

Speak To Your Health!

Relationships and Emotional Well-being



Did you know that staying in touch with your friends and family can help keep you healthy? Making time each week to talk with your family members can help reduce stress. Talking with close friends also helps you stay stress free.¹ Staying stress free can help keep you healthy. Strong relationships are important to your health and happiness.² Most people are happiest on days when they socialize for 6-7 hours.³ Connecting with friends, neighbors, family members, and loved ones may improve your health.



DID YOU KNOW?

The Speak To Your Health! Community Survey is a resource that provides information about relationships and emotional health in Genesee County. The results of the 2011 survey found that:

- Only 34% of Genesee County residents feel closely connected or involved in their community. 45% feel connected or involved with a religious organization.
- Of Genesee County residents, 76% feel they receive emotional support and practical help from relatives. 73% feel they receive emotional support from friends.
- Similarly, 81% of Genesee County residents feel they provide emotional support and practical help to their relatives. 78% feel they provide support and help to their friends.
- Additionally, 83% of Genesee County residents have close and warm relationships with their sexual partners.

- However, 46% of Genesee County residents have feelings of loneliness sometimes or frequently. 50% of Genesee county residents feel blue or sad sometimes or frequently.

WHERE CAN YOU GET MORE INFORMATION?

- Resource Genesee www.resourcegenesee.org/web/ (810) 767-0500
- Genesee County Health Department www.gchd.us (810) 257-3612
- Genesee Intermediate School District www.geneseeisd.org (810) 591-4400
- Crim Fitness Foundation www.crim.org/activeliving/Sage (810) 235-3396
- CDC Community Health Resources apps.nccd.cdc.gov/dach_chaps/Default/index.aspx
- Genesee Health System (GC Community Mental Health) www.genecmh.org (810) 257-3740
- The Disability Network www.disnetwork.org (810) 742-1800
- Lutheran Child & Family Services (810) 257-3612
- Catholic Charities – Flint (810) 232-9950

1. Surgeon General. "Mental and Emotional Well-being." HHS: Surgeongeneral.gov
 2. Rodriguez, Diana. (2009). "Happiness and Emotional Well-being." Everydayhealth.com
 3. Harter, James and Raksha Arora. (2008). "Social Time Crucial to Daily Emotional Wellbeing in U.S." GALLUP: Wellbeing, Gallup.com

WHAT CAN YOU DO?

- ◆ Make time to spend with your friends and family
- ◆ Spend time socializing while you eat your meals
- ◆ Call a friend or family member that you have not talked to in a while
- ◆ Communicate your emotions to your loved ones
- ◆ Build your relationships with neighbors
- ◆ Participate in community activities
- ◆ Volunteer with local community organizations
- ◆ Try to find balance in your daily life
- ◆ Make time to do something for yourself
- ◆ Check with your employer for programs