



Improving our Social Well-being

The Social Wellness Dimension involves having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others and humankind.

At Internal Medicine Meeting, share one of the enclosed chocolates with a new or old friend.

Think about: Do you set aside quality time to spend with family and friends? Are you making time to go to places where you can meet new people, or visiting a new location?

Resources: Keep track of when you need to catch up with someone or when a friend or family member is due for a visit. Organize a calendar of events that would be good ways to connect, or reconnect, to friends, like a public concert or a class reunion.

More resources here



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Ways to improve my Social Wellness

Reflection Exercise:
Generate personal examples.

What I will do	What I will need

Concept Developed By: Cheryl O'Malley, MD, MACP and her team at the University of Arizona College of Medicine-Phoenix & Banner University Medical Center Phoenix

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