

Get Happy with Social Wellness

Social wellness is that warm fuzzy feeling of overall happiness — in mind, body, and spirit. Sure there are millions of things that make us smile and got our endorphins going, but we picked out 14 surefire ways to benefit your Social Wellness.

1. Talk to a friend (in person)

Put the "social" into social wellness with a bit of conversation. Speaking with a friend and chatting away has been shown to improve quality of life. Avoid using social media or technology but see your friend in person and talk face to face!

2. Grab a coffee (or a cup of caffeine)

Relax over a cup of caffeine? It may seem like strange advice but caffeine has a number of health-boosting properties (just don't go for a 5-Hour Energy).

3. Go for a run, walk, or bike ride

Exercise isn't just a great way to get in shape, it also produces endorphins which help create a feeling of well-being. Try going somewhere scenic to get healthy and happy at the same time.

4. Eat your vegetables

Yeah, we've heard it before, "eat your vegetables." But a balanced diet with lots of important nutrients helps the body function at its peak.

5. Get some sun (and Vitamin D)

The sun supports all life, but it also makes us happier thanks to a constant shot of vitamin D. Get some rays, but make sure to stay protected and avoid nasty sun damage.

6. Laugh a little more

Laughter is one of the best medicines out there. Have a chuckle to sleep better, feel better, and even protect against heart attacks.

7. Get a good night's sleep

Sleep and recovery are just as important as leading an active life. Go to bed early or sneak a nap for some happy, healthy dreams.

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"I realized I have too many high-tech gadgets when I became Facebook friends with my toaster."