social wellness in retirement! Here are some helpful suggestions to improve your social wellness! [Social Wellness Checklist](#)

What's New! - We continue our efforts to provide the highest quality wellness education for our students at Newton South. Here are a few more **NEW things happening this year!**

- Coming soon! The field house lobby will be getting a new look! Come down and check it out!
- Starting in September, Newton South will have a new Wellness Department Chair and a new health teacher.
- Coming soon! A speed bag will be installed in the fitness center
- Another set of wrist heart rate monitors were purchased to use in all fitness classes
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Wellness in the News –Social Wellness:

Improving Social Wellness to Strengthen Mental Health

(<https://centerstone.org/our-resources/health-wellness/improving-social-wellness-to-strengthen-mental-health/>)



Social wellness is a dimension of wellness that focuses on connection to help provide a sense of self-worth and fulfillment. This connection can be with friends, close family members or community involvement like work, volunteering, organizations and clubs. “We all have unique needs,” says Mandy Kinnaird, Manager of Child and Family Services for Centerstone. “Social wellness may be achieved more by connecting with friends for some, connecting with family for others and so on.”

Social wellness and mental wellness

Strong connections help you feel understood and like you are contributing to the world. As every dimension of wellness is interconnected, having strong social wellness can go on to improve your mental health.

When you are more connected to other people or your community, you can often see improvements in your mood. Engaging with others you enjoy spending time with, or doing life-giving activities, increases the positive chemicals in the reward center of your brain. Building up your connections also provides you with more outlets for support, helping you better prepare for life's challenges with people who will be there for you.

Conversely, when you are not well-connected, you may see an increase in mental health issues. "Feeling alone makes life harder," says Mandy Kinnaird. "When you don't have people around, there are less opportunities for your self-worth to be validated. And when the hard times come, you may have a higher chance of lingering in an unresolved crisis."

Strengthening connections

To improve our social wellness we need to strengthen our connections. Here are a few tips to help you nurture your relationships with others.

- **Reflect:** The first step you should take is reflecting on what makes you feel good. Take some time to think about what is life-giving to you. Think about the people who build you up and make you better, and the things you do that make you feel like a good citizen of the world. Taking stock of what makes you happy will help you decide who and what to stay connected to and invest your time in.
- **Get Involved:** If you are struggling to build connection, try a new activity in your community. Volunteering with an organization you care about provides an opportunity for you to put good into the world while interacting with others who share your interests. You could also get involved in book clubs, attend performances, invest in your religious community, or even just find a place to frequent where you see the same people. There are also ways to build connections online like online support groups, interest groups and forums.
- **Manage Commitment:** To keep your connections strong, you need to keep your commitments. Relationships are built on trust, and people need to know they can rely on each other. Consistently falling through on your commitments can hurt the relationship. On the other side, you need to be honest on the front end about when you are stretched too thin. It is more harmful to make and later break a commitment than it is to say no. Be honest about what you can handle and **set healthy boundaries**.

Tips for Living – “The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.” – Carl Jung

Choose  *Kindness!*