

SOCIAL WELLNESS

Social Wellness is feeling comfortable around others at work, church, or in your community. It means being able to enjoy the good times with family and friends, and being able to communicate your feelings and needs. It also means being able to make new friends and feel comfortable going to new places. It is recognizing that fun, new activities, and finding new hobbies and interests is a way to develop your social life.

FINDING FRIENDS AND SUPPORT

People who have an illness sometimes feel isolated and may find it difficult to reach out. It is important to remember you're not alone, and help is there if you want it. We will be taking a look at your personal "community" for that support. There is a work sheet provided to visualize this. Think about those closest to you first; family, friends, your boss or Pastor. There are also professional supports; case manager, therapist, doctor, peer support and social worker. It's nice to see just how many people are a positive part of your recovery, and you can reach out if you are having a difficult day or share good news.

When someone is beginning to rebuild their life in recovery, they may need to meet new friends. That's ok, and it can be fun. There are different places you can go to do this. It can also mean talking to people you see every day, but haven't approached yet. You never know, you may have more in common than you think!

Another way to meet new friends is try a new hobby or interest; bowling, coffee shop, crafts, etc... Look at the bulletin boards at your local coffee shop or grocery store for local organization information. Also, many townships often send letters to their residents with activities in your local area that are offered to their residents.

Sometimes you have to think like a visitor would; where would you go if you were new to the area. Here is a website that may guide you on local shops, churches, activities and jobs. Just choose your town in the left hand corner and click on select.

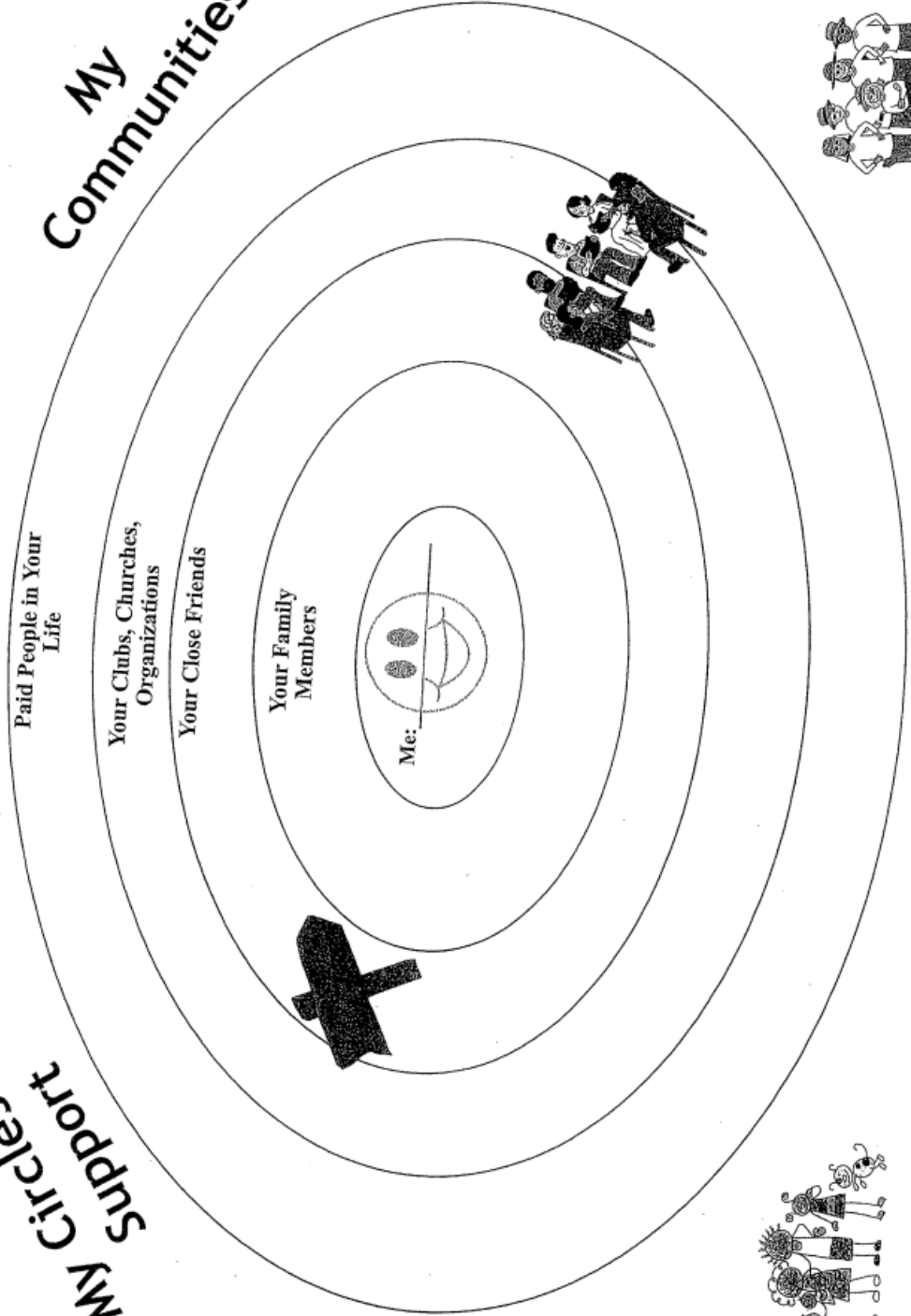
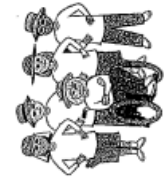
<http://www.pavisitorsnetwork.com/>

The Social Network of Care website site has provides you with a way of communicating with your peers and get connected. The Social Network of Care has the full range of social networking tools and is free to anyone.

<http://community.networkofcare.org/login.aspx?ReturnUrl=%2fdefault.aspx>



**My
Communities**



**My Circles of
Support**



List of People for Recovery Support

	Name	Phone Number
Family Member		
Family Member		
Friend I met in treatment		
Friend I met a support group		
Neighborhood friend		
Friend from volunteering		
Friend from work		
Hobby friend		
Therapist		
Psychiatrist		
Family Doctor		
Vocational Rehabilitation Counselor		
Other		

This Tip Sheet was adapted from the Elli Lilly & Company *Team Solutions Workbook 7*