

# Lesson 5: Social wellness and well-being

Your connections with others can be kept healthy, too

**Read through and think about each of the following:**

- What is social wellness and well-being?  
<https://positivepsychology.com/social-wellbeing/>
  - Examples: connecting with others, maintaining positive and strong relationships, be comfortable with yourself in social situations, and interacting with people who are positive and supportive, avoiding toxic relationships, giving back your community
- Strengthening social wellness and well-being  
<https://www.nih.gov/health-information/social-wellness-toolkit>

## **Of special interest: Let's deep dive into CONNECTION**

- 6 Conversation Habits That Lead to More Meaningful Connection  
<https://www.psychologytoday.com/us/blog/a-shared-existence/202304/6-conversation-habits-for-more-meaningful-connections>
- Helping College Students Combat Loneliness  
<https://www.edumed.org/resources/student-loneliness-help-and-support/>
- Feeling lonely in college? A psychologist shares what to do  
<https://www.hercampus.com/wellness/what-do-if-you-re-feeling-lonely-college/>
- What is imposter syndrome and how can you combat it?  
[https://www.ted.com/talks/elizabeth\\_cox\\_what\\_is\\_imposter\\_syndrome\\_and\\_how\\_can\\_you\\_combat\\_it](https://www.ted.com/talks/elizabeth_cox_what_is_imposter_syndrome_and_how_can_you_combat_it)