



Social WELLNESS

LiveWELL

March 2024



Social wellness starts with self-love. In this newsletter, we provide information and tips to encourage self-love and spread kindness to those around you.



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Tips to build connections that promote wellbeing

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Positive social habits can help you build support systems and stay healthier mentally and physically.

[The National Institute of Health](#) recommends the following tips to build healthy relationships:

- **Make connections** - Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health.
- **Get active together** - Being active with others in your community can have a positive effect on your health habits and create opportunities to connect.
- **Build healthy relationships** - Strong, healthy relationships are important throughout your life as they can impact your mental and physical well-being. It's important to know what a healthy relationship looks like and how to keep your connections supportive.
- **Bond with your kids** - Being sensitive, responsive, consistent, and available to your kids can help you build positive, healthy relationships with them. The strong emotional bonds that result help children learn how to manage their feelings and develop self-confidence.
- **Shape your family's health habits** - Everyday behavior plays a big part in shaping your child's behavior. With your help, kids can learn to develop healthy eating and physical activity habits that last throughout their lives.

Information derived from [The National Institute of Health](#)



EatWELL

The perfect, healthy charcuterie board for a social gathering

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A HEALTHY CHARCUTERIE BOARD

Recipe and photo adapted from the recipe blog at simpleandsavory.com

Charcuterie boards offer the opportunity to be creative with food assembling and pairing. See below for key ingredients to help you build a healthy board!

INGREDIENTS:

- Uncured Pepperoni
- Uncured Salami
- Uncured Prosciutto
- Celery and Carrot sticks
- Homemade Hummus
- Assorted Greek Olives
- Baby Dill Pickles
- Dried Apricots
- Grapes
- 2 ounces Goat Cheese
- Fig Salami
- Cheese Sticks
- Crostini
- Assorted Nuts

INSTRUCTIONS:

1. For any charcuterie board, you can choose a wooden, marble, or ceramic plate to lay your food items on.
2. Use a variety of meats, cheeses, fruits, veggies, and grains to provide an array of flavors and colors.
3. Lay them on the board of choice. The number of food items will vary on the size of the group.
4. Serve & enjoy!



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 interests.
3. Join a club or intramural sport to spend time with others who have the same passion for your favorite sport.



WorkWELL

The power of work friends

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Recent Gallup data shows that having a "best friend" at work has become more important since the start of the pandemic, even considering the dramatic increase in remote and hybrid work.

People instinctively want close, trusting relationships -- at work and in life. Having a "best friend" at work contributes to a thriving employee experience, communication, commitment, and other outcomes.

Gallup found the following strategies can help promote best friends at work for in-person, remote, and hybrid workers:

1. Promote intentionality, starting with leaders.
2. Create interactive opportunities for friendships to blossom.
3. Communicate often.

"When employees have genuine friends, they have someone who makes them feel included and cared for. And because they care about their best friend and don't want to let them down, they show up for them in their performance. They have their back -- whether that means prioritizing safety or going out of their way on a project."

Information derived from [Gallup](#)



WELL Community

Arizona Gives Day

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Mark your calendar for AZ Gives Day, happening April 2, 2024! Join Arizona's annual celebration of giving back by donating to the Greater Phoenix Chamber Foundation. Your gift will help enhance college and career readiness and create a stronger workforce in Arizona. Donate today!

[Donate Here!](#)



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