



SOCIAL WELLNESS

Nurturing Connection That Feels Safe

Social wellness is about the quality of our relationships — not the quantity. It's about surrounding yourself with people who feel safe, who see you, and who support your growth rather than your shrinking.

"You are allowed to outgrow relationships that no longer feel like home."

A GENTLE PRACTICE: ASSESS, NURTURE, BOUNDARY

Use this practice to reflect honestly on the relationships in your life right now.

- 1. Assess.** Think of a few key relationships. Which ones leave you feeling energized versus depleted?
- 2. Nurture.** Reach out to one person who feels safe and supportive — even a small message counts.
- 3. Set a boundary.** Identify one relationship that may need more space, honesty, or a boundary right now.

REFLECTION PROMPTS

- *Who in my life makes me feel most like myself?*
- *Where do I need to set a boundary to protect my energy?*
- *What does healthy connection look and feel like to me?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.