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# Wellness Works

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## What is social wellness?

Social wellness means giving and receiving social support - ensuring that you have friends, family, and other people to turn to in times of need or crisis.

Social support enhances quality of life and provides a buffer against adverse life events. It gives you a broader focus and positive self-image. Social support can take different forms:

- **Emotional** (sometimes called non-tangible) support refers to the actions people take to convey feelings towards someone else.
- **Instrumental** support refers to the physical, such as money and housekeeping.
- **Informational** support means providing information to help someone.

One of the earliest studies on the physical and psychological health benefits of social support was in 1905. Dr. Joseph Pratt, an internist from Boston, gathered a group of tuberculosis patients together to educate them about hygiene in relation to their illness. This “support group” provided early evidence of the power of psychological support in physical health and healing.

### ADDITIONAL INFORMATION:

Visit [www.cisbenefits.org](http://www.cisbenefits.org) and search “social support” for resources to help you in your social wellness journey.

503-763-3800 800-922-2684  
[www.cisbenefits.org](http://www.cisbenefits.org)  
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### Why is Social Wellness Important?

Healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.

Research shows that people who have a strong social network tend to live longer. The heart and blood pressure of people with healthy relationships respond better to stress. Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning. Healthy social networks enhance the immune system's ability to fight off infectious diseases.



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#### HOW TO GROW YOUR SOCIAL NETWORK:

- **Work out.** Joining a gym or an exercise group allows you to meet new people while exercising.
- **Take a walk with your pet.** Starting a walking routine after dinner would not only give you another opportunity to be physically active, but it would also create more opportunities for you to meet your neighbors.
- **Volunteer.** Donate some of your time and hard work to a charity. You'll feel good about the cause, and you'll meet others with similar interests.
- **Find others who share a hobby,** such as hiking, painting, scrapbooking, running, etc.

There are countless ways to grow your social network. Consider your interests and hobbies, and then pursue them. You're bound to find others with similar passions.

### Employee Resources

Everyone covered by a CIS medical plan has access to FREE Employee Assistance Program (EAP) services through Reliant Behavioral Health (RBH). RBH provides services to help people privately resolve problems that may interfere with work, family, and life. The following free benefits are available through RBH:



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### 5 COUNSELING SESSIONS PER TOPIC

- **24-hour Crisis Help** - Toll-free access for you or a family member experiencing a crisis: 1.866.750.1327.
- **Confidential Counseling** - Face-to-face counseling sessions for each new issue, including family, relationships, stress, anxiety, and other common challenges.
- **RBH eAccess™** - Convenient access to online consultations with licensed counselors. Visit [myrbh.com/eaccess.html](http://myrbh.com/eaccess.html) for details.

### LIFE BALANCE

- **Financial Services** - You have access to financial professionals. Call to speak with a professional regarding your budget, credit, retirement, investment, tax or other financial questions.
- **Home Ownership Program** - Free support and information about making smarter choices when shopping for a new home; making financing and/or refinancing decisions; relocating; or selling a home.
- **Identity Theft Services** - Support in planning the recovery process for restoring your identity and credit after an incident.
- **Legal and Mediation Services** - Legal services include free half-hour consultation by phone or in person, followed with a 25% discount in legal fees. (Legal services are not provided for any employer related issues.) Mediation services include free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate. Retain a professional mediator and receive a 25% discount.
- **Will Preparation** - Call to request a simple will kit, complete the kit on your own time, then submit it to a legal professional for review.



RBH services can be accessed by calling 1-866-750-1327, or visiting [www.myrbh.com](http://www.myrbh.com). The access code for the website is oregon.

It's all about **TRUST.**

[www.cisbenefits.org](http://www.cisbenefits.org)