Social Wellness Survey

	YES	NO
1. I have a support network of friends, family, and colleagues.	☐	☐
2. I maintain positive and enriching relationships with people.	☐	☐
3. I communicate well with others and consider myself a good listener.	☐	☐
4. I consider the feelings and experiences of others.	☐	☐
5. I can take responsibility and apologize if I have negatively affected someone.	☐	☐
6. I can balance my own needs with the needs of others.	☐	☐
7. I am involved in community-based activities or volunteering.	☐	☐
8. I have people in my life whom I trust.	☐	☐
9. I am interested in others, including those from different intersectional backgrounds than my own.	☐	☐
10. I am compassionate and try to help others where I can.	☐	☐

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	YES	NO
11. I recognize the influence other people have on me.	☐	☐
12. I share my feelings honestly.	☐	☐
13. I am comfortable asking others for support.	☐	☐
14. I listen to others without being judgmental.	☐	☐
15. I can disagree with others and maintain mutual respect.	☐	☐
16. I can manage my stress so that it does not adversely impact others.	☐	☐
17. I have the resources I need to stay connected to co-workers when working remotely.	☐	☐
18. I feel a sense of belonging at this organization.	☐	☐
19. I agree with the amount of time the organization provides to socialize with co-workers.	☐	☐
20. I am supported by my manager to participate in organizational events that encourage volunteerism and socialization.	☐	☐