

Assessing your social health

To be able to work on your social health it's important to attain more insight in the needs you have when it comes to being social, having and maintaining relationships with others. These questions below might help you with it.

Do I schedule quality time with family and friends? How often?

Do I interact with a diverse range of people?

Do I enjoy spending time with others? And how much time?

What kind of interactions energize me and what kinds drain me?

Energize me

Drain me

Have I been feeling more connected or lonely recently?

Are my relationships positive? Why?

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Are my relationships rewarding?
What makes them rewarding for me?

Which relationships do I
value most?

Is there someone I can reach out to
who will support me when I need it?

What communities are, or
could be important to me?