



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 8 DIMENSIONS OF WELLNESS: SOCIAL WELLNESS WORKSHEET

**1. When you are having a hard time, who are (up to) three people you reach out to?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**2. Who are a few people you feel like you've lost some connection to, that you'd like to reconnect with?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**3. Who are the people that you see frequently in your everyday life (in general or during COVID)?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**4. What are a few ideas you can think of for being more intentional about connecting with the people from question 3?**

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**5. Think of your main interests – how can you adapt those during COVID to continue to connect with people who have similar interests?**

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**6. Here are a few strategies that can help maintain social relationships right now. Circle one that feels doable to do, and write down a name from question 1 or 2 that you can do that activity with this week.**

- Video chat or call during a weekly time
- Playing games online
- Check in: ask them about highs and lows of the week
- Send a postcard/letter
- Go on a socially distanced walk to meeting outside
- Other: \_\_\_\_\_

**7. Pick an accountability buddy from work to check in about this in one week:**

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## RESOURCES:

### Links to the New York Times articles

- <https://www.nytimes.com/2020/07/30/well/mind/pandemic-loneliness-in-late-life.html>
- <https://www.nytimes.com/2020/04/20/smarter-living/how-to-manage-your-loneliness.html>

### Brene Brown podcasts:

- <https://brenebrown.com/podcast/brene-with-bishop-michael-curry-on-love-hope-in-troubling-times/>
- <https://brenebrown.com/podcast/brene-with-judd-apatow-on-vulnerability-and-laughter/>
- <https://brenebrown.com/podcast/harriet-lerner-and-brene-im-sorry-how-to-apologize-why-it-matters/>

### Books:

*How We Show Up: Reclaiming Family, Friendship, and Community*

-Mia Birdsong