

WELL-BEING



Well-being isn't just the absence of disease or illness; it's a complex set of interdependent factors that combine to create a positive state of mind and body.

Is well-being the same as happiness?

Not exactly. Happiness is a transient emotional state characterized by feelings of joy, amusement, pleasure, and contentment. How happy you feel can change from one moment to the next if something around you changes and triggers a negative emotion. Well-being is much broader; it's about feeling good about yourself, being satisfied with your life as a whole, and functioning well from day to day.

Positive well-being doesn't mean always being happy. You will experience painful emotions, including disappointment, grief, and failure, as a part of your normal life. But if you're able to manage these painful emotions, you can sustain your long-term well-being. If those negative emotions become extreme or long-lasting, then they may interfere with your day-to-day functioning and, as a result, your well-being.

POSITIVE WELL-BEING IS ASSOCIATED WITH:



Higher quality interpersonal relationships



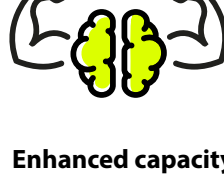
Lower risk of mental health problems and disease



Increased productivity at work



Improved ability to deal with change and adversity



Enhanced capacity to handle work and life pressures

WHAT INFLUENCES OUR WELL-BEING?

Individual workplace well-being is a combination of the:

- 1 **Physical**
(the overall state of our health) 
- 2 **Psychological**
(how we think, feel, and cope) 
- 3 **Social**
(our relationships with others) 
- 4 **Occupational**
(how engaged and fulfilled we are at work) 
- 5 **Financial**
(how financially secure we are) 

If you're satisfied in all five areas, your well-being will be positive.



MEASURE YOUR WELL-BEING



Answer the following questions honestly, giving yourself a rating between 1 (negative score) and 10 (positive score). Each refers to your overall feelings on a given area.

- 1 How satisfied do you feel with your life at the moment?
- 2 How happy did you feel yesterday?
- 3 How anxious did you feel yesterday?
- 4 To what extent do you feel the things you do in your life are worthwhile?
- 5 Do you feel that most people can be trusted?
- 6 How optimistic do you feel about the future?

If you've scored less than 5 for any of the questions above, you should consider what steps you can take to enhance your well-being.

FIVE WAYS TO IMPROVE YOUR WELL-BEING

