

JULY WELLNESS: NATIONAL SOCIAL WELLNESS MONTH



July is National Social Wellness Month. This wellness awareness is important because it emphasizes the importance of social networks, highlights the importance of relationships and friendships, and offers suggestions for expanding your network.

“Social Wellness” is a means to improving overall well-being, as it allows connections with others, promotes trying different activities and has even been proven to be good for physical health.

Some specific positive impacts of social wellness include:

Less stress. Those with social networks can handle stress better than those who do not have strong social networks.

Less feelings of loneliness. Having social networks decreases the chance of feeling lonely.

Improved health. Things that come along with social networks, such as laughing and hugging, have been shown to improve well-being.

Some suggestions for celebrating social wellness month include:

Picking an activity you enjoy and inviting friends to join you. Whether it be sailing, bowling, going for a walk, playing pickleball or kayaking ~ choose an activity you enjoy and plan a group outing.

Engaging with others to make new friends. At a coffee shop, a group activity such as tennis, a workout class or an art class, or anywhere that offers interaction ~ start a conversation to connect with others.

Volunteering. A win-win, volunteering helps others while offering the opportunity of meeting new people and connecting with others.

For additional information on National Social Wellness Month, click here:

[**Social Wellness Month - July 2025**](#)