Dimensions of Wellness

Many of you may be familiar with the Wellness Wheel that we have used for the past five years to visually show how overall wellness is actually comprised of individual areas that each contribute to the holistic view of wellness. We have switched from the wheel to "dimensions" to keep all campus wellness programming similar. Student Health has a really good Wellness page specifically for staff, based on these dimensions. This month we focus on the most important dimension; social wellness.
Dimension of the Month: Social Wellness

Social wellness includes having good communication skills, respecting yourself and others, having meaningful relationships, and creating a support system. Optimal social wellness helps you achieve positive self-esteem, satisfying relationships, and resilience to meet life's challenges. Social isolation is one of the biggest risk factors for human mortality. The health effects of being socially isolated are:

- equivalent to being an alcoholic
- equivalent to smoking 15 cigarettes a day
- equivalent to never exercising
- twice as harmful as obesity

App of the Month

**Fitocracy**

A social networking app and site where you can make an accountability group and set-up group challenges. Finally a good fitness app with a social gaming component! If you establish a group please call it UC Davis Wellness Ambassador group "____" so we can eventually find each other easily and do challenges between groups!

Activity of the Month

One of our Ambassadors recently recounted how much he and some friends enjoyed some time at a Mondavi Center performance.

Website of the Month

**The Greater Good Altruism Page**

The Season of Giving

Social Wellness Ambassador Spotlight

Our Ambassador at Mrak had a fun "recharge break" that not only...
We are fortunate to have such a great resource right here and staff gets a 10% discount. Not only does this activity strengthen social bonds, we get to reap the benefits of music. See the benefits here in "20 Surprising, Science-Backed Health Benefits of Music."

Visit our Facebook page to share ideas and triumphs!

---

**November Wellness Calendar...**

- Self-Reflexology for Stress Reduction and Wellness: December 3, 12-1, SCC MPR. Really excited for this one!
- Building Resilience Through Well-Being: December 8, 12-1, Valley Hall 1030. Register at lms.ucdavis.edu Search for DAC-OH. See attached flyer.
- **LEARN MORE**

---

*Copyright © 2015 UC Davis WorkLife and Wellness, All rights reserved.
Our mailing address is:
worklife@ucdavis.edu*