

A1 A2 B1 B2 C1 C2

the social dimension of health refers to the ability to make and maintain meaningful relationships with others. good social health includes not only having relationships but behaving appropriately within them and maintaining socially acceptable standards. it allows us to work with others in any situation to benefit all in the relationship the social dimension incorporates health elements such as family personal and working relationships building support networks advancing communication skills your relational behaviors including rights and responsibilities socially acceptable behaviors and manners teamwork leadership and subservience and receiving and seeking feedback optimal social health develops a sense of belonging and acceptance it brings comfort and counteracts the feelings of isolation and loneliness social health allows us to feel part of a broader group or community and therefore helps us to give greater meaning and purpose to our lives some tips to help optimize social health include putting yourself out there seek new social situations to make new friends but continue to make time for the old ones be active in your community look for ways to contribute help others or volunteer and avoid the negative learn to identify and remove the negative people from your life those that bring you down or negatively influence your behaviors you