

Promoting social health involves developing communication skills, empathy, and maintaining supportive relationships throughout life.

Quick Revision Notes

- Social health: forming satisfying relationships.
- Also positive interaction with others.
- Involves communication, community contribution.
- Factors: family environment, support systems.
- Also conflict management ability.
- Poor social health: loneliness, stress, mental issues.
- Shows social-mental health interconnection.
- Promoted via communication skills, empathy.

Practice Questions

- 1 Discuss a way to build a healthy relationship.
- 2 Discuss how family environment affects social health.
- 3 Discuss a constructive way to manage conflict.
- 4 Reflect on your own social health.
- 5 Discuss the connection between social and mental health.
- 6 Explain social health in your own words.