

# Positive Steps to Well-Being



Well-being is the state of being happy, healthy and successful.

Our culture, beliefs and life experiences make us who we are. We all have both good days and bad days. When you feel better about yourself, you will find that your well-being will also improve. Here are some tips you can use in your daily life to improve your overall well-being.

## See the Bigger Picture

Broaden your perspective and consider the bigger picture or the “helicopter view.” When you start looking at the bigger picture and consider other people’s perspective, it can help you resolve issues and communicate more effectively both inside and outside of the office, contributing to your overall well-being.

## Help Others

Get involved with a community project, charity work or simply help out someone you know. Studies have shown that helping others makes people feel good. Many people experience a “helper’s high,” feeling stronger, more energetic and motivated after helping others even in a small way. Find productive things that you can do to volunteer, such as collecting cans for a food drive or sponsoring an awareness walk. When you help others you’ll be doing something worthwhile which will help you feel better about yourself.

## Exercise Regularly

Being active helps lift your mood, reduces stress, anxiety and insomnia, improves physical health and gives you more energy. Even when you are tired and feel you don’t have time to exercise, take time out of your busy day to move around. Taking a walk outside, particularly in a green space or near water, can improve your mood immensely. To keep things interesting, consider finding an exercise buddy or consider joining a group sports league or other kind of physical activity. Most importantly, find an activity you enjoy doing, and just do it.

## Eat Healthy

Your food choices each day affect your health — how you feel today, tomorrow and in the future. Good nutrition is an important part of leading a healthy lifestyle. Your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases and promote your overall health. So what can you do to

eat healthy? Some easy ways to eat healthier include making half your plate fruits and vegetables, choosing a variety of lean protein foods, switching to water instead of drinking sugary drinks and cutting back on fats and foods with higher levels of sodium.

## Connect with Others

Our friends and the people around us directly influence our well-being. To increase your well-being spend a little bit of time each day interacting or socializing with people, whether at work, on the phone, at home or on the computer. You can even mix socializing with physical activity. Take a walk or bike ride with a friend so you can motivate each other to stay healthy.

## Accept Yourself for Who You Are

Make time for yourself and work to accept yourself for who you are. We tend to fight against distressing thoughts and feelings, but we can also learn to acknowledge our thoughts without having them get the better of us. Try not to beat yourself up for making a mistake or for wishing you could have done something differently in hindsight. When you accept yourself for who you are, you are being kind to yourself, which is a positive step for improving your well-being.

Sources:  
<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx>  
<http://www.fitness.gov/eat-healthy/how-to-eat-healthy>

