

## 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.”**