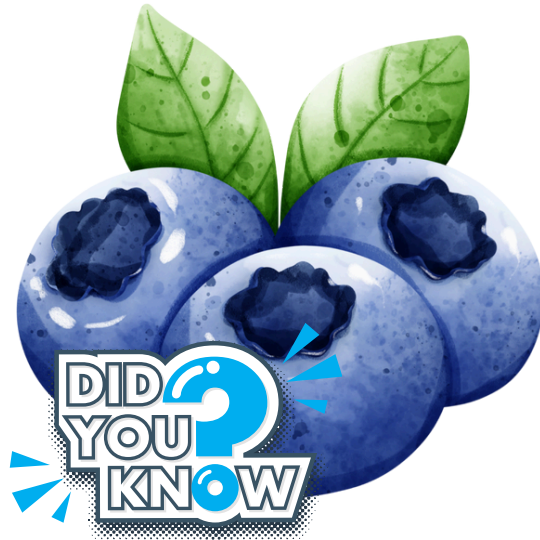


Social Wellness Month



BLUEBERRIES CAN HELP FIGHT STRESS AND ANXIETY!

4 FACTS ABOUT SOCIAL WELLNESS

No stress: those with a social network/community handle stress better.

Improving health: laughter, touching, and hugging can improve health.

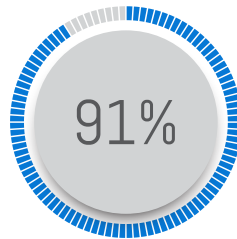
Being alone: lack of companionship can increase cholesterol levels.

Love and warmth from people: love and warmth from people can increase immunoglobulin levels.



Surround yourself with only people who are going to lift you higher.

Oprah Winfrey



of students report an overall feeling of wellbeing after participating in campus recreation programs.



HOW TO CELEBRATE SOCIAL WELLNESS MONTH

- Get Involved on Campus
- Participate in a Group Fitness Class
- Plan a Group Activity
- Make a New Friend
- Volunteer



MONTHLY MENTAL HEALTH GOAL: _____

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Enjoy a 30 minute walk today with a friend! 	2 <i>make Happiness a Habit</i>	3 Emotional Exhaustion https://www.talkspace.com/blog/emotional-exhaustion/	4 HAPPY 4TH OF JULY 	5 	6
7	8 Boundaries with Friends https://www.talkspace.com/blog/friendship-boundaries/	9 	10 ENJOY EVERY MOMENT	11 NATIONAL BLUEBERRY MUFFIN DAY 	12 Go to lunch with a friend today! 	13
14	15 <i>be proud of your progress</i>	16 NATIONAL GUMMY WORM DAY 	17 Social Anxiety Test https://www.talkspace.com/assessments/social-anxiety-test	18 WORLD LISTENING DAY 	19 	20
21	22 Watch a movie with a friend today! 	23 What is Self Care? https://www.talkspace.com/blog/what-is-self-care/	24 INTERNATIONAL SELF CARE DAY 	25 Take care OF YOURSELF	26 Codependency in Friendships https://www.talkspace.com/blog/codependency-in-friendship/	27
28	29 <i>you can do anything</i>	30 NATIONAL SHARE A HUG DAY 	31 Have a phone call with a family member today! 			

TO-DO LIST

