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SUBJECT NAME: WOMEN'S HEALTH AND WELLNESS

SYLLABUS

UNIT-V

Social Health
Balancing home and career, strengthening relationships, enhancing
Communication skills and leadership skills.

Definition of 'Social Health'

Definition of 'Social Health' Social health may be defined as the ability to form satisfying interpersonal relationships with others. One who is able to make positive relationships and acquires the ability to adapt in different social situations and act appropriately as per the situation concerned, and can be called a socially healthy person.

WHAT IS SOCIAL HEALTH?

Social health can be defined as our ability to interact and form meaningful relationships with others. It also relates to how comfortably we can adapt in social situations. Social relationships have an impact on our mental health, physical health and mortality risk.

Over the years, sociologists have created a link between social relationships and health outcomes. Studies are showing that social relationships both quality and quantity are having short and long-term effects on our health.

SIGNS OF BEING SOCIALLY HEALTHY INCLUDE

- ❖ Having assertive skills rather than passive or aggressive ones
- ❖ Balancing your social and personal time
- ❖ Being engaged with other people in the community
- ❖ Adapting in social situations
- ❖ To be yourself in all situations
- ❖ Treating others with respect
- ❖ Being able to develop and maintain friendships and networks
- ❖ Creating boundaries in friendships to encourage communication and conflict management
- ❖ Having a supportive network of family and friends
- ❖ Having fun in life

WHY IS SOCIAL HEALTH IMPORTANT?

Our social health and social wellness are a vital part of our overall health and wellbeing. According to the Australian Government *"social relationships are protective of mental health"*. We interact with people every day. The quality and quantity of our relationships affect our mental and physical wellbeing. Maintaining a good level of social wellness lets you build interpersonal relationships with others. These relationships include friendships, intimate relationships, platonic, family, and professional (work) relationships.

Studies show that people with poor social interactions are more likely to die younger than those with high involvement rates.

Researchers have also linked the following health issues to poor social health:

- ❖ Suffering a heart attack
- ❖ Chronic disease
- ❖ Mobility issues
- ❖ High blood pressure
- ❖ Raised stress hormones leading to inflammation

- ❖ Cancer
- ❖ Poor mental health
- ❖ Anxiety & depression
- ❖ Poor immune system

6 STRATEGIES TO IMPROVE YOUR SOCIAL HEALTH

- ❖ Make connections
- ❖ Take care of yourself while caring for others
- ❖ Shape your family's health habits
- ❖ Get active together
- ❖ Bond with your kids
- ❖ Build healthy relationships

MAKE CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Look for ways to get involved with others.

TAKE CARE OF YOURSELF WHILE CARING FOR OTHERS

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of care giving can take a toll on your health. It's important to find ways to care for your health while caring for others. Depending on your circumstances, some self-care strategies may be more difficult to carry out than others. Choose ones that work for you.

SHAPE YOUR FAMILY'S HEALTH HABITS

Many things can influence a child, including friends, teachers, and the things they see when they sit in front of the TV or computer. If you're a parent, know that your everyday behavior plays a big part in shaping your child's behavior, too. With your help, kids can learn to develop healthy eating and physical activity habits that last throughout their lives.

GET ACTIVE TOGETHER

Where you live, work, or go to school can have a big impact on how much you move and even how much you weigh. Being active with others in your community can have a positive effect on your health habits and create opportunities to connect. You can help your community create ways to encourage more physical activity.

BOND WITH YOUR KIDS

Parents have an important job. Raising kids is both rewarding and challenging. Being sensitive, responsive, consistent, and available to your kids can help you build positive, healthy relationships with them. The strong emotional bonds that result help children learn how to manage their own feelings and behaviors and develop self-confidence. Children with strong connections to their caregivers are more likely to be able to cope with life's challenges.

BUILD HEALTHY RELATIONSHIPS

Strong, healthy relationships are important throughout your life. They can impact your mental and physical well-being. As a child you learn the social skills you need to form and maintain relationships with others. But at any age you can learn ways to improve your relationships. It's important to know what a healthy relationship looks like and how to keep your connections supportive

BALANCE HOME

A person who is assertive but not passive or aggressive; a person who can properly balance their social and personal time to fit their needs; someone who is consistently the same type of person in all situations; a person who cares about and is engaged in their community; a person who appreciates diversity and treats ...

BALANCING HOME AND CAREER

Work-life balance is the relationship between your job and the other important things in your life. These may be things like your family, sports and social life, household chores, and volunteer commitments. If you feel like you have enough time for all of these things, you probably have a good work-life balance.

BALANCE YOUR HOME AND CAREER

Improving work-life balance at work

First, let's look at some ways you can improve your work-life balance in the workplace.

- ❖ Learn to say "no
- ❖ Take breaks
- ❖ Use your lunch break
- ❖ Ask for flexibility
- ❖ Prioritize your health
- ❖ Practice self-compassion
- ❖ Communicate boundaries so you can truly unplug
- ❖ Invest in relationships
- ❖ Make space in your schedule for family time
- ❖ Prioritize quality time
- ❖ Start small
- ❖ Ask for help

1. LEARN TO SAY "NO"

- ➢ Learning how to say no can be one of the hardest soft skills for any dedicated professional to learn and put into practice. But it's an important part of setting boundaries.
- ➢ To start, you must first assess the typical demands of your day and learn to articulate and prioritize what you have on your plate.
- ➢ A great tool to use for this exercise is the Eisenhower Matrix. (Hint: If you're finding everything falling into the "Urgent-Important" quadrant, try this clever hack).

➢ It can be helpful to recognize that saying "no" to things that are less of a priority frees up time and energy to say "yes" and attend to other things that are important to you.

2. TAKE BREAKS

Even a 30-second microbreak can:

- ❖ Improve concentration
- ❖ Reduce stress
- ❖ Keep you feeling engaged
- ❖ Make your work feel more enjoyable

➢ It's especially important to be mindful of this when you're working from home.

➢ MIT senior lecturer Robert Pozen recommends taking a break every 75–90 minutes for 15 minutes. This will allow your brain to consolidate and retain learning.

➢ A study by The Energy Project found people naturally go from full focus to physiological fatigue every 90 minutes.

3. USE YOUR LUNCH BREAK

If you have a lunch break at your place of work, it's your right to use it.

This means you shouldn't be expected to always eat at your desk and work through lunch. You can take this time to enjoy your meal mindfully. You can also do short meditations or breathing exercises if your stress levels are high or experience chronic stress.

4. ASK FOR FLEXIBILITY

Having open, honest conversations about your needs and those of your employer and team can lead to productive solutions.

Those can include flextime, a compressed workweek schedule, job sharing, and other creative options.

5. PRIORITIZE YOUR HEALTH

➢ Recognizing the importance of maintaining your physical health, emotional well-being, and mental fitness is the first step to making it a priority in your life.

➢ Use the concept of habit stacking to build simple, supportive actions into your day. Consider habits like

- ❖ Daily meditation
- ❖ Movement/exercise
- ❖ Social connection
- ❖ A gratitude practice
- ❖ Committing to using your paid time off

6. PRACTICE SELF-COMPASSION

- One of the most important ways to achieve a sense of work-life balance is to let go of perfectionism.
- The approach of perfectionism may have brought some success during school and early career. But the stress it causes accumulates over time. The strain on our system and emotional resources increases as our responsibilities increase.
- It's important to recognize that life isn't always easy. Everyone struggles, and you aren't always going to get it "right." Recognizing this truth allows you to create a shift toward a more compassionate growth-and-learning approach to work and life. This can help to support a sense of balance.
- It can also provide an inspiring model for others who also need to hear this message.
- ommunicate boundaries so you can truly unplug
- Set and communicate your work hours to your colleagues and customers so that you have clear boundaries. This should include when you'll work and when you won't be available to respond.
- One simple way to achieve this is to set up an autoresponder to alert those who contact you via email that you are offline. This message can also let them know when you'll respond.
- This remove Consider setting up a system for key stakeholders to contact you in a true emergency so you can rest, knowing you're not missing something critical.

8. INVEST IN RELATIONSHIPS
- Lack of strong relationships increases the risk of premature death from all causes by 50%. That's nearly as harmful as smoking 15 cigarettes a day.

- On the flip side, solid connections and social support can improve health and increase longevity.

- Make sure to spend your time nurturing relationships that matter to you. If you took the previous steps to unplug, then you'll be able to give more attention to the people you spend your time with.

9. MAKE SPACE IN YOUR SCHEDULE FOR FAMILY TIME
- Block out some time that's devoted entirely to your family.
- For this to work, everyone in your family needs to make this time a priority. Make sure you're all on the same page. You all need to decide to take the necessary steps to carve this time out.
- You can also set this time apart to call family members or other loved ones who live far away.
- sthe pressure to keep checking work emails.

10. PRIORITIZE QUALITY TIME

- ➤ Rather than spreading yourself so thin that nothing feels satisfying, identify what's truly important to you.
- ➤ A values exercise, or exploring your Ikigai, can be helpful ways to clarify and articulate this for yourself. Based on what you learn, take an honest look at how you spend your personal time. Which activities and relationships are life-enhancing and which are soul-sucking?
- ➤ With this information in hand, define for yourself where you'll devote your time. Make sure to prioritize high-value relationships and activities.
- ➤ Don't forget that one of those relationships is with yourself! When you have downtime, allow yourself to enjoy that quality time for yourself to re-energize.

11. START SMALL

- ➤ Healthier behaviors can support your sense of personal well-being. These could be behaviors like staying active and or improving your eating habits. But those habits can be difficult to establish.
- ➤ Who hasn't experienced the New Year's resolution that peters out by mid-February? Motivation alone isn't enough to drive behavior change.
- ➤ The other key ingredients for success are the ability to do the behavior and a dependable reminder that prompts us to do it. According to Tiny Habits author BJ Fogg, one way to succeed is to make something so simple and so tiny that you have no excuse not to do it. You'll be able to do it even when you're in a rush, if you're sick, or when you're distracted.

12. ASK FOR HELP

- ➤ High-achieving professionals are often guilty of taking everything on themselves.They don't want to "bother" anyone by asking for help.
- ➤ Sometimes this is tied to identity ("I'm supposed to be the one who has it all together") or feelings of obligation ("Who else will do it if I don't?").
- ➤ Instead, consider that asking for help gives other people the gift of giving — and being part of a solution and support system. This builds the benefits of mutual relationships for all involved.

Strengthening social relationships

Communicate in a clear, confident, controlled and respectful way. During conversations, practice effective communication strategies like asking questions, showing empathy and actively listening to others. Build Trust. Strive to be honest and open in your relationships.

How to Strengthen Social Relationships

It may not come as a surprise that service members need a strong mind and body to meet mission demands. However, social fitness is also a key part of your health and well-being. The quality of your relationships with others can impact multiple areas of your life, from military performance

to overall health. Learn why having healthy relationships is important for mission readiness and find tips to help strengthen your current social networks.

THE BENEFITS OF HEALTHY SOCIAL TIES
Social fitness involves building and maintaining healthy social connections with others. Having close relationships with family members, friends, coworkers and other service members is important. When you have healthy relationships, you are more likely to feel supported and you are more equipped to focus on your military duties.
Strong friendships are also good for your overall health and may help:
- ❖ Increase your sense of belonging and purpose
- ❖ Encourage healthy lifestyle choices
- ❖ Provide support during difficult times
- ❖ Prevent loneliness
- ❖ Reduce your stress

TIPS TO IMPROVE SOCIAL FITNESS
- ➢ Whether deployed or at home, you rely on your social networks to help you cope with the challenges of military life. However, as a service member, it can sometimes be challenging to build or maintain your relationships. Try these tips to help you stay close to your family, friends and fellow service members.
- ➢ Make Yourself Available. Building close relationships take time. Even with demanding or conflicting schedules, it is important to set aside time for relationships and to connect with others.
- ➢ Stay Connected. At least once a day, check in with a family member, friend, coworker or fellow service member. Text, call, video chat or use social media to stay in touch if you are separated physically.
- ➢ Attend Social Activities. Check out your Morale, Welfare and Recreation (MWR) program to find fun activities and meet new people. While deployed, try to spend some of your downtime around others – even if it's something as simple as playing a game of catch.
- ➢ Develop Your Communication Skills. Communicate in a clear, confident, controlled and respectful way. During conversations, practice effective communication strategies like asking questions, showing empathy and actively listening to others.
- ➢ Build Trust. Strive to be honest and open in your relationships. To help your unit start to build group trust, find ways to have fun together, show vulnerability, and work to define your group's identity.
- ➢ Show Up for Others. Look out for your friends. If you notice anyone isolating him or herself, reach out to talk and try to draw them into group activities.

ENHANCING COMMUNICATION SKILLS,
There are specific things to do that can improve your communication skills: Listen, listen, and listen. People want to know that they are being heard. Really listen to what the other person is saying, instead of formulating your response.

ENHANCE AN INDIDUAL COMMUNICATION SKILLS
HOW TO IMPROVE COMMUNICATION SKILLS
- ❖ Keep your audience in mind.
- ❖ Don't use 10 words when one will do.
- ❖ Consider the best method to deliver your message.
- ❖ Get them involved.
- ❖ Leverage face-to-face communication when possible.
- ❖ Make eye contact.
- ❖ Ask for feedback.
- ❖ Read non-verbal cues.

- ❖ Minimize distractions

KEEP YOUR AUDIENCE IN MIND

Your audience will naturally be more interested and engaged when you tailor your communications to their interests. Piquing their interest by speaking directly to what matters to them will naturally engage their desire to understand and interact with the information.

DON'T USE 10 WORDS WHEN ONE WILL DO

Even the most engaged and committed audience will eventually get bored. Keeping your message simple and concise will make it easier to understand and retain. Remember, *you* already know what you're going to say, but they're hearing it for the first time. Keep it simple.

CONSIDER THE BEST METHOD TO DELIVER YOUR MESSAGE

If the information you're conveying isn't urgent, consider sending an email or a memo. This is especially important when communicating expectations. Written communication will give your audience more time to review it, think it over, and follow up with questions. It will also give them a handy record to refer back to.

GET THEM INVOLVED

If you've ever worked as an instructor, manager, trainer, or coach, you'll know that there are few better ways to learn new information than to teach it. Ask them for their input or to take a role in explaining new concepts and policies to their colleagues.

LEVERAGE FACE-TO-FACE COMMUNICATION WHEN POSSIBLE

Communicating face-to-face adds multiple layers of information to an exchange, whether between two people or two hundred. Often, there's a synergy created with in-person communication that's difficult to replicate elsewhere. Here are some tips to make the most of face time with your team:

MAKE EYE CONTACT

If you're wondering whether or not your message is getting across, few metrics provide as much feedback as eye contact. You can easily tell if the person you're speaking to is understanding you, is distracted, worried, or confused — much of which is lost in digital communication.

ASK FOR FEEDBACK

Not sure they got it? Ask! A powerful technique is to ask people to repeat back their version of what you just said. Often, this can improve retention, immediate understanding, and minimize misunderstandings later on. You can also ask them to reach out to you with helpful ways that you can improve your delivery in presentations and other forms of communication.

READ NON-VERBAL CUES

There are various types of nonverbal-cues. Yawns, fidgeting, and looking around the room are usually clear signs that your audience is thinking about something other than what you're trying to convey. If you notice this, don't take it personally. Try asking them to share what's on their mind, recap previous points they may have missed, or adjourn for a later time.

MINIMIZE DISTRACTIONS

If you're chatting with someone (or a group) face-to-face, keep distractions at bay by leaving unnecessary electronic devices out of the space. Keep the attendance limited to just those who need to be there, and avoid scheduling at a time when people are likely to focus on something else (like just before the end of the day or right before lunch).

THE IMPORTANCE OF COMMUNICATION SKILLS

➢ having strong communication skills aids in all aspects of life – from professional life to personal life and everything that falls in between. from a business standpoint, all transactions result from communication. good communication skills are essential to allow others and yourself to understand information more accurately and quickly.

➢ in contrast, poor communication skills lead to frequent misunderstandings and frustration. in a 2016 linkedin survey conducted in the united states, communication topped the list of the most sought-after soft skills among employers.

POOR COMMUNICATION IN THE WORKPLACE

➢ Communication drives workplace success. Although the detriments of poorly communicating with others may not be apparent in the short term, it has a crippling effect on the workplace in the long term. Here are some signs of bad communication:

❖ Lack of specific communication
❖ Using the incorrect mediums to convey important messages
❖ Passive-aggressive communication
❖ Lack of follow-through and consideration
❖ Blaming and intimidating others
❖ Failing to listen

- ➢ An example of poor communication would be the RadioShack layoff notices in 2006. The electronics chain laid off 400 employees by notifying employees by email. The company faced significant backlash following the move, with many surprised that it used email instead of face-to-face meetings.
- ➢ Bad communication by Radioshack resulted from using the incorrect medium of communicating with its employees. The company's employees felt dehumanized and subsequently resented the company.

DEFINITION OF LEADERSHIP SKILLS

Leadership skills include the abilities or strengths shown by people in management roles that aid in guiding and encouraging a group of people and their team toward achieving a common goal or set of goals. These skill sets include communication, negotiation, conflict resolution, decision-making, and more.

EXAMPLES OF LEADERSHIP SKILLS

Take a detailed look at some popular leadership qualities companies may value and look for in a candidate.

COMMUNICATION

- ➢ When you work in a leadership position, you must be able to clearly explain everything from expectations to goals and tasks. It is also important to establish open communication between yourself and your team members. Not only does creating an environment of open communication promote cohesiveness as a team, but it often encourages an atmosphere of transparency. Excellent communication considers not only what is being communicated, but how it is being communicated.
- ➢ As an effective communicator, you do more than just clearly verbalize expectations. You also incorporate active listening, nonverbal communication, presentation skills, and engaging public speaking.

NEGOTIATION

- ➢ Negotiation involves two or more parties engaging in a conversation to find a solution that is acceptable to all parties. As a result, you and the person you are negotiating with may reach a formal agreement, such as a contract or a less formal verbal agreement. When used as a leadership skill, negotiation can foster a sense of fairness and equality, allowing all parties to be heard. Employees and coworkers may be more likely to feel understood when conflicts are handled with negotiation.
- ➢ Effective negotiation involves understanding the interests of all involved parties and working to reach a solution that satisfies each one.

CONFLICT RESOLUTION

Compelling leaders understand how to avoid disputes and have the ability to resolve them quickly. Ideally, as a good leader, you should be able to maintain your composure and make thoughtful decisions when handling disagreements. A great example of conflict resolution is a human resources (HR) representative actively listening while working to help a manager and their subordinate settle conflict.

ADAPTABILITY

As an adaptable leader, you adjust your behavior in response to situational changes. You are resilient when things don't go as expected and recover quickly from setbacks by viewing them as an opportunity to grow. Showing adaptability in leadership involves being flexible and adjusting to changing conditions and environments.

CRITICAL THINKING

Analyzing information to fully comprehend an issue or topic is the act of critical thinking. The steps of the critical thinking process often entail gathering facts and data, posing deliberate queries, and examining potential answers. For instance, if you work in HR and must settle a dispute between two coworkers, using critical thinking skills can be helpful in determining the nature of the conflict and the appropriate course of action. Critical thinking is an important component of decision-making.

DECISION-MAKING

Effective leaders make decisions that benefit themselves, their team members, clients, stakeholders, and organizations. Using critical thinking skills in decision-making allows you as a leader to identify problems and develop solutions advantageous to your business and your employees. Decision-making by leaders must always be fair and objective and involve the use of appropriate language when communicating.

PROBLEM-SOLVING

Effective problem solvers in leadership have the ability to foresee issues in the workplace, define the problem, identify their causes, develop a plan to remedy the problem, and learn from the problem to avoid future issues. Problem-solving requires strong communication skills and respect for all parties involved. Viewing and presenting issues as opportunities can benefit leaders and staff alike. An example of this would be a decline in social media engagement viewed as an opportunity to increase social media presence rather than a problem.

RELATIONSHIP BUILDING

The general nature of leadership roles revolves around people. Without understanding the people they are guiding, leaders cannot effectively lead. The ability to forge bonds and establish communities is necessary for an effective leader. A study conducted on relationships in the workplace by Olivet University shows that employees tend to be happier in their workplace when they have a degree of nonwork relationship with their superiors

TIME MANAGEMENT

Time management involves planning and regulating how much time to devote to different tasks. Leaders who manage time effectively may accomplish more in less time, feel less stressed, and succeed in their careers . Proper time management by leadership members affords leaders more time to invest in their team.

RELIABILITY AND TRUST

Trust is the cornerstone of a successful organization. Trust, or belief in another person's skills, integrity, and character, is frequently thought of as something built upon in personal relationships.

Leadership develops best through reliability. Leaders must ensure their words and deeds are consistent if they want to be trusted. If those you lead cannot trust you to keep your word, they will lose faith in you rapidly.

CREATIVITY

A creative mindset is open, not closed or rigid, and produces ideas and solutions that are both significant and effective. By encouraging a team of people to solve problems creatively, leaders provide the opportunity to develop goods and services that set the team apart from rivals, creating a competitive advantage. Creative leaders also foster an innovative culture by encouraging teams to showcase ingenuity as a unit.

STRATEGIC APPROACH

Leaders must think strategically and critically when making difficult decisions. Effective leadership involves making well-considered and critically-analyzed decisions to lead teams to success. Leaders who are successful will think before they act, or in other words, have a strategic plan before taking action. The time it takes to devise a strategy depends on the problem or decision. A good leader devotes the necessary time to strategy development.

SELF-AWARENESS

Self-awareness in leadership involves understanding your own personality, behaviors, and motivations and then considering how these traits and qualities influence your leadership skills. Self-reflection can be a powerful tool all on its own. Self-awareness and reflection can help you realize what you offer to your job as a leader and where you need improvement. Self-awareness entails identifying where you excel and where you should grow—and when your leadership excels, your company's productivity tends to follow.

WHO NEEDS LEADERSHIP SKILLS

Whether a student, teacher, project manager, or CEO, anyone in a role that involves influence over others and decision-making can benefit from strong leadership skills. These skills can be especially helpful for early-career professionals, newly promoted leaders, and start-up leaders. Leadership skills are essential in roles that don't even involve leading others as well. These are skills that also help you to exude confidence and may be beneficial in progressing your career into leadership positions.

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