

## FOCUS: SOCIAL WELLNESS

### MON

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The process of selecting, sending, and receiving a card has psychological benefits, as it creates both emotional and physical connections between the sender and recipient.

Cards provide a tangible reminder of care and thoughtfulness, which can reduce feelings of isolation and enhance social connection.

**TAKE ACTION:** Send a card to a loved one today! Share your experience on social media and tag @sceniccityneuro to inspire others. You might even receive a card from us too!

### SEND A CARD TO SOMEONE YOU LOVE

- Take the time to write a message that will resonate with your friend. Share a memory, express your appreciation, or simply let them know you're thinking of them.
- Consider adding extra elements, such as photographs, drawings, or small gifts like stickers or bookmarks.
- If you're traveling or exploring a new area, send a postcard from that location to your friend.

### TUE

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In our busy lives, we often forget to nurture our friendships, assuming they'll always be there. However, maintaining these connections requires time and effort. Calling a friend we haven't spoken to in a while nurtures the relationship and benefits our social wellness by fostering a sense of belonging and support.

**TAKE ACTION:** Take the time to prioritize your friendships. A quick catch-up call can uplift both of your spirits. If you're unable to do it right away, set a reminder to make the call before the end of the day!

### CALL A FRIEND

- Reach out to a friend you haven't spoken to recently.
- Try one of our conversation starters:
- "Hey [Friend's Name], it's been a while since we caught up! How have you been?"
- "I was thinking about you today and thought I would give you a call. What's new with you?"
- "I stumbled upon this amazing restaurant/coffee shop/bookstore recently. Want to check it out together?"
- "I could use some advice on [topic]. You've always had great insights. Mind if I bounce some ideas off you?"

WED

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A game night provides an opportunity for meaningful and low-key social interaction with friends and loved ones. A little friendly competition can promote teamwork, communication, and problem-solving skills. Plus, game nights often involve laughter and enjoyment, which can reduce stress, boost your mood, and promote a sense of belonging.

### HOST A GAME NIGHT

- Create a guest list.
- Choose a variety of games to cater to different preferences. Check out [Game Night Ideas + Tips For Hosting the Perfect Game Night](#).
- Request guests bring their favorite snack or drink to share. Maybe try this tasty [chocolate chip cookie recipe](#)!
- Set the mood with cozy lighting and background music.
- Be flexible to ensure everyone has a fun and stress-free experience.

**TAKE ACTION:** Don't go it alone! Team up with a friend if you'd like. Share your game night on social media and tag @sceniccityneuro for a chance to win an SCN Branded surprise!