Hey everyone! It’s Claire again and I’m back this time to talk about Social Health. Usually people don’t think of social health as being an important factor in your health, however humans are social beings by nature and thrive on creating relationships and maintaining connections. I personally struggled a lot with learning how to open up to others and be comfortable with meeting new people. But, it’s never too late to learn how to best navigate relationships and hopefully you’ll feel more prepared after reading through these tips!

**Developing Relationships**
To effectively develop relationships and maintain good social health, you should be willing to:

1. **Give of yourself.** This could include sacrificing time, effort, energy or money.
2. **Have adequate levels of self-esteem.** Being mentally and emotionally secure with yourself can help you maintain healthy relationships.
3. **Establish a sense of identity.** Be true to yourself and it’ll help strengthen your social bonds.
4. **Be Interested.** Try being open, curious, and interested in others.
5. **Be Kind.** When you’re kind, not only do other people feel good around you, you feel better too.
6. **“Think” before you speak.** Take a pause between the impulse to speak and saying something you’ll later regret.
7. **Be happy for others.** Being happy not only strengthens your relationships, it just feels good.

**Characteristics of a Healthy Relationship**
- **Mutual Respect** - respecting the physical and emotional boundaries of others’
- **Safety** - feeling safe physically, mentally, and even financially
- **Open and honest communication** - being comfortable sharing your thoughts and feelings without hesitation
- **Compromise** - taking other’s feelings into account and agreeing on a decision together
- **Equality** - respecting each other’s feelings and input
- **Independence** - having a life outside of your relationships
- **Support** - having someone who is there for you to listen and provide compassion
- **Privacy** - you have the right to your own space