

THE SOCIAL Sphere

Finding fulfillment in your circle

The people in your life can affect your health and happiness. Choose the right social circle built on strong relationships, love and kindness.

FIRST ASK
YOURSELF

What's your social status?

Do you have people encouraging you to grow?

How many close relationships do you have outside of your family?

How many hours do you spend socializing?

THEN MAKE
A MOVE

Improve your interactions

BE POSITIVE: Seek out the good moments

MAKE TIME: Put it in your calendar to hang out

FIND A FRIEND: Look to bond with someone at work

BE INTENTIONAL: Set out to chat about things beyond to-dos

SANFORD[®]
HEALTH PLAN