

# 30-Day Social Wellness Challenge



You may have heard the phrase "Humans are social beings." But what does that really mean? It means that having a balanced social life can be good for your health. **Social wellness** is the quality of social connections you maintain. Living a fulfilling social life can decrease stress, lower blood pressure and improve your outlook on life. Some studies suggest that it may help you live longer.

Social wellness will look different for everyone. Your version of social wellness will be unique to your needs. Try the 30 Day challenge below in any order. Discover what social wellness looks like in your life!



## Check off all the days you were able to complete.

Click the squares on the left side of each day or print this out and fill them in by hand.

1



Assess your calendar. Are you overwhelmed with work or social engagements? Don't be afraid to dream of free time or more time spent with friends. Imagine what your dream social life would look like and write it down.

2



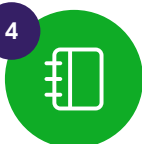
Call a friend or family member you haven't spoken to in a while. Sometimes simply hearing the voice of a loved one is enough to brighten your mood.

3



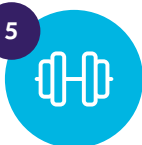
Consider joining a local club or group that interests you. Look for a local club or group that meets regularly that you might enjoy. Check the local newspaper or look online. If you find something you like, consider showing up for a meeting.

4



Journaling is a great way to process your daily encounters and emotions. Take 10 minutes out of your day today to write in your journal. When you meet someone new, write their name down along with something you'd like to remember about them. It can be something as simple as their favorite color, or as complex as a funny story they told. You may be surprised at how helpful this tool can be in boosting your ability to make new friends and build strong connections.

5



Social workouts help you stay in shape while making or maintaining friendships. **Read more about the benefits of social workouts vs. solo workouts here.** Consider adding a social workout to your weekly schedule as you complete this challenge.

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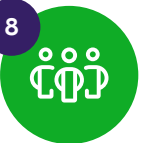
Dining out is an excellent way to connect with friends and loved ones. But it can be hard to stick to a healthy diet while eating out. [Here are some tips to help you stay on track while dining out.](#)

7



Today, take a moment to write someone special a handwritten note. Tell a family member, best friend or significant other how special they are to you. Maybe make this a regular practice.

8



When is the last time you went to a community event? Can you think of something in your community that you'd like to attend? Invite friends!

9



Walking is more than a healthy fitness habit. Going outside can improve your mood, and sharing it with a friend can keep you in the moment. [Learn more about how to make fitness more social here.](#)

10



Do social events make you feel isolated or guilty by not sticking to your diet or health plan? [Watch this video](#) about how to stick to a healthy diet during special events. And remember, no one is perfect. In this video, you will learn ways to bounce back into your routine after slipping up.

11



You might be surprised how many people share interests with you in your community and around the world. Try looking for hobby groups nearby. If there are none, try online. Look for forums that aren't connected to popular social media sites. And remember to be mindful of how much time you spend online. More on that next!

12



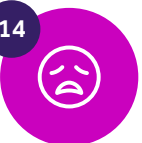
Social media can be a great tool for staying connected with loved ones and friends. But without moderation, you might easily end up comparing yourself to others and falling into an unhealthy cycle. If you find yourself spending too much time on social media, [explore some ways to stay connected outside of social media.](#)

13



Compliment three people today. Smiles can be contagious. Sometimes all it takes is a respectful and heartfelt compliment from a stranger to make someone's day. You may notice that people tend to respond in kind!

14



Identify when you feel burnout in your social life. [Here's a helpful article to help you identify and cope with burn out.](#)

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Social wellness isn't just about what you plan. It's also about who you plan it with. Think about who gives you energy when you spend time with them. Who makes you feel emotionally drained? Try to spend more time around those who nurture your mood and well-being.

16



Give yourself a vacation from your phone. Constant notifications from things like text messages and emails can get stressful quickly. On a weekend or day off, set a timer for at least an hour and turn off your phone. Enjoy quality time face-to-face with those around you. Or enjoy some peaceful relaxation alone doing things you love.

17



Did you know that there's science suggesting that helping your community can improve your outlook on life and even help you live longer? Look for opportunities to volunteer or simply let someone know that you can be there for them.

18



Take a moment to reflect on your stress level this month. If you're feeling overwhelmed, [read this helpful article](#) about how to better manage stress. Stress can influence your willingness to socialize and contribute to social anxiety. We can accomplish a lot when we learn to manage our stress!

19



Feeling connected to something larger can have a positive impact on your mental health and social well-being. Some may find this connection through a spiritual or religious practice. Others find this through an appreciation of nature. Wherever you find it, enjoy this appreciation with a group.

20



Just 10 days left in the challenge! Keep up the good work! [Here's an excellent reminder of why social wellness is so important.](#)

21



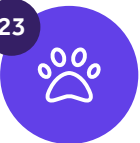
Cooking involves creativity and problem-solving in a rich sensory experience. It's a great experience to share with someone whom you hope to connect with on a deeper level. One day this month, pick a recipe from [this list](#) to make with a friend.

22



Research shows that maintaining a healthy social life can reduce your risk of cardiovascular disease, boost immunity and reduce risk of early death. When you're feeling lonely, reach out to someone or make new friends.

23



Animal companions can offer a nonjudgmental space for people with social anxieties. Pets are also great topics of conversation with strangers. Do you have a pet? Give them a snuggle! Or visit a local animal shelter to meet and pet the animals there.

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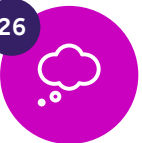
Having a strong support system is a great reminder that you don't have to go through hard times alone. Knowing this can be great for your stress and confidence. Who can you call when you need help? Who will you support during their time of need?

25



Negative thinking and sabotaging thoughts can contribute to social anxiety. [Watch this video](#) about overcoming these thoughts as they arise.

26



Think about your past social interactions this month. What did you enjoy? Plan more interactions like this for the future.

27



Read [The Joy—and Science—of Social Eating](#) to learn about all the ways eating with friends and family can benefit your health.

28



Social eating can expose you to different food temptations. Check out [How to Eat Healthy When Others Don't](#) to find ways to navigate this temptation while you're out with friends.

29



Mindfulness is the practice of living fully in the moment and, without judgment, letting go of any distracting thoughts. Learning to live in the moment can help you enjoy social situations more fully. [Learn more about creating your own mindfulness practice here.](#)

30



You've done it! You completed the 30-Day Social Wellness Challenge! What tasks did you enjoy most? Keep up the momentum by celebrating your wins and keep making plans that keep you happy.



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