



Power of you

Your path to well-being

Well-being is about all of you

It's more than just a part of you, it's the whole you. And it's more than just not being sick or having a health condition. It's an overall feeling that your life is going well. That things are good. That you are in balance.

Each part of well-being is linked to the next. When one thing feels off, it can throw other things off, too. Feelings of stress, for example, can cause physical problems like tense muscles, headaches or stomach problems.

The 6 keys to well-being

We need balance in this busy world. Try focusing on these areas¹ to find your calm, healthy place.

1. **Physical:** Staying active, eating well and sleeping well
2. **Emotional:** Coping well with life and managing its stresses
3. **Financial:** Feeling good about your current and future finances
4. **Social:** Knowing you're connected to and supported by others
5. **Occupational:** Feeling good — and fulfilled — by your work
6. **Spiritual:** Having a sense of purpose and meaning in life

¹Centers for Disease Control and Prevention. Well-being concepts. October 31, 2018. Available at: cdc.gov/hrqol/wellbeing.htm. Accessed November 27, 2018.



Focus on your total health

Tips to build your well-being



Physical

- Eat for energy
- Restore your body with sleep



Emotional

- Practice deep breathing to manage stress
- Try to focus on the positives of life



Social

- Surround yourself with good friends
- Join a club to meet others with your interests



Occupational

- Find ways to increase your skills and knowledge
- Create connections with your coworkers



Financial

- Plan for the future with investments
- Reduce debt and keep a monthly budget



Spiritual

- Practice being thankful every day
- Try to be mindful and “in the moment”

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