

My WellPath

Last Modified on 09/19/2023 12:43 pm PDT

My WellPath is designed to help you develop a personalized self-care plan that covers the 8 Dimensions of Wellbeing.

New to MyWellPath? Check out the *Getting Started with My WellPath* webinar [here](#) (~24 min).

Featured Dimension: Social Wellbeing

Social Wellbeing

Connect with Others

Personal connections contribute to a long and fulfilling life. When you nurture relationships with family and friends, you create healthy support networks for life.

Social wellbeing focuses on establishing beneficial connections with friends and family and supporting harmony in these relationships. Spending time with loved ones or joining a community group is advantageous for social wellness.

Journaling Resources

My WellPath Social Wellbeing Journal

- [Digital Journal](#) 📄(fill-in electronically and save)
- [Printable Journal](#) 📄(print and write in)

Science of People Resources

Conversation

- [57 Killer Conversation Starters So You Can Start A Conversation With Anyone, Anytime](#)
- [How to Have and Hold a Conversation With Anyone: 11 Science Backed Steps](#)
- [Other Conversation topics](#)

Confidence & Charisma

- [How To Be More Confident: 5 Strategies](#)
- [15 Tips to Combat Social Anxiety & Conquer Confidence](#)
- [How to Enter Any Room Confidently](#)
- [The Charismatic Personality: 12 Traits You Can Learn & Master](#)
- [Other Confidence topics](#)

Body Language

- [The Ultimate Guide to Body Language](#)

Social Skills

- [33 Best Social Hobbies to Meet People \(Even For Introverts\)](#)
- [The 50 Best Ways You Can Meet New People](#)
- [6 Unique Things To Do with Friends](#)
- [10 Interpersonal Intelligence Skills You Need to Master](#)
- [Other Social Skills topics](#)

Relationships

- [The 10 Value Languages That Will Help You Understand People Better](#)
- [How To Make Friends as an Adult](#)
- [Other Relationship topics](#)

Self-Improvement

- [20 Simple Ways to Step Out of Your Comfort Zone](#)
- [10 Steps to Reinvent Yourself and Realize Your Potential](#)
- [Other Self-Improvement topics](#)

Leadership

- [12 Non-Awkward Team Building Activities That Build Trust](#)
- [The 6 Charismatic Leadership Styles – Which One Are You?](#)
- [10 Ways to Become a Charismatic Leader](#)
- [How to Build a Team and Promote Teamwork: 10 Essential Skills](#)
- [Other Leadership topics](#)

Social Self Guides & Articles on:

- Social Skills
- Relationships
- Mental Health

Lifeworks Social Wellbeing Resources

Friendships and Your Wellbeing

Stronger Relationships Video Series

- Episode 1: [Be Present](#)
- Episode 2: [Strengthen the Bond](#)
- Episode 3: [Intimacy & Vulnerability](#)
- Episode 4: [Privacy & Personal Space](#)
- Episode 5: [Apologizing & Forgiving](#)

Resources for Parents from Very Well Family

- [42 questions to Spark Conversations with Your Kids](#)
- [Habits That will Strengthen Your Parent-Child Bond](#)

Resources for the Holidays

Halloween

- [30 Things to Do on Halloween if You're Not Going Trick-or-Treating](#)
- [Here Are 50 Non-Candy Halloween Goodies That Trick or Treaters Will Love](#)
- [32 Non-Candy Halloween Treats That Kids Will Actually Want](#)

[Simple Pleasures to Bring You Closer As a Family Over the Holidays](#)

[Holiday Mental Health Resource Guide](#)
[Alone for the Holidays? Here Are Some Ways You Can Make Your Season Feel More Fruitful](#)
[The Benefits of Cooking Together - How Cooking Together Improves Your Relationships](#)

Any Autumn/Winter Holiday

- [55 Favorite Fall Dinners](#)
- [15 Homemade Food Gifts That Travel Well \(and the Recipes to Make Them!\)](#)
- [98 Holiday Recipes Passed Down for Generations](#)

Thanksgiving

- [The Ultimate Stress Free-Guide to Hosting Thanksgiving](#)
- [30 Non-Traditional Thanksgiving Recipes That Go Beyond Turkey](#)
- [75 Best Thanksgiving Sides That Will Have Everyone Coming Back for Seconds](#)
- [50 Best Leftover Turkey Recipes](#)

Hanukkah

- [15 Best Hanukkah Party Ideas for a Fun and Festive Bash](#)
- [25 Best Hanukkah Recipes for a Delicious Festival of Lights](#)
- [47 Hanukkah Recipes For Your Best Holiday Dinner Yet](#)

Christmas

- [18 Fun Christmas Activities for Family to Try in 2023](#)
- [40 Fun Christmas Games the Whole Family Can Enjoy](#)
- [25 Merry and Memorable Virtual Holiday Party Ideas for Friends and Family](#)
- [75 Best Christmas Dinner Ideas for a Memorable Feast](#)
- [Every Recipe You Could Possibly Want For Your Christmas Dinner - slideshow](#)

New Year

- [29 Cocktail & Mocktail Recipes for New Year's Eve](#)

Disclaimer:

The information provided as part of My WellPath consists of curated tools and resources. Employees may participate and utilize the tools and resources voluntarily. Curated tools and resources are for general education and information purposes only. Such information is not intended, nor otherwise implied, to be medical advice or a substitute for medical advice, diagnosis or treatment.

WellHaven Pet Health does not guarantee accuracy nor completeness of the curated information and content provided through My WellPath. Employees are encouraged to always consult their physician or other qualified healthcare provider to determine the appropriateness of this information for their own situation or if they have any questions regarding a medical condition, disorder, treatment plan, or other health-related issues. As such, employees are cautioned to speak with their healthcare provider before stopping, modifying or changing their current treatment program.

