

Social

Social wellness is the ability to successfully interact with people in our world, participating in and feeling connected to your community. Social well-being is enhanced by establishing supportive social networks through meaningful relationships with family, friends and colleagues. Social wellness includes making friends, and having fun in a safe and healthy way while using social skills like active listening, relating to others, expressing compassion and empathy, community engagement, and experiencing genuine interactions with others. Social Wellness helps make ourselves and others feel safe, included, and supported.

However, it is important to remember that each of us have different personalities, different previous life experiences, and different likes and dislikes that may inform how, when, where and how we prefer to interact with others. Some people are more introverted, meaning they easily get tired in larger crowds and prefer more one on one conversations and interactions. Some are more extroverted, generally meaning they derive joy and energy being with larger groups of people. Some are shy or even experience social anxiety and either need to slowly wade into social situations or limit their time interacting with others. Whatever the case may be for you, it is important to take some time to reflect on understand what your own unique social preferences are and to appreciate and value those. It is healthy and helpful for each of us to stretch and challenge ourselves socially, but we will benefit most from not trying to be something we simply aren't, or judging ourselves harshly for not being like our sibling, roommate, friend or peer. Discovery who you are and honor that part of yourself.

We encourage students to explore trainings, seminars, and classes and to engage in dialogues to better understand and appreciate the differences in people. In recent years there has been a steady shift in values to a society which is more tolerant of social differences, gender differences, multicultural diversity differences and ability differences. Enhance your social wellness by taking advantage of resources offered by Student Wellness and around campus in an effort to better understand and appreciate both yourself and others that may be different than you.

At Student Wellness

- [One Act](#) [1] Interpersonal Violence Prevention Training
- [Alcohol and Other Drugs Prevention and Intervention Services](#) [2]

- [Relationship Wellness Services](#) [3]
- [Healthy Relationship Resources](#) [4]

On Campus

- [Student Organizations](#) [5]
- [UNC Housing](#) [6] opportunities and Events
- [Get connected with the community](#) [7](Office of Fraternity and Sorority Life and Community Involvement)
- [The LGBTQ center](#) [8]
- [Safe Zone Training](#) [9]

In the Community

- [Racial Equity Institute](#) [10]

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Links

- [1] <https://studentwellness.unc.edu/programs/share/one-act-bystander-skills-workshop>
- [2] <https://studentwellness.unc.edu/programs/alcohol-drug-programs>
- [3] <https://studentwellness.unc.edu/programs/share/relationship-wellness>
- [4] <https://studentwellness.unc.edu/resources/healthy-relationship-resources>
- [5] <http://studentlife.unc.edu>
- [6] <http://housing.unc.edu/residence-life/support-resources>
- [7] <http://ofslci.unc.edu/community-involvement>
- [8] <http://lgbtq.unc.edu/>
- [9] <http://lgbtq.unc.edu/programs-services/safe-zone>
- [10] <http://rei.racialequityinstitute.org/>