



## Social wellbeing

Health and wellbeing is often separated into four (4) sub-categories – **physical, psychological, social and financial**.

We tend to focus on physical and psychological health; however social interaction is a major contributor to our overall health and wellbeing. Our experience of the world is influenced by our physical health, mental health, the relationships we have with others, our job and financial security, and the environment in which we live. These factors are all inter-related and can affect our overall wellbeing in a positive or negative way.

When we feel physically well, we are more open to others and to new ideas, relationships, and experiences. This openness is inviting, creating the opportunities for meaningful relationships to develop. When we are exhausted or have low-energy, we tend to be more focused on ourselves, more likely to perceive threat from others, and just less willing to strike up a conversation or extend ourselves to try new things.

***When physical wellbeing is low, our social wellbeing may suffer.***

Social wellbeing relates to our ability to build positive and meaningful relationships and connections. Humans are social beings, and we need connection to flourish in this world.

Our limbic system (the part of the brain responsible for our behavioural and emotional responses), thrives when we are surrounded by people we feel connected to, particularly if we feel safe, supported and cared for. COVID opened our eyes to this need, and many of us could not wait to socialise with our friends and family and get back to our “normal” way of life.

During COVID, the wellbeing of society was in direct focus, and the line between physical, mental and social health became blurred. There was a huge focus on physical health and protecting the vulnerable, and the side effect of this was a society (and world) which became disconnected, isolated and lonely.



### Did you know?

- ▶ Social isolation is associated with an increased risk of early mortality.
- ▶ Social isolation and loneliness is linked to higher rates of poor physical and mental health

Recent events tell us how important social wellbeing is to our overall health.



### ***So how do we improve our social wellbeing?***

Just like physical and mental health, we need to take action and make conscious decisions to improve social wellbeing. Here are three (3) helpful tips to improve your social wellbeing.

#### **1. Make connections**

Embrace social interactions in your day-to-day life. This could be meeting new colleagues at work through social events, getting involved in sporting or community programs to meet new people in your area, or having a brief interaction with a stranger at the shops.

#### **2. Be proactive with your social life**

Be proactive in arranging catch up's with your friends and family. Schedule in time every week or month that is dedicated to social wellbeing. This could be a weekly walk, coffee catch up, or a monthly movie or quiz night.

#### **3. Set shared goals with your colleagues or friends**

Shared experiences can help you create stronger bonds, as you share a mutual goal or focus. Setting physical goals, such as walking 30 minutes per day, can help you improve your physical health and social health.



## Parkrun – get active in your community



Want to increase your weekly physical activity? Want to be part of a community that improves physical, social and mental wellbeing?

### Then parkrun is for you!

Parkrun is a free, weekly, community driven event that is scheduled at multiple locations around WA, Australia and the world. It takes place at local parks and open spaces, and occurs weekly on Saturday mornings, usually at 8am.

Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

In WA, Parkrun events are active in over 30 metro locations, and 13 regional locations.

There are 446 events nationally.

Registration is free and only needs to be done once.

Visit [parkrun.com.au](http://parkrun.com.au) for more information and get moving this weekend!

If your community doesn't have a sponsored parkrun event, you can enquire to start your own event today.

Visit [www.parkrun.com/about/start-your-own-event/](http://www.parkrun.com/about/start-your-own-event/)

## Toastie style chicken tortillas

*Are you looking for a more satisfying lunch option? We've got you covered.*

**Serves 4/15 min prep /5 min cooking time**

### Ingredients

- ▶ 1 x small BBQ chicken (remove skin and bone)
- ▶ 8 x burrito tortillas
- ▶ 250g cottage cheese
- ▶ 1 x red capsicum, finely chopped
- ▶ 1 x green capsicum, finely chopped
- ▶ Coriander leaves, chopped (to taste)
- ▶ 310g can creamed corn

### Tip

Serve with a variety of steamed vegetables for a healthy and quick dinner option.

### Method

- ▶ Remove skin and bones from BBQ chicken, and shred meat
- ▶ Prep all ingredients, including chopping capsicums and coriander leaves.
- ▶ Place four burrito tortillas on to a chopping board, cover each of the tortillas with small portion of cottage cheese, shredded chicken, chopped capsicum and coriander, trying to divide ingredients evenly between four tortillas.
- ▶ Spread creamed corn on to the remaining four tortillas, and place corn-side down onto the chicken mixture tortilla.
- ▶ Pre-heat sandwich press, using oil or baking paper as required, and place tortillas (one per serve), onto sandwich press. Cook for 3 to 4 minutes, or until crisp.
- ▶ Serve with salsa



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The LGIS WorkCare Services team are specialist health and wellbeing professionals.

**Contact the team on 9483 8888 for more information on our health and wellbeing services.**