



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!



Vol. 1, Issue 109; <https://cchealth.org/wellness/>

SOCIAL WELLNESS By: Kunal Doshi, MD



Due to the pandemic, our social lives may have been put on hold. With the last few years of quarantining, social distancing, and frequent outbreaks, it has been difficult to get the social connection we need. **Connection is a pillar to our life.** Research has shown that having **social support and feeling connection** could help people **maintain a healthy BMI, help control blood sugars, decreased cardiovascular mortality, decrease depressive symptoms, mitigate PTSD symptoms, and overall mental health.**

Tips to Improving Social Wellness

1. **Reflect** on yourself and your social needs.
 - *What aspects of your social life do you enjoy the most?*
 - *What parts do you want to improve?*
2. **Improve social connections** by keeping in touch with supportive friends and family.
3. **Practice self-care** by taking time for yourself and time to recharge.
4. **Engage in hobbies and extracurriculars.** This will give you time to reduce stress and meet people with common interests.

"I am a California native, and I grew up in Southern California. I left to pursue my MPH at George Washington University to further pursue my passion for health advocacy, international health, and climate change's impact on health. I moved to Colorado for medical school attending the University of Colorado and am very excited to come home to California for residency. I am excited to train at Contra Costa because of the full-spectrum training, global health opportunities, healthy advocacy, and policy opportunities."



-Dr. Kunal Doshi

June 28 Free Wellness Sessions: TUESDAY, 6:10 pm – 6:35 pm
Healing through Movement with Maria Paula Ahumada
[https://cchealth.zoom.us/j/92745210319?pwd=SFZlK1pYL3dqQUJlMVh1ZldGejd2UT09; Passcode: Wellness](https://cchealth.zoom.us/j/92745210319?pwd=SFZlK1pYL3dqQUJlMVh1ZldGejd2UT09;Passcode:Wellness)
Please share this info with your friends, family, & colleagues!

June 29 Free Wellness Session: WEDNESDAY, 6:10 pm – 6:35 pm
Caribbean-American Heritage Month Celebration
Dance to J. Perry's Songs with Dahrío Wonder and Gina Wonder
<https://iframe.dacast.com/live/d9bfc5a9160362589ca4fc3fd5970cc2/8ddb2def-fcef-d0a7-e299-14c8579269ed>
Please share this info with your friends, family, & colleagues!

We care for you. Send us your bright spots, photos, and stories. We can also co-host your team/unit events with Wellness Incentives and Activities. Contact us anytime! CCHSWellness@cchealth.org. Wellness Core Team Members: Priscilla Aguirre, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble