

HERE'S TO HEALTH

5 Questions to Evaluate Your Social Well-being:

- Did you smile or laugh this week?
- Did you learn or do something interesting this week?
- Were you treated with respect all week?
- Do you have someone you can talk to on a daily basis?
- If you were in trouble, do you have relatives or friends you can count on to help you whenever you need them?



As social creatures, people crave connection with others. Indeed, the sense of belonging derived from relationships and connection with family members, friends, colleagues, and the local and global community is the foundation of social wellbeing.



SOCIAL WELL-BEING EDITION

Healthy relationships are a vital component of health!


AssuredPartners

Social well-being is the ability to interact with others. It relates to the aspects of:

- Relationship
- Support
- Belonging
- Contribution

Statistics prove that people with good social connections tend to be healthier and live longer than those who don't.