



NINE

# 9 ways to improve social health



- Take a new exercise class, such as tai chi or water aerobics.
- Start a neighborhood walking group.
- Listen to others with empathy and caring. Avoid being overly critical.
- Join a creative arts group, such as theater, choral, or writing group.
- Get involved in local efforts to develop walking and bike paths, or other neighborhood improvement projects.
- Share your feelings honestly.
- Travel to new places to meet new people.
- Disagree with others, respectfully. Compromise and try to come to agreements that work for everyone.
- If you are a family caregiver, ask for help from others. Consider joining a caregiver's support group to exchange stories and ideas.