

Social Health

Chapter 19: Social Health · Topic 1

Key Concept

Social health involves building healthy relationships, communicating effectively, and contributing positively to family and community life.

Factors affecting social health include family environment, social support systems, and the ability to manage conflicts constructively.

Poor social health can contribute to loneliness, stress, and mental health issues, highlighting the interconnection between social and mental well-being.

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.