



Social WELLNESS

Building Healthy Relationships & Fostering Genuine Connections



Take charge of your health to put yourself on the path to wellness. Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Social wellness is important in building healthy, supportive and nurturing relationships. By making conscious decisions we can foster genuine connections with those around us—at home, at work and within our community

www.WellnessAtoZ.org



LiveWELL

The path to social wellness starts with inner acceptance



Social wellness isn't related to your Facebook, Twitter or Instagram account. Social wellness may even be the complete opposite of that. Balancing our physical, emotional and spiritual health is just one part of being socially in-tune. Creating meaningful personal connections with those around us and genuinely caring about the greater good of our community will really make an impact, not only on our own well-being but on our society at-large.

Social wellness is openly communicating, actively listening and sharing feelings of love, joy and empathy. It involves engaging in positive interactions with colleagues, neighbors, friends and family. It is not only important to have broad acquaintances but to also build and maintain deep, emotional connections.

We can do this by first practicing self-care. You can only fulfill the needs of others when you first, are fulfilled. Make sure to take time to really care for yourself—get enough sleep, eat healthy, exercise and use positive coping skills like yoga, meditation or journaling to unwind.

When caring for yourself, think about the type of person you want to be and the type of person you want to be associated with. Nurture and build those relationships and learn from those who support your journey and help you grow.



Share one or two positive thoughts each day with a professional and a personal connection.

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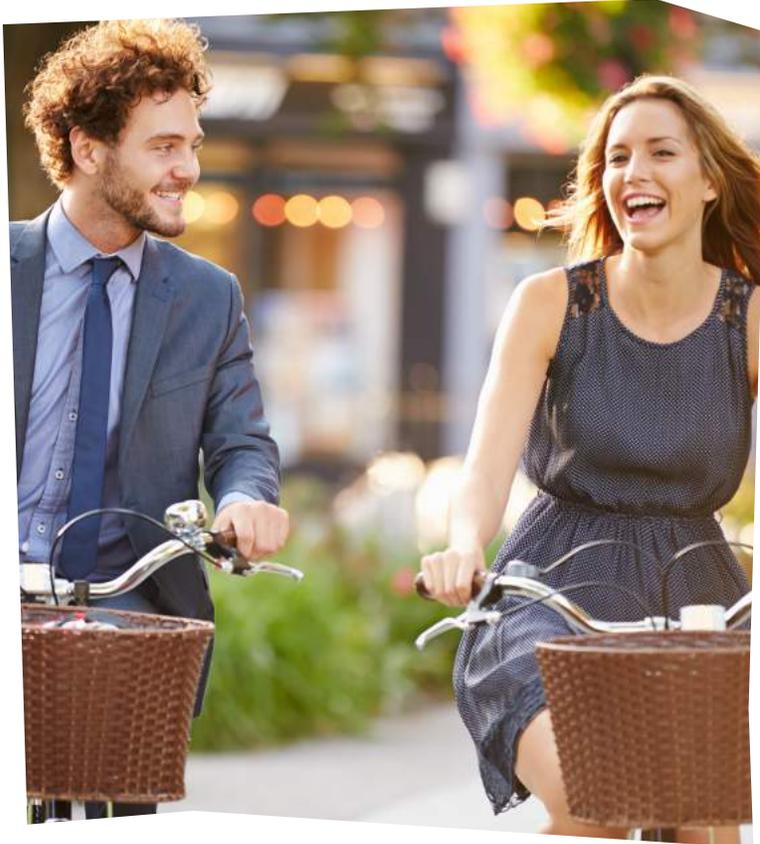
Finally, think positively and appreciate what, and who you have. Share one or two positive thoughts each day with a professional and a personal connection. Regularly giving in to those small happy thoughts can lead to bigger and happier thoughts. Give in to that positive energy and allow it to fill you up from your toes to your nose!



Clocking 30 minutes of moderate exercise at least five days per week is recommended. Creating an active environment can help maintain a healthy weight and reduce your risk for heart disease, diabetes, osteoporosis and cancer. What does an active environment look like? Below are ideas for being active while connecting with those around you:

SIGN UP FOR THE SPRING WELLNESS WONDERS OF AZ TODAY!

www.WellnessAtoZ.org/playwell



- **Take it to the park.** Participate in family time at a local park and engage in a fun game of catch, Frisbee, or even the age-old game of “tag.”
- **Meet your neighbors.** Start a walking club with your neighbors. You can set a specific time and location to meet each week where you’ll walk a mile while catching up with an old friend or making new ones. Remember to walk briskly to capture the benefits of aerobic physical activity!
- **Take the bus.** Public transportation is a great way to connect with your community and to support a healthy environment. Walking to and from the bus or transit stop adds, on average, 15 minutes of physical activity to your day—that’s half of the daily recommended amount!
- **Break your office chair.** Ok, well don’t actually break it, but try to use it less! Set a reminder at the end of each hour to get up, stretch, and walk around for 10 minutes. You can also stand up when making a phone call or writing an email. Have a meeting? Try a “walking meeting” and hit the streets!



What Does Wellness Mean To You?

[To me, wellness] not only means managing my weight but also eating healthy, exercising, managing my stress and having fun.

How long have you been at Republic Media?

2 ½ years

Do you have a wellness goal?

Yes. My goals are to use My Fitness Pal to log my food [intake], exercise five days per week, only work nine hours per day and cook once a week (for the week).

Which challenges do you face in achieving your goal?

My job is pretty demanding with lots of deadlines. It’s easy to keep working when I really should stretch and go for a walk.

How has your workplace helped you in achieving your goal?

As demanding as my job is, as long as I meet my deadlines, I have the freedom to determine my own schedule. They have a Wellness Committee who is working to make the onsite gym even better with suggested exercise routines provided by a local gym, organizing yoga and other classes and working with food vendors to provide healthier choices.



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Choosing the right foods can help build muscle and fight off illness and infection, keeping your body healthy, but did you know that healthy foods can also help improve your mind and how you handle social situations? Eating healthy has been known to have positive effects on your mood, energy levels, and appearance.

When you eat high sugar, high carb and processed foods, it causes your blood sugar to spike resulting in rapid changes in mood. Instead, healthy whole foods can stabilize your mood swings, and even increase your energy. Feeling that 3pm slump? Try an apple over another cup of coffee or a sugary treat – you'll feel great and have the energy to get through that last 2 hours of work! To top it all off, when you consume a diet of healthy, whole foods, your skin, hair and nails benefit and you naturally feel more confident.



VEGGIE SPRING ROLLS

RECIPE COURTESY OF EATWELL101.COM

INGREDIENTS FOR THE SPRING ROLLS

- 1 package of rice paper rounds
- 1 cucumber, thinly sliced
- 1 avocado, sliced
- 1 cup grated or julienned carrots
- 1/2 cup purple cabbage, thinly sliced
- Basil, to taste
- Cilantro, to taste
- Mint, to taste
- 1/2 lime
- 1 small jalapeño, sliced

INGREDIENTS FOR THE SAUCE

- 1/4 cup Soy sauce
- 1 tablespoon Sriracha, or to taste
- 1 tablespoon sesame oil, or to taste

INSTRUCTIONS:

1. Soak rice paper sheets in warm water until soft. About 30 seconds to one minute. Process one sheet at a time otherwise they will stick all together.
2. Lay a rice paper sheet out on a clean surface and place a small amount of each ingredient in the center. Play with different combinations of ingredients, add lime juice and chili sauce if you like.
3. Fold both sides over the filling, and gently roll up. Serve with your favorite spicy hot dipping sauce and enjoy!

NUTRITION INFORMATION: PER 1 SPRING ROLL:

Calories: 90
Carbohydrates: 15g
Protein: 2g
Fiber: 2g
Sodium: 344 mg

WELLCommunity

The best way to find yourself is to lose yourself in the service of others



Practicing social wellness and making those social connections with your community can help protect and enhance your overall health and well-being. Arizona is home to many community gardens that are always looking for volunteers to help plant, crop, or simply clean up. Find one near you to do something active and create new relationships, all while making a positive connection with your environment.

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