



TOOLKIT



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Get Social in September

Facebook, Twitter, YouTube, SnapChat – what do these social media platforms all have in common? Besides the fact that they could be timewasters (if you let them), they're all methods to be socially connected. These platforms offer access to many great thinkers and professionals and the wisdom they can provide.

Individuals who consider themselves to thrive socially get at least six hours of social time each day. Six hours of social interaction daily can improve well-being and minimize stress and worry. If you think that amount of social time isn't attainable in one day, rest assured, because those six hours can accumulate in many ways – at work, home, on the telephone, talking to friends or sending email. It doesn't matter where you are, all that matters is that you are interacting with another person.

Social well-being can positively affect other well-being areas. Relationships can serve as buffers during tough times, in turn improving cardiovascular health and decreasing stress levels.

The long-term benefits of thriving in your social well-being can be even more profound with age. A study of more than 15,000 people over the age of 50 found that among those who were socially active, memories declined at **less than half the rate** compared to those who were the least social.

During the month of September, we at Thrive would like to place special emphasis on utilizing social media to improve well-being. For example, you can use Facebook to get connected to a walking or cycling club in your area. YouTube is a great tool to learn new skills, especially if you are a visual learner.

This month, Thrive is launching our brand new website and social media platforms. You can find us at the following links:

<https://thrive.ok.gov>

www.facebook.com/thriveok

www.twitter.com/thrive_ok

Be sure to follow us for the most up-to-date information on the program, in addition to well-being tips and resources.

Using Social Media

If you do not have a social media account, here are detailed instructions to get started on Facebook and/or Twitter:

Facebook

1. Visit <https://www.facebook.com> (during non-working hours, of course).
2. Provide your name, personal email or mobile number, password of choice, and birthdate.
3. Follow the step-by-step instructions to create your own personal page.

Twitter

1. Visit <https://twitter.com/signup> (again, during non-working hours).
2. Provide your name, personal email, preferred password, then click 'sign up'.
3. Take note that you can tie only one email address to one Twitter account.
4. A new page will appear asking you to select a username.

<http://www.wikihow.com/Make-a-Twitter-Account> is a webpage that can help you build your Twitter account.

HELPFUL HINTS TO STAY SAFE AND BE PREPARED:

1. Evaluate your Facebook account and postings.
 - How do you feel about your employers seeing what you have posted?
 - How about your parents or grandparents?
2. Do not post private information such as cell phone numbers, address, class schedule, social plans, etc. UNLESS you are prepared for ANYONE to find you/track you down, any time of the day or night.
3. Utilize the "Privacy" settings on your Facebook account. You can adjust your privacy settings so as to control who has access to your personal information.
4. Google yourself to see how your name or identity is being used.
5. Be prepared to answer questions about your Facebook account in job interviews. It has become common for interviewers to ask applicants "Are you on Facebook?" and "What is on your Facebook profile?"; BE PREPARED to either decline the question or answer honestly because employers will most likely look at your Facebook account themselves... or already have.

Source: Creighton University, Omaha, NE

WHO CAN YOU FOLLOW AT THE STATE OF OKLAHOMA?

We're so glad you asked.



ABLE Tech

 <http://www.facebook.com/okabletech>

 <http://www.twitter.com/okabletech>

 <https://www.youtube.com/user/OklahomaABLETech>

 <http://www.pinterest.com/okabletech>

Arts Council

 <https://www.facebook.com/OklahomaArtsCouncil/>

 <http://www.twitter.com/OKArtsCouncil>

Construction Industries Board

 <https://www.facebook.com/CIBOklahoma/>

 <https://twitter.com/OklahomaCIB>

Educational Television Authority

 <https://www.facebook.com/OETAOK>

 <https://twitter.com/oetaok>

 <https://www.youtube.com/c/oetatv>

 <https://www.pinterest.com/oeta/>

Governor

 <https://www.facebook.com/GovernorMaryFallin>

 <https://twitter.com/GovMaryFallin>

Historical Society

 <https://www.facebook.com/okhistory/>

 <https://twitter.com/okhistory>

Labor Department

 <https://www.facebook.com/okodol>

 <https://twitter.com/OKDeptOfLabor>

Oklahoma Department of Libraries

 <https://www.facebook.com/okdeptoflibraries/>

 <https://twitter.com/ODLtweet>

OMES (Office of Management and Enterprise Services)

 <https://www.facebook.com/OklahomaOMES/>

 <https://twitter.com/OklahomaOMES>

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