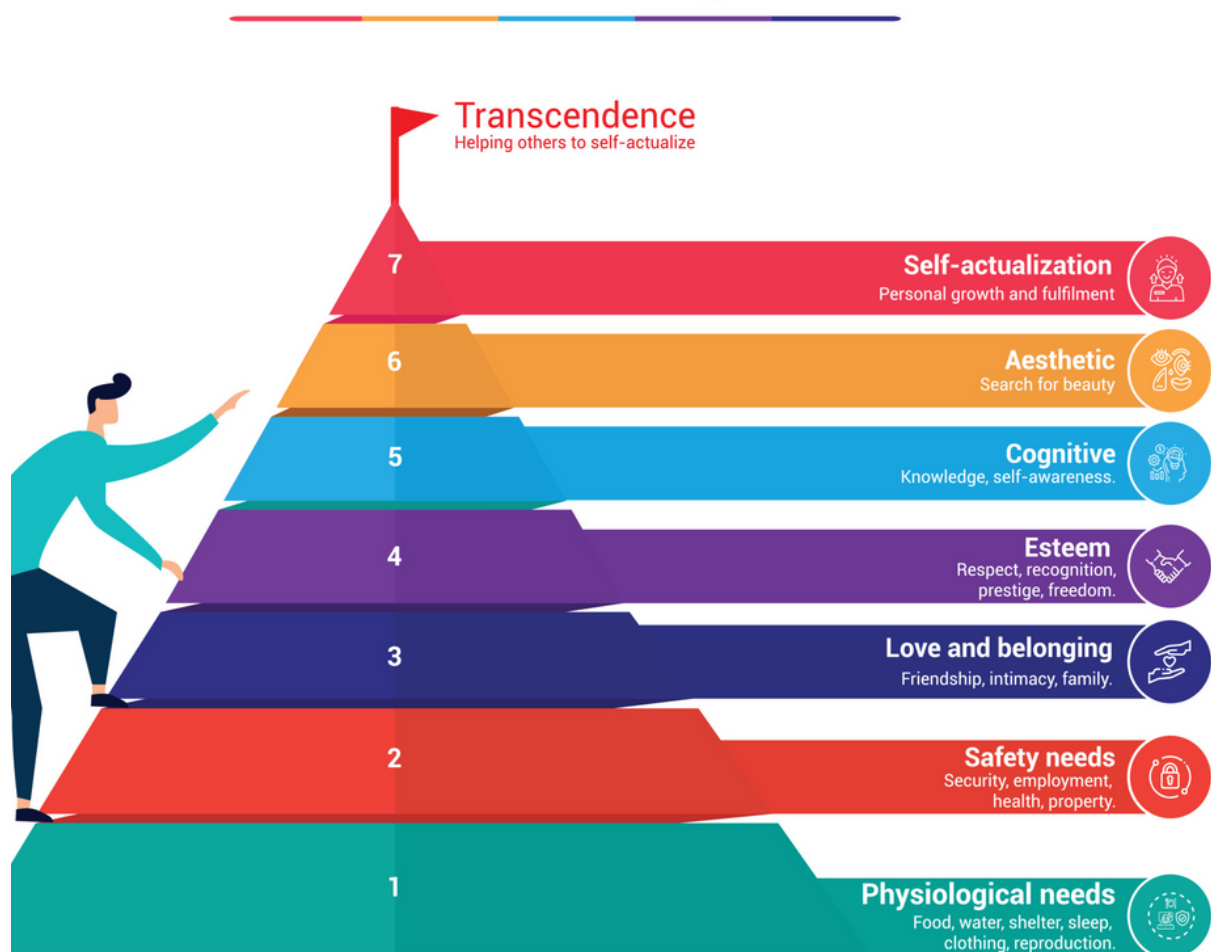


# The Impact of Lifestyle Choices: Improving Social Life Edition

Humans are social creatures, and the quality of our social connections plays a crucial role in our overall well-being. Strong social relationships not only provide us with emotional support but also have a positive impact on our physical health and mental health. [The feeling of belongingness plays an important role in helping us lead fulfilling lives and is also an essential component in Maslow's hierarchy of needs- a theory that talks about how different needs motivate human behaviour.](#)



**In this section, we will explore the importance of social connections and ways to strengthen them.**

### SELF ASSESSMENT SCALE FOR SOCIAL LIFE:

How often do you connect with friends or family members?

Never or almost never	Rarely	Sometimes	Often	Very often
0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

How comfortable are you sharing personal information with friends or family members?

Very uncomfortable	Somewhat uncomfortable	Neutral	Somewhat comfortable	Very comfortable
0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

How often do you participate in social activities or groups?

Never or almost never	Rarely	Sometimes	Often	Very often
0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

How many close friends or family members do you have that you can turn to for support?

None	1-2	3-4	5-6	7 or more
0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

How often do you feel lonely or isolated?

Very often	Often	Sometimes	Rarely	Never or almost never
0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

### SCORING SCALE:

**0-5 points:** You may have limited social connections and support. Consider reaching out to friends or family members or participating in social activities.

**6-10 points:** Your social connections and support could be stronger. Consider investing more time and energy into building and maintaining relationships.

**11-15 points:** You have a moderate level of social connections and support. Keep up the good work and continue to nurture your relationships.

**16-20 points:** You have strong social connections and support. Keep cultivating these relationships and be there for others as well.

## TIPS AND STRATEGIES TO IMPROVE YOUR SOCIAL LIFE:

- **Attend local events and activities:** Look for local events and activities that interest you, such as community festivals, farmer's markets, or art shows. This can be a great way to meet new people and connect with others who share similar interests.
- **Volunteer:** Volunteering for a cause that you care about can be a great way to meet like-minded individuals and make new connections. It also gives you a sense of purpose and fulfilment.
- **Join a club or group:** Joining a club or group based on your interests can help you meet new people with similar passions. Consider joining a book club, sports team, or hobby group.
- **Try a new hobby:** Trying a new hobby or activity can help you meet new people and expand your social circle. Consider taking a class or workshop to learn a new skill or activity.
- **Host a gathering:** Hosting a gathering, such as a potluck or game night, can be a great way to bring people together and strengthen friendships. Don't be afraid to invite new people or acquaintances.
- **Attend networking events:** Attending networking events, whether for your profession or interests, can help you meet new people and expand your professional and social networks.
- **Get involved in your community:** Getting involved in your local community can help you meet new people and build stronger connections. Consider attending town hall meetings, joining a community garden, or volunteering for local initiatives.
- **Attend a retreat or workshop:** Attending a retreat or workshop based on personal growth or self-improvement can help you connect with others who share similar goals and interests.
- **Stay in touch:** Make an effort to stay in touch with friends and family members, even if it's just a quick text or call. This can help maintain and strengthen your relationships over time.
- **Say "yes" to invitations:** Don't be afraid to say "yes" to invitations or opportunities to socialise, even if it's outside of your comfort zone. This can help you expand your social circle and create new experiences.



Cultivating positive relationships and connecting with others can help reduce stress, boost our mood, and improve our physical health.

By incorporating social activities and spending quality time with loved ones into your daily routines, you can enhance your well-being and lead a more fulfilling life.

Remember, it's never too late to start building connections with those around us, so make an effort to prioritise social connections and invest in the important relationships in our lives.

If you, or someone you know is looking to seek professional help, reach out to us at [The Mood Space](https://www.themoodspace.com/getstarted), <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

