



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



DR. T'S MENTAL HEALTH MINUTE

December is a time for football and loved ones. However, as we enter the new year, it is very important that we don't forget about our own personal happiness and wellbeing during the holiday season. A component of wellness that is vitally important during this time of year is one's Social Wellness. This dimension of wellness involves having positive and healthy relationships with friends, family and the community. People who are socially well tend to have a genuine interest in others, and they want to see people treated fairly and with respect. People who are socially healthy have a strong sense of belonging, and they tend to have a robust network and solid support system

It is not surprising that one's social wellness has a significant impact on overall happiness. Feeling loved and appreciated by others can help us get through tough or complicated times. If you are like most people...your friends are made up of people you have accumulated over the course of your life. Some of your friends may be from elementary school, while others may be from college or work. As previously stated, having friends is important, but are all your "friends" good for you? Take this time to evaluate the people around you. Are you devoting your time and energy to people who do not have your best interests in mind? Do you have toxic friends and/or family members that you need to distance yourself from? You owe it to yourself to be happy, and your time and attention are things that you should cherish. Don't waste your energy on people who are not positive influences on your life. Your happiness depends on it!

PLEASE TAKE A FEW MINUTES AND CONSIDER THE QUESTIONS BELOW, AS THEY CAN ASSIST YOU IN ANALYZING YOUR SOCIAL WELLBEING.

- Evaluate each of your friends and family members, and ask yourself, "is this person a positive influence on me?"
- Do your "friends" only call you when they need something?
- Are you making time to (remotely) connect with your friends and family?
- Do you feel like your friends and/or family are constantly taking advantage of you?
- Are you making an effort to make new friends?
- Have you found a location to volunteer (post COVID) that addresses issues that are important to you?
- Have you identified a group or club in your area that may have people with your same interests or hobbies?
- Do you ever feel bad about yourself after spending time with certain friends or family members?
- Are you overly competitive with your friends?
- Do you feel like there are certain people in your life who are not genuinely happy for you when good things happen?
- Do you have friends or family who talk about you behind your back?
- Are there certain people who seem to always cause drama in your life?



SHAUN TYRANCE, PH.D

Team Clinician Dr. Shaun Tyrance enters his second NFL season with the Chiefs in 2020. Dr. Shaun Tyrance joined the NFL as just the second full-time team clinician hired by an NFL team. As a licensed therapist who specializes in working with athletes, Tyrance joins the Chiefs with years of experience helping players and coaches perform at their highest levels personally and professionally. His athletic experience extends across the professional and collegiate ranks, covering a wide-ranging list of sports, including football, basketball, baseball, golf and motorsports. In addition to working with athletes and coaches, Tyrance has consulted with Fortune 500 companies to help them hire the best individuals and get the most out of their employees.

Source: www.samhsa.gov

Explore more at the [Chiefs Wellness Program homepage](#) -->