

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELLNESS

COPING COVID-19: A SELF-HELP GUIDE

Social Wellness: **Getting Active Together**

T: +27 51 401 1111 | E: 1111@ufs.ac.za | www.ufs.ac.za

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Your Healthiest Self: **Social Well-being**

Social Well-being

- Positive social habits can help you build support systems and stay healthier mentally and physically.
- Social Wellness is about having supports, a sense of belonging, and finding commonality with people, places and things.
- **Being active with others in your community can have a positive effect on your health habits and create opportunities to connect.**



Social Well-being: A Social Wellness Checklist



TO HELP MAKE YOUR COMMUNITY MORE ACTIVE:

- Start a walking group with friends.
- Drive the speed-limit and yield to people who walk.
- Consider joining an exercise group.
- Join other parents to ask for more physical activities at school.
- Try different activities.

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Tip: You could even put your tins of baked beans, bags of rice, bottled water or flour to good use. They make great dumbbell substitutes or, if you tie them up in a carrier bag, you have an improvised kettlebell.



Visit these
website(s) YOU can
use for yourself and
children to keep
active:

- ❑ <https://specialprojects.news24.com/coronavirus/lockdown-activities/index.html>
- ❑ <https://www.houseofwellness.com.au/lifestyle/parenting/how-to-keep-kids-active-during-coronavirus-lockdown>
- ❑ https://www.up.ac.za/news/post_2887435-exercise-and-the-covid-19-lockdown-in-south-africa-should-we-be-filling-our-days-with-physical-activity
- ❑ <https://www.sciencedaily.com/releases/2020/04/200429191851.htm>