

IN BLOOM

Physical | Emotional | Intellectual | Vocational | Environmental | **Social** | Spiritual | Health Service

- **Wellness Walks** every Thursday @ 1pm. Meet in Front Lobby
- **TED Talks** (tech, entertainment, design) Wednesday July 5th & 19th @ 2:30pm in Meeting Room
- **Conversation Café** Tuesday July 11th & 25th @ 3:30pm in Mall Card Room
- **Yoga with Stacey** Monday & Wednesday's @ 2:15pm in Aerobics Room
- **Better Balance** every Wednesday @ 1:30pm in MC1

Wellness Counseling & Survey

Last month we ran a survey asking about individual's current exercise routines. The majority of the people that participated in the survey said that they do some form of exercise but do not get the full recommended 150 minutes per week. 80% of the surveys said that they were ready to start a new exercise routine.

Wellness Counseling is a complementary service that Capital Manor's Wellness department provides. With this service, you can get information on diet & nutrition, exercise plans, progress tracking and more! We help you explore the foundation to a successful health routine while encouraging accountability and personal growth.

To set up an appointment:

call extension 439

email: Ntomooka@capitalmanor.com

Visit Niko in person across from MC1 Aerobics Room

or leave a message at the Front Desk

Focus: Social Wellness

Social wellness refers specifically to the relationships we have and how we interact with others. It involves building supportive, healthy and nurturing relationships and connecting to those around you. It's important for people of all ages to stay socially active, as it is a crucial component of a healthy lifestyle. Maintaining good relationships, especially as you age, will have a significant impact on all the other dimensions of wellness. In fact, a senior who is involved in social interactions may even be able to live independently longer.

<http://www.ascseniorcare.com/family/importance-active-social-life/>

Social Wellness is very important to our overall health. A person who is socially healthy has the skills to socialize, be confident and function in all situations that involve other people. A person lacking social wellness tends to lack the ability to adjust to social situations. One of the greatest things that you can do for yourself and others is to become a contributing member of your community. This means getting out and joining in many different activities including volunteering. A good place to look for volunteer work would be through your church, by asking friends, reading your local newspaper and searching on the internet. <http://community.volunteermatch.org/volunteer> is a great place to look when trying to find the right volunteer opportunity. Going through the day having positive interactions with other people will provide you with a great deal of social wellness. So go out into your community and make a difference!

To create social wellness, here are some of the most important steps you can take:

Know your needs—we all have unique needs. What someone might find important may seem irrelevant to you and vice versa. Learn to identify what your needs are so you don't feel the pressure to perform in an environment you don't enjoy or care about.

Reach out—offering friendship to people is a first step to social wellness. Without this initiative, it will be difficult for you to take advantage of potentially productive relationships. Consider joining groups and clubs that focus on your interests. Explore other avenues that may present certain possibilities for you, such as volunteer work and travel.

Choose your relationships—some relationships take a toll on people. Sometimes, it could come from experiences with an abusive partner, an overbearing relative or an insincere friend. The problem here is that all of these can cause unnecessary strain on your emotional state and affect your ability to function socially.

Learn to build and stay in healthy relationships—these relationships involve people you care about and who care about you and your well-being. Generally, these are people whom you feel can nurture and support your needs and whose needs you yourself can offer support for. Since there is trust and compassion, you feel safe and satisfied, two vital ingredients for social wellness.

Don't feel the pressure to conform—this is a rather tricky step because often, conformity is required in the society we live in. However, cooperating with standards and mores doesn't necessarily mean changing yourself and becoming a person you are not. Everybody's different and it's our job to accept that. If you try to conform, you'll find that the pressure to change yourself will affect you in many ways, all of them negative.

Learn to communicate effectively—you can only do so much about hiding your feeling and thoughts. Being able to communicate well is a vital component of social wellness because this is generally how you initiate relationships in the first place.

Make it a practice to constantly work on your social connections and soon you will have an abundance of what we call "social wellness."

<http://wellnesschallenge.ucdavis.edu/social.html>

Social Wellness Challenge Ideas

- Become active in a club, group, or organization.
- Call or write to far-away friends or family.
- Cultivate new friendships outside of your family.
- Turn off the TV/computer and interact with people.
- Maintain regular contact with a lonely person.
- Choose your own healthy habit in this category.



Try one
or all!