

Social Self-Care



If your assessment shows that **Social Self-Care** could use some attention, let's take the first step together. [Click here to start prioritizing your well-being today.](#) Which area do you feel needs the most attention right now? Choose the one you'd like to focus on first:

- **Strong and Supportive Relationships with Friends and Family** – Reconnect with loved ones, schedule regular check-ins, and surround yourself with uplifting people.
- **Make Time for Social Activity** – Plan social outings, schedule calls or meetups, and engage in community activities.
- **Set Boundaries** – Protect your time and energy by setting clear limits with others.
- **Say No When Necessary** – Prioritize your well-being by declining commitments that don't serve you.
- **Communicate Needs and Feelings Effectively** – Express yourself openly and honestly while actively listening to others

Social Self Care

Strong and Supportive Relationship with friends and family _____

Make time for social activity _____

Set Boundaries _____

Say no when necessary _____

I communicate my needs and feelings effectively. _____

Your Score: _____

Each line is worth 5 points each If your total is 15 or below this is an area of concern.

Establish Healthy Boundaries

Spend Quality Time

Reach Out to Friends

Social Self-Care

Use Social Media in a positive way

Talking with a Coach or Mentor

melita@bestweightonyou.com