

Don't Forget Your Social Life!



AnthemEAP

1

Objectives

- What is a social life?
- Why is it important?
- Pros and cons of a social life
- Health benefits to having a social life
- Prioritizing your work, family and friends
- The significance of being responsible
- Branching out
- Using social media
- Important social skills

2

What is a Social Life?


To have a social life means spending time with your friends and family or coming across opportunities in a certain place for one to socialize.

- What is your social life like?
- What do you do on your free time?
- Where do you go to socialize?
- How do you meet new people?



3

Why is it Important?



- People who maintain a good social life tend to be happier and less stressed
- Having people to talk to when you've had a bad day or something good has happened and you would like to share
- Having friends keep your brain healthy

4

Pros and Cons of a Social Life

The pros of having a social life include:

- Meeting future contacts
- Being less stressed
- Increase happiness
- Finding people with common interests


Cons of having "too much" of a social life:

- Lack of sleep
- Being emotionally drained
- Overspending money
- Not being able to give 100% at work

5

Health Benefits to Having a Social Life

- Being social adds years to your life – loneliness and isolation can lead to a shortened lifespan
- Boosts your immune system both mentally and physically
- Increases your sense of belonging and purpose
- Being happy and social reduces stress
- Helps you deal with traumas such as certain life events



6

Prioritizing Your Work, Family and Friends



- What is most important to you?
- Get organized
- Find a comfortable balance without feeling guilty
- Keep track of your time and set goals for yourself
- Set priorities to manage how you use your free time after work
- Be flexible and adaptable
- Set boundaries and limits on how you control your time

7

The Significance of Being Responsible

Although having a social life is important, maintaining your work is just as important.

- 3. Go to work on time
- 4. Know your limits – avoid being out late and drinking too much with friends
- 6. Having humility – understand and accept consequences for your mistakes

8

Branching Out

- Network – use connections through work, friends, social media and family
- Find a place of your interest and go meet new people
- Seek people who have similar goals, opinions and habits
- Meet new people through your current friends
- Don't be afraid to try new things



9

Using Social Media



- Networking is a great way to meet new people
- Using social media has proven to help relationships with family and friends
- Can make one less shy at first
- See what is trending
- Beware of using it too much – people still like face to face interactions
- Privacy is at your own risk when posting on social media

10

Important Social Skills

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| <p>Do...</p> <ul style="list-style-type: none"> ◦ Be friendly and polite when meeting new people ◦ Have the ability to listen to others ◦ Maintain a level of trust ◦ Stay open minded ◦ Be confident ◦ Always be yourself! | <p>Don't...</p> <ul style="list-style-type: none"> ◦ Be too eager ◦ Be nervous ◦ Seem like a "know it all" ◦ Compare yourself to other people – it can lead to feeling insecure ◦ Judge others for their opinions |
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11



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12

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13

13

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14
