

April 2016 Issue

Wellbeing

Emotional Wellbeing: How it Impacts Our Whole Self



Wellbeing has become one of the new buzz words of our culture; a positive trend in a culture that is often driven by “keeping up with the Joneses”. The Mental Health Foundation defines Emotional Wellbeing as: “A positive sense of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness, change or misfortune.” Emotional Wellbeing isn’t just about being

happy – we are never going to be happy all the time. It is about being resilient when life presents challenges. When we have good emotional wellbeing, we are up to the task of facing these challenges head on.

Emotional wellbeing is impacted by the five elements of wellbeing; career, physical, financial, community and social. When any of these areas are creating stress, we are less likely to be able to manage challenges easily. In a similar way, our emotional wellbeing can impact these other elements of our life. Our emotions can be greatly impacted by past and present trauma. While it is true that negative events can make us stronger, we usually need to resolve these events in order to move forward. One way to increase emotional wellbeing is through good self-care. Self-care includes taking time for yourself and something you enjoy: read a good book, take a bath, plant a flower, cook a meal, watch your favorite movie, journal, write a letter, spend time with people that uplift you, exercise, volunteer, etc. These are examples of things that make us feel more grounded, grateful and connected. However, there are times when we need more support and it can be helpful to reach out to professionals. Many companies offer an Employee Assistance Program, such as Trihealth EAP, that provides counseling benefits to employees and their families. Other companies have mental health support through insurance programs. You can reach out to spiritual leaders who may be able to assist you or guide you toward professionals in the community. Often just being able to talk about the challenges with an objective person can begin the healing process. Make a commitment today to make your emotional wellbeing a priority so that you feel resilient and ready for whatever life brings.

Be Well: Looking Beyond Physical Health

A limitation in the way most of us look at our health is our focus on physical health alone. Taking a more holistic approach to our life condition provides us with the opportunity to thrive as we work towards our own best interests.



Often the term wellbeing is thought of as being happy. Gallup has defined the five elements of wellbeing as purpose/career, social, financial, physical and community. Each element by itself has a huge influence on our lives, but what's even more important is how these five elements are interdependent. Investing in any one of the five areas of wellbeing requires time and energy. By prioritizing our personal growth and success in all five a lifetime of commitment is necessary. However, the payoff is priceless and we prepare ourselves to enjoy every day and get the most out of life.

Purpose/Career: Do you like what you do every day? Do you fill your hours with activity that is meaningful and gives you a sense of purpose? "Those with thriving Career Wellbeing have a deep purpose in life and plan to attain their goals."

Social: Having several close relationships, whether with family, friends or coworkers, is essential for social wellbeing. We want to surround ourselves with people who encourage and support us in our personal and professional growth. According to Tom Rath and Jim Harter in their book, **Wellbeing: The Five Essential Elements**, we should spend a minimum of six hours a day socializing to thrive in this area.

Financial: At a minimum, we need to be satisfied in our overall standard of living and managing our personal finances well. To thrive in financial wellbeing, we will also reduce our stress and worry over money by setting up automated payment systems, buy more experiences than things and spend on others versus on ourselves.

Physical: There is not much new here. We need to participate in plenty of physical activity, eat natural foods, especially vegetables, fruits and nuts, and get enough sleep.

Community: The baseline measure is for us to feel safe where we live. When we thrive in our community wellbeing, we become involved with the individuals, groups and causes that are a part of our community. Then, we give back.

People who thrive in all five dimensions of wellbeing are happier, more productive, and physically healthier and have more energy. For more information and to assess your personal wellbeing, read Tom Rath's and Jim Harter's, **Wellbeing: The Five Essential Elements**.

Source: DailyHealthWire <http://www.trihealth.com/dailyhealthwire/cancer/Cancer-Fighting-Juicing-Recipes.aspx>