

editor's message

Hello everyone! Hope the first half of 2023 had gone well for you. 😊

In July's edition of Thrive, we would like to share with you about social wellness, its importance, social intelligence and tips on improving our social skills to improve our social wellness!

"Alone we can do so little; together we can do so much." - Helen Keller

WHAT'S IN THIS ISSUE:

- What is social wellness?
- Importance of relationship building
- How to maintain healthy relationship with others?
- Social intelligence and tips on improving social skills

the wellness wheel



The Wellness Wheel illustrates a wellness model with 8 interconnected dimensions to a well-rounded and balanced lifestyle. Each issue, we will cover 1 element from the wheel.

What is social wellness?

Social wellness refers to **building and maintaining healthy relationships** and having **meaningful interactions** with people around us.

It is having a **sense of belonging while valuing diversity**. This involves **open communication, boundary setting** and a **mutual respect regardless of our differences**.



Importance of relationship building

Having a strong network of supportive family and friends will:

- Improve our mental wellness
- Enhance our sense of belonging, helps us feel socially connected
- Provide us with guidance and support during challenging situations
- Offer us stability and comfort during periods of stress and life transitions



In the news...

Singaporeans below 40 more likely to avoid social contact; mental health of working adults remains 'significantly strained': Study

The study was conducted by Telus Health, a provider of health technology services in early 2023.

Insights revealed that people under the age of 40 were 80 per cent more likely than those over 50 years old to avoid being with others or interacting with others.

FINDINGS ON SOCIAL CONTACT

- Nearly two-thirds (66 per cent) of the Singaporeans surveyed said that their avoidance of contact with others started or worsened after the Covid-19 pandemic began in 2020
- This group had the lowest mental health score (47.1), which was more than 14 points below the national average
- More than two in five respondents (42 per cent) did not avoid being with or interacting with others, and this group had the highest mental health score (73.6), 12 points above the national average
- Parents were 40 per cent more likely than people who were not parents to avoid being with others or interacting with others

Click to read the article on Today 

How to maintain healthy relationships with others?

Keep in touch with friends and loved ones on a regular basis. Make time and effort to:

Call them



Catch up over coffee/tea



Send them a text



By doing so, you will enjoy the positive returns from the strong connections you have with the people in your life.

Social intelligence & tips on improving social skills



Social intelligence (SI) involves how we make sense of the people around us. SI requires a basic understanding of people and a set of skills for successful social interaction with others. It also describes a person's interpersonal abilities.

A person with high SI displays strong social competencies and nourishing behaviours that make other people feel valued, trusted, and respected. In turn, they have the power to build relationships and create positive feelings in the people they work and play with.

Below are some ways to improve your social skills and increase your SI:



➡ Be clear and authentic



➡ Think before you act or speak



➡ Create rapport by being curious, listening actively and developing empathy

references & additional resources

1. What is Social Wellbeing - Boston University
2. Building a Supportive Network of Family and Friends - HealthHub
3. Singaporeans below 40 more likely to avoid social contact; mental health of working adults remains 'significantly strained': Study - Today
4. How To Make Friends for Better Mental Well-being - HealthHub
5. 6 Ways to Improve Social Skills and Increase Social Intelligence - HealthHub
6. Maintaining Positive Social Connections - Institute of Mental Health

feedback

Click or scan the QR code to share your feedback about the newsletter with us.

Your suggestions are highly appreciated!



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