



# Wellness Newsletter

## Improving Your Social Wellness

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Social wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you. Conscious actions are important in learning how to balance your social life with your academic and professional lives. Social wellness also includes balancing the unique needs of romantic relationships with other parts of your life.

You may ask why Social Wellness is so important? Maintaining an optimal level of social wellness allows you to build healthy relationships with others. Having a supportive social network allows you to develop assertive skills and become comfortable with who you are in social situations. Surrounding yourself with a positive social network increases your self-esteem. Social wellness enables you to create boundaries that encourage communication, trust, and conflict management. Having good social wellness is critical to building emotional resilience.

The Route to Social Wellness... As you begin your route to social wellness, you will discover that you have the power to enhance your personal relationships. Maintaining social wellness allows you to practice empathy and active listening. There are many ways you can begin your journey on the route to social wellness. Below are some suggestions on how to enhance your social wellness.

- Reflect on yourself and your social needs. What aspects of your social life do you enjoy? What parts would you like to improve?
- Make an effort to keep in touch with supportive friends and family.
- Practice self-disclosure.
- Participate in group discussions and practice active listening.
- Join a club or organization.
- Own up to your part.
- Know thyself.
- Appreciate yourself and others.



## Dividing Your Plate, the Right Way

Perhaps USDA was on the right track by encouraging us to divide our plate, but they were off a little on how to properly do so. Our bodies are made up of cells: brain cells, skin cells, etc. Daily those cells die and are replaced by new cells. The vitamins, minerals, amino and fatty acids that make up the foods we eat are what make up those new cells. The saying, "You are what you eat," is absolutely true in this case and thus we should be conscious of what we're eating and especially what we're feeding our children. Most of our plates, at least 50%, should be vegetables. Whether it's all one vegetable or two different vegetables, it's important that they take up half the plate and it's best if they are one or a combination of the following: spinach, broccoli, turnip greens, collard greens, mustard greens, beet greens, cabbage, kale, brussels sprouts, or asparagus. Remember that what we think of as vegetables are sometimes starches and grains, which we should limit: beans, beets, carrots, corn, sweet peas, parsnips, sweet potatoes, potatoes, and yams.



*Here are some simple steps to keep you healthier:*

- 1. Eat fresh fruits and vegetables to ensure sufficient levels of micronutrients.**
- 2. Avoid refined sugar.** Your immune cells require Vitamin C to work properly. Glucose (sugar) and Vitamin C are almost identical and because they are so similar, glucose can attach to the Vitamin C receptors on the immune cells and block Vitamin C. This causes a deficiency in Vitamin C for the immune cells, and they do not work properly. This is why sugar decreases your immune function. **The solution is NOT to consume large amounts of synthetic Vitamin C supplements – the solution is to consume LESS refined sugar (glucose).**
- 3. Supplement with Vitamin D,** especially during the fall and winter months.
- 4. Exercise regularly.** Research clearly shows that exercise increases your immune function.
- 5. Reduce your emotional stress** – learn a relaxation technique like meditation or mind quieting.
- 6. Reduce your physical stress.** Research shows that physical stressors like poor posture and vertebral subluxation complex also increase stress hormones which can down regulate immune function. **Research also shows that getting chiropractic adjustments can lower stress hormone levels and increase immune function! GET ADJUSTED!**