

UCI HR | Wellness HEALTHY HOLIDAY CHALLENGE

CELEBRATE CONNECTIONS

Humans are social by nature. We not only crave interactions, but we require them. Close friendships are vital to health and happiness. If we don't have strong relationships in our lives, our ability to thrive is limited. But unfortunately we often let it drop down on our to-do list. We fail to leave adequate time to work on developing and maintaining these social ties.

Healthy relationships can impact us mentally and physically. They can help us live longer, manage stress, and become healthier. Gallup reports that those who spend at least six hours socializing a day, experience a reduction in stress and worry, and consequently an increase in wellbeing. This time socializing doesn't mean you aren't working and it isn't limited to the workday. The six hours of social time could include time at work, home, on the phone, talking to friends, sending emails, and other forms of communication.

Here are some simple ways to help you make social connections both at work and at home.

- **Schedule Time.** Carve out time each day to be social. Whether it's a call to a friend, a lunch date, a walk, or a group outing to a UCI event, prioritize your social calendar.
- **Get Connected.** Increasing your social circle will help you get your 6 hours. Join a club, organization, or class at work or in your community. Volunteer. Meet your neighbors and UCI coworkers outside of your department or team. Use technology to stay connected with friends and family that are far away.
- **Spark Joy.** Do what makes you happy. Discover or rediscover a passion. No matter if it is cleaning out your closet or spending time with friends, happiness relaxes your body and clears your mind. Gather a few family members or friends for a funny movie or game night and let the laughs begin.
- **Say Thanks.** Give back and pay it forward. Expressing gratitude can help you gain a new and positive connection to yourself and others. Try starting a gratitude journal by making a list of three things you are thankful for every morning or writing gratitude letters to special people in your life.



THIS WEEK'S TIPS

- [Flyer \(PDF\): Fostering Friendships](#)
- [Flyer \(PDF\): Humor Fights Stress](#)
- [Article: How to Have Better Conversations](#)



THIS WEEK'S WEBINAR

- [Using Kindness to Achieve Personal Success and Happiness](#)



THIS WEEK'S RECIPE

- [Cornish Hens with Ginger Plum Stuffing](#)



ADDITIONAL RESOURCES

- Join a staff advocacy or outreach group at UCI such as Staff Assembly or a diversity affinity group
- Get involved. Faculty and staff can join or create a UCI campus club or organization
- Volunteer at or around UCI, or at the UCI Medical Center
- Check out the UCI Today Calendar to find an upcoming UCI sporting or arts event, workshop or class
- Plan a team building event through UCI Campus Recreation
- Expand your network and reconnect with fellow Anteater Alumni

UPDATE
YOUR
TRACKER



UCI Wellness Listserv. Questions or Comments?

Contact your local Wellness Program Coordinator:

Campus
Dyan Hall
O: 949.824.5429
dyhall@uci.edu

UCI Health
Justin Wang
O: 714.509.2390
justw11@uci.edu