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## [Your Healthiest Self ~ Social Wellness Toolkit](#)

### **Social Wellness**

From the time you're born, your relationships help you learn to navigate the world. You learn how to interact with others, express yourself, conduct everyday health habits, and be a part of different communities from those around you. Positive social habits can help you build support systems and stay healthier mentally and physically.

### **Social Wellness Toolkit**

Explore the [Social Wellness Toolkit](#) to learn how to improve your health in each area:

- Make connections
- Take care of yourself while caring for others
- Get active together
- Shape your family's health habits
- Bond with your kids
- Build healthy relationships

### **Want to learn more?**

NIH scientists study how your family, relationships, and communities impact your health and well-being. Read more resources from the NIH institutes advancing research in these areas.

[More resources about social wellness >>](#)

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