

Student Name: _____

Look and Listen: Social Wellness

Watch the [Social Wellness: Overall Health](#) video and respond to the following questions.

1. What is social wellness?	
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2. As humans, we have a basic need to _____ and _____.

3. Over the years, our society has changed in many ways. Have our social interactions increased or decreased?	
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4. Select the appropriate answer. When we have meaningful connections, we more likely to:	<ul style="list-style-type: none"> a) Eat healthier b) Exercise less c) Sleep less d) Vape more
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5. True or False: People with strong social networks have a lower risk of developing cardiovascular disease, diabetes, and arthritis.	
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6. List one way social wellness affects mental health.	
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7. Social engagement lowers our risk of which disease as we age?	
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