

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?

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?

**4. Select the appropriate answer.
When we have meaningful connections, we more likely to:**

- a) Eat healthier
- b) Exercise less
- c) Sleep less
- d) Vape more

5. True or False: People with strong social networks have a lower risk of developing cardiovascular disease, diabetes, and arthritis.

6. List one way social wellness affects mental health.

7. Social engagement lowers our risk of which disease as we age?