

Wellness Bulletin

Social Wellness

What is Social Wellness?

Social wellness is the ability to relate and connect with other people in the world. It is our ability to establish and maintain positive relationships with family, friends, and co-workers.

What does Social Wellness look like at Work?

Mission focused, passionate about roles, innovative, knowledge seeking, mentorship, leadership.

Questions you can ask yourself to assess YOUR social wellness:

1. Are you someone who brings a smile or positive energy to the workplace?
2. Do you respect and value your co-workers?
3. Do you have PTO? Use some – replenish your mind, body, soul. Take a vacation or enjoy some relaxation (view COVID precautions for travel). Reminder- we have an extra float holiday (ask your manager for details)!
4. Have you met with your supervisor to discuss a plan for enhancing social wellness at work?
5. Are you connecting (or reconnecting in time of Work at Home during COVID) with co-workers?
6. Do you have a sense of community or shared purpose with your co-workers?
7. What is holding you back from enhancing your social wellness?
If personal problems are impacting your work relations and/or performance, get support from EAP, Supervisor, Mental Health Professional, Life Coach, Health/Wellness Coach, friends, family

Ways to Enhance Social Wellness at Work:

1. Share your responses/concerns with HR, Wellness Committee, Manager
2. Have lunch with a co-worker during the work week or go for a walk together (have an outlet)
3. Join a Committee (FISH, Wellness, TIC, Mental Health Month) (learn something new about yourself/others)
4. Regularly check in with self and manager about social wellness plans/goals/assessment
5. **June 7th is World Food Safety Day and National Chocolate Ice Cream Day.**

What does Social Wellness look like in your Personal Life?

It is about nurturing ourselves, others and our relationships. Social wellness consists of not only balancing our own physical, mental, emotional, and spiritual health, but also actively participating as an interdependent piece of the [bigger puzzle of humankind](#).

Ways to Enhance Social Wellness in your Personal Life:

1. Reconnect with family and friends – Have lunch together, go for a walk, enjoy the parks.
 - a. If you are anxious/stressed about COVID, make a list of what you are comfortable doing and what gives you anxiety; write down questions that could help with communication when planning is unclear; let people know where or what you are comfortable/not comfortable with; you don't have to carry other people's emotions; [honor your boundaries](#).
 - b. June 5th is National Park/Trails Day - [Find a Trail](#)
2. Join a Club or Organization - [Find a Club/Organization](#) or [St. Cloud Clubs/Organizations](#)
3. Create solid Boundaries: If you're a people pleaser, you might feel obliged to remedy anger or any guilt you feel or others feel, but a boundary is not a negotiation or a quid pro quo situation. Say "no" to extra commitments or avoid offering yourself for extra tasks or opt out of things if needed. This can be helpful in situations related to COVID too.
4. Volunteer/Donate (**CMMHC offers 8 hours of volunteer leave for full-time employees** - Check out the next page for info on our Adopt A Highway clean-up)
 - **Volunteer Opportunities: 9/18/21 [Thumbs Up 5k](#) & Once a month serving food for [Community Table in Elk River](#).**
 - Wellness Committee and Sustainability Committee Unite!
Did you know that it takes **500 years to biodegrade polystyrene (styrofoam, found in foam packaging, food packaging, egg cartons) and 80-100 years for soda cans?! [How you can help](#).**
5. Practice Self-Care, appreciate **YOU**
6. Find a hobby

Environmental Days in June:

June 5th: National Trails Day
 June 5th: World Environment Day
 June 7th: World Food Safety Day
 June 8th: World Oceans Day
 June 15th: Global Wind Day
 June 17th: World Day to Combat
 Desertification and Drought
 June 18th: Sustainable Gastronomy
 Day
 June 22nd: World Rainforest Day
 June 29th: International Day of the
 Tropics



Employee Spotlight

Employee Name: Sherri Eichers

Job Title: Mental Health Professional: Doctoral

Location: St. Cloud

Q: When you reward yourself, what is your go to reward?

A: "A good movie"

Q: Why I work at CMMHC?

A: "My heart is in community service; CMMHC certainly provides the venue for that service."

Q: What is your favorite self-care activity? How do you implement this in your busy life? How does this help you with your wellness?

A: "Taking a walk with my dog. I walk her almost every evening, at least until it gets too cold to go! It provides me some peace and quiet as I live on a farm. It also helps me connect with my dog and provides a little exercise and fresh air."

Q: What makes you laugh?

A: "Silly, clean, impromptu jokes."



