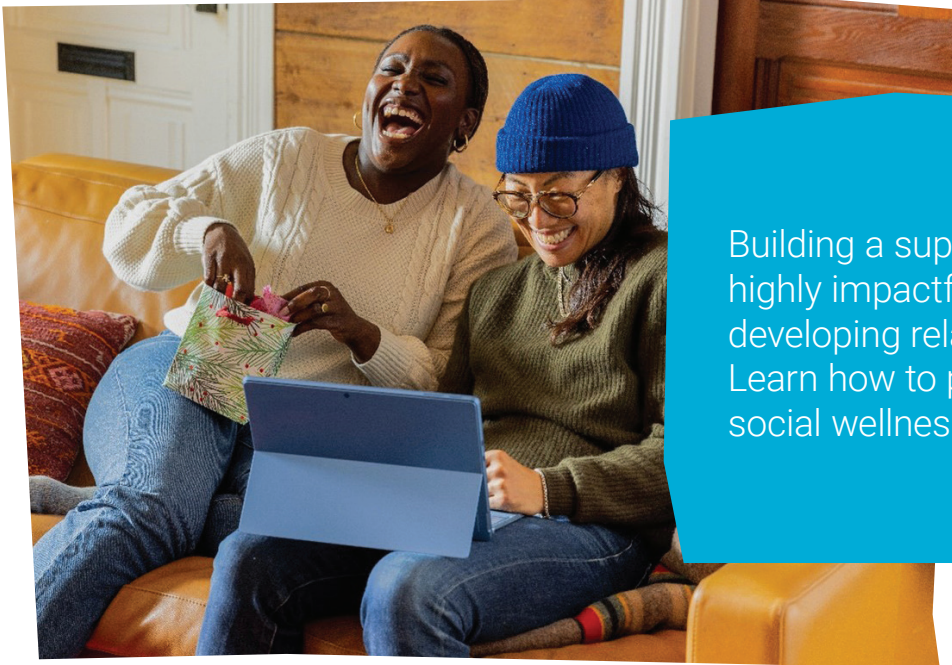


# Social WELLNESS

LiveWELL

March 2023



Building a supportive network is highly impactful but maintaining and developing relationships can be difficult. Learn how to practice and implement social wellness into your routine.

## LiveWELL The power of close relationships

LiveWELL  
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In 1938, Harvard began one of the world's longest studies of adult life. Researchers tracked the lives of 724 men from two different upbringings over a span of 79 years. After gaining thousands of pages of data through the study, researchers discovered the life-altering impact of relationships:

CNBC shares the following findings from the study:

- **Dr. Robert Waldinger explains:** "Keeping to yourself and experiencing loneliness can be toxic. People who are more isolated find that they are less happy, their health declines earlier in midlife, their brain function declines sooner, and they live shorter lives than those who are not lonely. People who are more socially connected to family, friends, and community are happier, physically healthier, and live longer lives."
- **Quality over quantity of relationships matters.** The Harvard study shared that living amid conflict is bad for health and positive close relationships have the ability to buffer signs of aging. Those who had negative close relationships experienced their physical pain magnified due to being in emotional pain compared to those in happy relationships.
- **Good relationships have the power to strengthen your brain.** "People who are in relationships where they feel they can count on their partner in times of need have a sharper, longer-lasting ability to remember things. All the same, those who were in a relationship where they felt they couldn't count on their partner experienced early memory decline" Dr. Robert Waldinger shared.
- **Maintaining positive healthy relationships can be complicated and is a lifelong process.** Try replacing screen time with people, trying something new with a friend, or reaching out to a family member you haven't spoken to in years.



**"Good relationships keep us happier and healthier,"**  
- Dr. Robert Waldinger

Find more detailed information on the *First Generation Study of Adult Development*



## PlayWELL

Combining social and physical wellness

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Exercising regularly has many health benefits and combining social and physical wellness can increase lifespan. Try the following activities to promote healthy relationships with others while exercising.

1. Start walking together with friends, family, neighbors, or co-workers: Use this time to catch up with one another while being out in nature.
2. Join an exercise group, gym, or studio to connect with others who share the same interest.
3. Join a club or intramural sport to spend time with others who have the same passion for your favorite sport.



## WorkWELL

Social wellbeing in the workplace

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Strong social connections make people happier and physically healthier, which can translate into work performance. Employers who support social connections in the workplace build a strong workforce. Benefits of employees with strong social connections include: increased happiness, less stress, increased engagement and loyalty, and ultimately lead a healthier life. Try encouraging team building and connections through celebrating goals, having lunch together, and creating a space for employees to collaborate and socialize.

*Information from Forbes*

## WELL Community

Practice social wellness through community

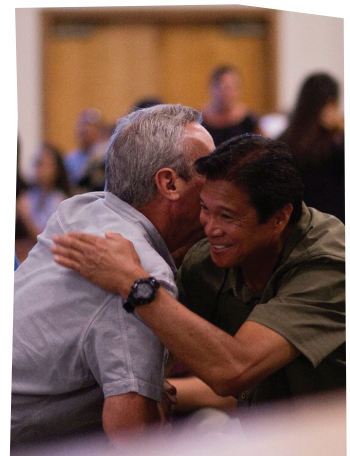
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Having a sense of community and belonging can make us feel as though we are a part of something greater than ourselves. It can provide opportunities to build connections, friendships, and offer support. Below are five categories and examples of communities to get involved in.

- **Communities of place** include urban, suburban, rural, neighborhood, suburb, national community, or global community.
- **Communities of interest** include subcultures, countercultures, or sporting communities.
- **Identity based communities** such as religious communities, virtual communities, or ethnic groups.
- **Communities of need** include disabled communities, deaf communities, elderly communities, or migrant communities.
- **Communities of practice** include professional communities, associations, business communities, or economic communities.

A sense of community helps humans come together and bond over similar experiences, interests, and goals. Identify an interest of yours you are passionate about and look for communities in your area!

Source: <https://helpfulprofessor.com/types-of-communities/>





## CREAMY VEGAN LEMON ASPARAGUS PASTA

Recipe from [minimalistbaker.com](https://minimalistbaker.com)

Try making this creamy vegan lemon asparagus pasta with someone you enjoy spending time with. It only requires simple ingredients and just 30 minutes! Simple, light, delicious.

### INGREDIENTS

- 1 bunch asparagus (trimmed and washed // ~12 ounces as original recipe is written)
- 1 pinch each sea salt + black pepper
- 2 medium lemons (sliced thinly)
- 3 1/2 Tbsp olive oil (divided)
- 3-4 large cloves garlic (minced)
- 10 ounces bow tie pasta (~5 cups as original recipe is written // see notes if GF\*)
- 2 1/2 cups unsweetened plain almond milk
- 3-4 Tbsp all-purpose flour (sub another thickener if GF\*)
- 1-2 Tbsp nutritional yeast (optional // for a subtle cheesy flavor)

### DIRECTIONS:

1. Preheat oven to 400 degrees F (204 C). Add asparagus to a baking sheet and toss with 1/2 Tbsp olive oil and a pinch each salt and pepper (amounts as original recipe is written // alter if adjusting batch size). Top with several thin slices of lemon and bake for 20-25 minutes. Once finished cooking, remove from oven and roughly chop into thirds.
2. In the meantime, bring a pot of water to a boil and salt generously.
3. While the water's heating, bring a large skillet to medium heat. Once hot, add 3 Tbsp olive oil (amount as original recipe is written // adjust if altering batch size) and garlic. Whisk and continue cooking for 1-2 minutes or until garlic is just starting to brown.
4. Add 3 Tbsp flour (amount as original recipe is written // adjust if altering batch size) and whisk. Cook for 30 seconds, then whisk in almond milk 1/2 cup at a time. TIP: Use a large flat spatula to smash down the bits of garlic and flour to properly incorporate. Add a healthy pinch salt and pepper and whisk. Slightly lower heat and continue cooking to thicken, stirring occasionally.
5. Add pasta to boiling water and cook according to package instructions. Then drain and set aside.
6. For extra creamy sauce, add sauce to a blender or use an immersion blender to blend. Add nutritional yeast and another pinch of salt and pepper. If it looks runny, add remaining flour (or cornstarch). Blend until creamy and smooth, using the "puree" or "liquify" setting if possible. Taste and adjust seasonings as needed, then add back to pan and continue cooking over medium to medium-low heat to thicken.
7. Once your sauce has reached desired thickness, add the juice of half a lemon and stir.
8. Add 3/4 of the chopped asparagus and the cooked pasta to the sauce and toss to coat.
9. Divide between 2-3 serving plates (per original recipe // adjust if altering batch size) and top with remaining asparagus. Serve with a lemon wedge and vegan parmesan cheese.
10. Store leftovers in the refrigerator for up to a few days.



### Nutrition (1 of 3 servings)

Serving: 1 serving | Calories: 458  
Carbohydrates: 67 g | Protein: 16 g | Fat: 14 g  
Saturated Fat: 1.7 g | Trans Fat: 0 g  
Cholesterol: 0 mg | Sodium: 180 mg  
Fiber: 4.7 g | Sugar: 1.8 g