

Well

Connected



THE ART (AND SCIENCE) OF HUMAN CONNECTION

Staying socially connected might be one of the best things we can do for our health and happiness. From early on, our relationships teach us how to communicate, express ourselves, and find our place in the world. Strong social ties boost emotional well-being, reduce stress, and can even improve heart health, immunity, and memory. People with solid support systems tend to feel better, get sick less, and live longer, healthier lives.¹

If social wellness comes from building and engaging in trusting, respectful, and authentic relationships, how do we get there?

- It starts with real, meaningful connections. Stay in touch with friends and family — even a quick text or call goes a long way. Spend time with people who are uplifting, and make plans with those who matter most.
- Think about what you need socially. Some people thrive on lots of interaction, others prefer just a few close connections. Knowing your own style helps you find the right balance.
- Get out there — volunteer, go to local events, or join a hobby group. It's a great way to meet like-minded people.
- Cut back on screen time. Social media can't replace real connection — and too much of it can leave us feeling more alone.

Building social wellness takes time and effort, but the rewards gained are totally worth it!



THE SINGLE THING THAT WILL GUARANTEE
A HAPPY, FULFILLED, AND CALMER
LIFE IS THE QUALITY OF YOUR HUMAN
RELATIONSHIPS, ESPECIALLY THE PEOPLE
YOU LOVE AND WHO LOVE YOU BACK.

-JOANNA COLES

Resources: <https://www.firelands.com/empower/health-wellness/5-steps-improve-social-wellness/>, <https://www.emoryhealthcare.org/stories/wellness/social-wellness-your-relationships-impact-your-health>
1. [https://vaillant.g.e. & mukamal.k.\(1941-2023\).harvardstudyofadultdevelopment.findingshighlightingthecriticalroleofhealthyrelationships.inlong-termhappinessandwell-being](https://vaillant.g.e. & mukamal.k.(1941-2023).harvardstudyofadultdevelopment.findingshighlightingthecriticalroleofhealthyrelationships.inlong-termhappinessandwell-being)

Fit Tip

Sun-kissed Fruits and Vegetables



In Texas, August and September are peak months for many delicious summer fruits and vegetables. You can find a variety of fresh picks at most local grocery stores, farmers' markets, and sometimes even being sold on the side of the road at farmer's stands.

Here's a look at what's currently in season in Texas.

- Watermelon, cantaloupe, honeydew
- Raspberries, cherries, peaches, plums, grapes, mangoes
- Corn, green beans, field peas, onions
- Zucchini, squash, cucumbers, tomatoes, okra, eggplant
- Sweet peppers, hot peppers, bell peppers
- Lettuces, spinach, green cabbage
- Carrots, turnips, sweet potatoes, beets
- Herbs of all sorts

When planning your next trip to the grocery store, take advantage of our state's wide variety of fresh, healthy offerings.

Resource: <https://www.statemanager.com/story/news/state/2024/07/10/texas-produce-in-season-best-summer-year-round-fruits-vegetables-gardening>

Q:

I enjoy working in my garden in the summer, and sometimes I have to work outside in the heat. How can I know when I've had too much exposure?

Ask the Health Coach



Heat exhaustion occurs when the body overheats and can't cool itself properly, often due to dehydration and prolonged exposure to high temperatures. Recognizing the signs and taking prompt action are crucial to prevent it from worsening.

Look for these signs of heat exhaustion:

- Heavy sweating
- Weakness, fatigue, dizziness
- Headaches
- Nausea or vomiting
- Muscle cramps

Follow these suggestions if you suspect that you're suffering from heat exhaustion:

- Stop all activity, move to a cooler environment, and rest
- Drink cool fluids such as water or electrolyte-rich sports drinks
- Take a cool shower or bath
- Apply a cool compress such as a wet towel
- Loosen clothing
- Elevate legs

If symptoms worsen - especially if there is loss of consciousness, confusion, or trouble drinking — seek medical help right away.

To help prevent heat exhaustion, drink plenty of fluids, wear loose fitting, lightweight clothing, give yourself breaks to rest and cool off if you're outside during the hottest part of the day.



"You told me to eat 5 fruits and vegetables every day. Today I had 3 raisins and 2 peas."

Ripple Effect

Coming Soon!
Fall 2025
Wellness
Campaign

Wellness Emphasis:



This campaign will examine the vital role of water consumption in supporting the optimal function of all bodily systems and its ripple effect on overall health and well-being.

This fall, Well~Connected challenges you to drink the recommended daily amount of water that's right for you.

Campaign Topics:

- Week 1:** Physical Performance
- Week 2:** Optimal Brain Function
- Week 3:** Gut Health

Incentive

Sports Water Bottle



Monthly Challenge Winners

MAY

Glenna Swanson | White Deer ISD
Eloisa Serna | Frenship ISD
Pauline Ritchie | Carrizo Springs CISD

JUNE

Dinah Horsford | Stratford ISD
Jana Perkins | Denver City ISD
Niria Hernandez | Premont ISD

JULY

Lisa Wright | Breckenridge ISD
Justin Reyna | Muleshoe ISD
Cathy Brzowski | Edna ISD