

[Your Healthiest Self ~ Social Wellness Toolkit](#)

Social Wellness

From the time you're born, your relationships help you learn to navigate the world. You learn how to interact with others, express yourself, conduct everyday health habits, and be a part of different communities from those around you. Positive social habits can help you build support systems and stay healthier mentally and physically.

Social Wellness Toolkit

Explore the [Social Wellness Toolkit](#) to learn how to improve your health in each area:

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

Want to learn more?

NIH scientists study how your family, relationships, and communities impact your health and well-being. Read more resources from the NIH institutes advancing research in these areas.

[More resources about social wellness >>](#)

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