Social Wellness Month

Become Your Healthiest Self by Prioritizing Social Wellness.

Social wellness refers to your relationships and the interactions you have with others. Relationships teach you a lot as you grow, and they tend to impact how you view the world around you. Maintaining positive social relationships and habits is significant to your overall health, and having a support network of people is helpful in times of distress or crisis. You should nurture the relationships that are mutually beneficial and cut out those that cause unnecessary and unwanted stress.

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Traveling as Parents

Vacations are supposed to be relaxing, right? Yes, they should be! However, traveling with children can be overwhelming, especially in the preparation stages of your trip. There are some key things you should consider before you board the plane or load up your car. Get ready to plan well and make memories!

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6 Strategies to Improve Your Social Wellness This Month

How do you define wellness? Now, what comes to mind when you think of social wellness? Your answer might vary depending on your personality, but being social has a positive impact on everyone. There are many ways to develop the social habits that are right for you depending on what you need. Here are some great strategies for improving your social health:

1. Make connections - Making positive social connections can improve your overall health and even lengthen your lifespan. These can be with family, friends, or romantic partners. Do you feel like you're lacking a connection in your life? Try to find ways you can get involved with others.
2. Get active in your community - The communities you're involved in can affect your social health. Maybe you live, go to school, or work in one place, or maybe you put pins down in multiple places. Being active in your community can create more opportunities for you to connect with people.
3. Bond with your family - Spending face-to-face time with your family can decrease risk of depression, anxiety, and other mental health illnesses. People who have healthy family relationships tend to develop better coping mechanisms for when they're stressed. Your loved ones can also serve as an emotional support system for when you face challenges in life.
4. Nurture your existing relationships - Strong, mutually beneficial relationships are great for creating a sense of belonging. These are the relationships that will keep you happiest, and they are a best prediction of life satisfaction.
5. Take care of YOURSELF - It's easy to get caught up in caring for others, so make sure you're also taking care of your needs. Choose self-care strategies that work for you. Get organized, keep up with your hobbies and interests, and don't be afraid to lean on others when you need it!
6. Set healthy habits - Develop healthy eating and physical activity habits. Plan your meals in advance and create a steady workout schedule. Aim to get some type of physical activity at least three times per week.

"From every mountainside,
let freedom ring."
My Country 'Tis of Thee

Fun Fact: Both the ice cream cone and iced tea were invented in St. Louis at the 1904 World's Fair, which was held at Forest Park.

What to Consider When Traveling as a Family

Vacations are great for a mental and physical refresh. They can reduce stress, increase productivity and creativity, and strengthen your bonds with others. Some might even enjoy the excitement buildup and planning process more than the actual vacation! However, planning with kids is a different story. Here are some key things to consider when preparing for a family vacation:

- **How can you keep your kids engaged?** Your answer will vary depending on their age. Infants and toddlers tend to be the easiest to travel with. To keep your school-age children and teenagers engaged, get them involved in picking activities you'll do or attractions you'll visit.
- **How should you pick a destination?** You should first prioritize what your family would like to spend time doing, and then choose the destination. Do you want to relax, or would you rather get active? Will you stay in the country, or do you need to get passports for everyone?
- **How will you get there?** Taking a car is great and affordable when you have the ability to drive. If you're flying with kids, it can be better to focus on convenience rather than cost.
- **Where will you stay?** Many experts agree that renting a house or apartment is the way to go when traveling with kids. However, you might miss out on some of the awesome amenities that hotels and resorts offer. Are you visiting family? You can save a LOT of money by staying at their home if they have room.
- **How and what should you pack?** Family traveling experts recommend two essentials: packing cubes, which you can find on Amazon, and a first-aid kit. Take over packing for younger children, and be sure to bring entertainment. Your teenagers can pack their own bags, but you should check to make sure they didn't forget anything important. Don't pack anything valuable that you would be devastated if you lost.
- **Expect the unexpected!** You might have bumps along the way, but treat them as part of your adventure. Enjoy your trip!

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