

Social Wellbeing

“Relationships help us to define who we are and what we can become. Most of us can trace our successes to pivotal relationships.”

- Donald O. Clifton and Paula Nelson, *Soar With Your Strengths*

The fabric of our lives is constructed person by person. As our relationships grow and develop, so too does our wellbeing. Our lives become richer, and we learn, grow, and develop through others.

The following summary is a brief excerpt on this element of wellbeing from Tom Rath and Jim Harter’s, *Wellbeing: The Five Essential Elements*.

When you reflect on the most memorable events, experiences, and moments in your life, you’ll notice that they have something in common: the presence of another person. The best moments — and most agonizing ones — occur at the intersection between two people.

We often underestimate the impact of our closest relationships and social connections on our wellbeing. However, our wellbeing is dramatically influenced by the people around us as well as by our friends’ independent network of relationships. Some of these friendships help us to achieve, while others motivate us to be healthy. Social Wellbeing is about having strong relationships and love in your life.

People with high Social Wellbeing have several close relationships that help them achieve, enjoy life, and be healthy. They are surrounded by people who encourage their development and growth, accept them for who they are, and treat them with respect. They deliberately spend time investing in the networks that surround them.

People with high Social Wellbeing are more likely to make time for vacations or social gatherings with their friends and family, and that strengthens their relationships. They report having a great deal of love in their lives, and this gives them positive energy on a daily basis.

Three Recommendations for Boosting Your Social Wellbeing

1. Spend six hours a day socializing with friends, family, and colleagues (this time includes work, home, phone, e-mail, and other communication).
2. Strengthen the mutual connections in your network.
3. Mix social time with physical activity. For example, take a long walk with a friend so that you can motivate each other to be healthy.

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