

# Social Wellness

Version 1

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Having positive and healthy connections with family, friends, teachers, classmates, teammates, coaches, and others is defined as Social Wellness.

Essentially, social well-being is focusing on building and engaging in trusting, respectful, and authentic relationships.

Whether you are on a sports team, in an online community, or participating in School activities, human beings are social creatures that need to connect to one another. To improve your Social Wellness, consider:

- Connecting with other students and the Seneca community – there are so many ways to connect at Seneca:
- [Seneca Student Federation \(SSF\)](#)
- [Peer Mentoring](#)
- [Athletics & Recreation](#)
- [Student Life](#)
- [International student workshops and activities](#)
- Talking (not texting) with friends and family
- Appreciating diversity
- Developing your help-seeking skills (asking for help when you need it)
- Practicing active listening