

Simple Steps to Social Well-being

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The pandemic has made it difficult to be social. As we slowly return to social norms, keep these tips in mind; even while sticking with the necessary restrictions, we can boost our overall social well-being.

Volunteer. Give back to your community. Research shows that volunteering can make you feel physically stronger, increase mental sharpness, reduce stress, and even help you live longer.



Keep learning. Join a class, club, or adult sport team. Humans are inherently social beings and this is a great way to meet new people with similar interests.



Go green. Surrounding yourself with earth-friendly products minimizes the negative impact you have on your environment and your community.

