Social Wellness at a Distance

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Both in conditions of Covid related social distancing and for remote education students, social wellness is an incremental and often times, unfulfilled, aspect of our well-being. This presentation will unpack how students can fulfill social aspects of wellness in a virtual and remote environment. Emphasis will be paid to key definitions surrounding social wellness, alternative activities to fulfill social needs, and how social wellness impacts other areas of wellness both positively and negatively.

Learning objectives-After viewing this webinar, participants will be able to:

- Identify terms such as social capital and social privilege and their context and prevalence in social wellness
- Navigate and connect with external distanced activities: Trivia nights, game nights, Zoom movie parties (discussion of Zoom/virtual fatigue), tik tok and other apps, D&D sessions, theme of getting creative with it
- Examine in their own life course, how their social wellbeing has and is affecting other aspects of their wellness
Presenter Bio: Patrick John Ryan graduated from UNC Chapel Hill in 2018. At his time in Carolina he was a member of 5 Social Justice Clubs on Campus and started his own club, Acts of Random Kindness. He is currently in the second year of his master’s program at the School of Social Work and serves as an MSW intern and BASICS Facilitator in the office of Student Wellness. His eventual goal is to direct a Violence and Trauma Prevention Center.

Watch Webinar [1]

Webinar Evaluation [2]

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