ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELLNESS

# COPING COVID-19-A SELF-HELP GUIDE

Social Wellness: Getting Active Together

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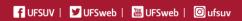


# Your Healthiest Self: Social Well-being

### 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.

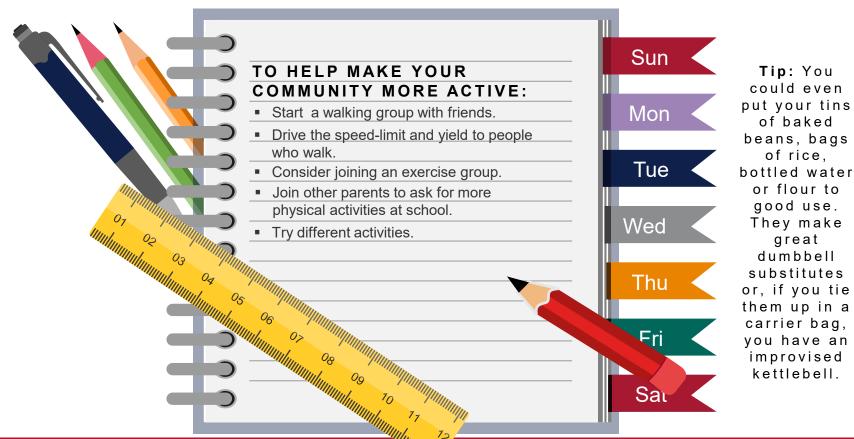








## Social Well-being: A Social Wellness Checklist





# 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/lifesty
  le/parenting/how-to-keep-kids-activeduring-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/202 0/04/200429191851.htm

