



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.



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Science-Backed Practices for Connection

These practices are drawn from the research on social wellness — small, doable ways to nurture connection that feels safe. Try one this week, not all nine.

NINE WAYS TO PRACTICE SOCIAL WELLNESS

Group sharing circles RETREAT-READY

Structured vulnerability in safe groups builds trust and belonging.

Communal meals / table fellowship RETREAT-READY

Shared eating increases oxytocin and social cohesion.

Active listening workshops RETREAT-READY

Improves relationship quality and reduces interpersonal conflict.

Improv / theater games RETREAT-READY

Builds spontaneity, empathy, and social attunement.

Storytelling workshops RETREAT-READY

Sharing personal narrative increases self-disclosure and connection.

Volunteer work / service

Prosocial behavior linked to longevity and life satisfaction (Holt-Lunstad).

Partner / group yoga or dance RETREAT-READY

Synchronized movement increases social bonding and trust.

Digital detox / unplugged social time RETREAT-READY

Reducing screen time improves face-to-face connection quality.

Team challenge / collaborative art RETREAT-READY

Cooperative goal pursuit builds cohesion and trust.

You don't need all nine. Reach out to one person who feels safe, and start there.