

# Dimensions of Health & Wellness

## Social Wellness

**Social wellness involves spending time with loved ones, contributing to the community, and taking interest in others.<sup>1</sup>**

**Social wellness in action:**  
*examples in the mental health community*



**Peer support specialists** are trained professionals. They support people with mental illness. They also have lived experience.



**Caregivers** help people with limitations. These may be due to illness, injury, or disability.



**Advocacy groups** educate on mental health. They help us to improve services in the mental health field. They also fight stigma.



**Make connections**

**Take care of yourself and others**

**Get active with friends**

**Build healthy relationships**

**Bond with your family**

**Shape your family's healthy habits**

**These organizations support mental health advocacy<sup>4</sup>**



**Social wellness means setting boundaries<sup>3</sup>**

*We can open to others, but we can say "no," too.*



**Physical**

*limits on personal space & physical touch*



**Intellectual**

*limits on sharing thoughts & opinions*



**Emotional**

*limits on sharing personal information*



**Sexual**

*limits on sexual intimacy & desired sexual contact*



**Material**

*limits on lending money & personal possessions*



**Time**

*limits on sharing time with others if you want space*

**Six types of boundaries**

### References

1. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.
2. <https://www.nih.gov/health-information/social-wellness-toolkit>
3. <https://www.cdss.ca.gov/inforesources/foster-care/social-wellness>
4. <https://psychu.org/about/partners/>