

Quick Social Wellness Exercises



Reach Out to Someone

Send a message to someone you haven't connected with recently. Brief check-ins can strengthen relationships.

Share a Meal or Break

Share lunch, coffee, or a break with a friend, family member, or coworker. Spending time together helps build meaningful connections.

Join a Group Activity

Attend a campus event, community gathering, or join an employee resource group to meet new people and expand your network.

Express Gratitude

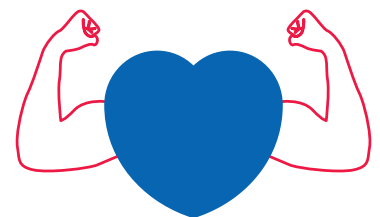
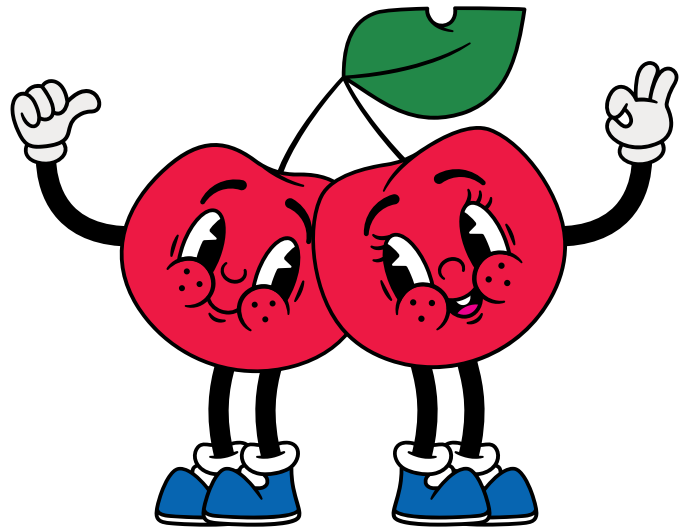
Take a moment to thank someone who has positively impacted your day, your work, or your life. Gratitude helps deepen social connections and increase productivity.

Disconnect to Reconnect

Put away distractions during a conversation or meal. Being fully present helps strengthen personal relationships.

Strengthen Your Support Network

Make a list of people you can turn to for support, encouragement, or advice. Consider one person you would like to reconnect with this week and reach out.



Office of Talent, Culture,
and Engagement

uta.edu/wellness