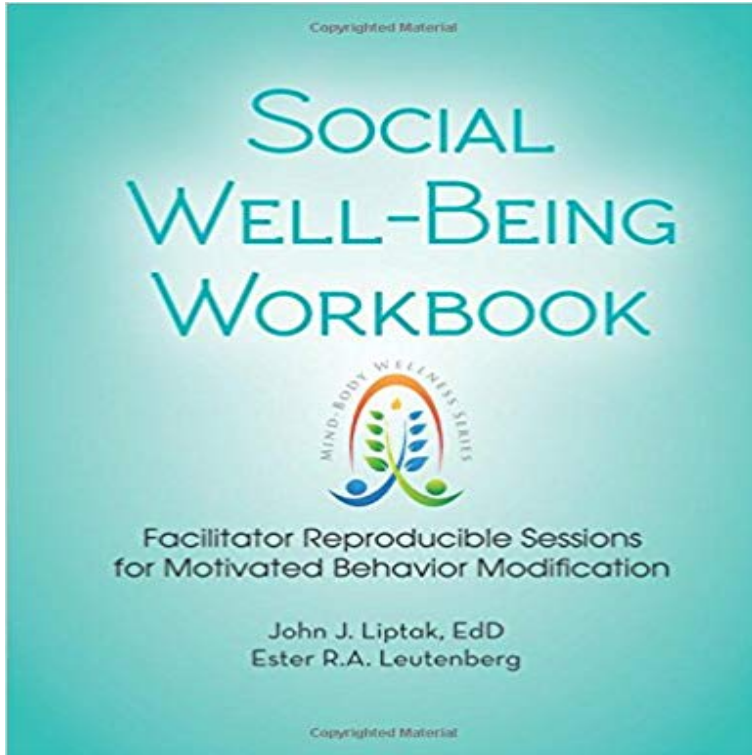


# Social Well-Being Workbook - Facilitator Reproducible Sessions for Motivational Behavior Modification



The Social Well-Being Workbook is designed to help your clients strengthen existing social well-being traits and develop new attitudes to further improve their social well-being. With your facilitation, your participants will complete the assessments, activities and exercises in this workbook, and will develop and enhance a full spectrum of social skills. Social health has become increasingly more important within the overall concept of human health and wellness. Positive and effective social interaction, a basic component of society, is important for individuals to master, especially when managing stress and/or overcoming illness. An inability to form and maintain relationships can be detrimental to a person's health and well-being. Socially healthy people are able to relate well to others, genuinely care for all people regardless of their cultural characteristics, and willingly reach out to other people. They are contributing members of their community and are a part of the social networks of others. The Social Well-Being Workbook is designed to help your clients understand how social well-being can build personal and professional success, reduce stress and enhance overall life satisfaction. The seven sections of the workbook include: Section 1 Relationships This section will help participants explore and understand their current relationships with people in the community, partners, family members, co-workers and friends. Thought-provoking, user-friendly activity handouts will help them to improve relationships in all areas of their life and career. Section 2 Diversity This section will help participants examine how they accept, respect and value diversity in themselves and other people. Thought-provoking, user-friendly activity handouts will allow them to examine how they value diversity in professional and personal relationships. Section 3 Intimacy

This section will help participants gauge how they are demonstrating physical, intellectual and emotional intimacy in their relationships. Thought-provoking, user-friendly activity handouts will help participants to further develop intimacy skills to deepen existing and future relationships. Section 4 Interactions This section will help participants explore their interactions with other people. Thought-provoking, user-friendly activity handouts will assist in accentuating styles of interacting to develop stronger relationships. Section 5 Media This section will help participants explore how they experience virtual (online, telephone) relationships and in-person relationships. Thought-provoking, user-friendly activity handouts will promote a healthy balance to meet all relationship needs. Section 6 Caring This section will help participants explore how they care about others and the ways they show this caring. Thought-provoking, user-friendly activity handouts promote altruism and caring about other people and societal needs. Section 7 Support This section helps participants explore their support systems. Thought-provoking, user-friendly activity handouts are provided to develop and use a healthy social support system with others. All of the worksheets, assessments and activities are reproducible for your convenience.

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