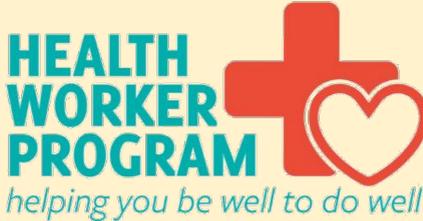


Social Health: Navigating Relationships



HEALTH TIP #4
September 20, 2021



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!

What is Social Health?

Social Health involves your ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

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

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.



KEY RESOURCES:

Be Well Cal - Social Connection
uhs.berkeley.edu/bewell

Groups for students - Counseling + Psychological Services

For a list of counseling services offered at the Tang Center, visit: uhs.berkeley.edu/counseling/group

OTHER TANG RESOURCES:

Advice Nurse (M-F: 8-4:30): (510) 643-7197

Urgent Care (M-F: 8-5, Sat-Sun: 10-4): (510) 642-3188 or visit the Tang Center

UHS Pharmacy (M-F: 8:30-5, Sat-Sun: 10:30-4)

(510) 642-3249 or visit the Tang Center

Tang Center Address : 2222 Bancroft Way, Berkeley, CA 94720-4300

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Contact me with any questions or concerns!