Social wellness involves communicating, creating and maintaining healthy relationships. Tips for optimal social wellness are:

- Communicating your thoughts, feelings and ideas
- Contributing time or money to community projects
- Developing family harmony
- Cultivating healthy relationships
- Getting involved
- Sharing your talents and skills
- Creating a support network of friends and family members
- Showing respect for yourself and others
- Contributing to your community and to the world

Explore the Social Dimension by...

- Attending athletic events
- Spending time with friends and family
- Checking out the university calendar for upcoming events