

January 2019 Issue

## Improving Your Wellbeing in 2019

The beginning of a new year is the perfect time to assess your current state of wellbeing and to set some personal goals for improvement.

When you hear the word “**wellbeing**,” what comes to mind? For many it’s healthy eating, exercise and managing stress. While those elements certainly are part of your wellbeing, your physical health is only one part of the picture. The below referenced model of Wellbeing was developed by Tom Rath and Jim Harter using comprehensive Gallup research that included a global study of more than 150 countries. **In this model, Wellbeing encompasses the following five elements - five broad categories found to be essential to most people:**



- **Career Wellbeing** is about how you occupy your time. People with high Career Wellbeing wake up every morning looking forward to something that day. They engage in daily activities that utilize their strengths and interests. It doesn’t matter whether you are working for a paycheck, volunteering or are retired. It’s about having a purpose in life and having goals to strive toward.
- Our **Social Wellbeing** is influenced dramatically by the people around us. People with thriving Social Wellbeing have several close relationships that help them achieve, enjoy life and be healthy. They are surrounded by people who encourage their development and growth. They spend time strengthening several close relationships. Put simply, it’s about having strong relationships and love in your life.
- **Financial Wellbeing** is about managing your economic life effectively. Those with high Financial Wellbeing manage their personal finances well, eliminating day-to-day stress caused by debt. They are satisfied with their overall standard of living and tend to buy experiences that provide lasting memories. They spend money on others. Financial Wellbeing is possible and practical for people across the range of income levels.
- **Physical Wellbeing** is about having good health and enough energy to get things done on a daily basis. It includes regularly exercising, making good dietary choices, getting enough sleep and managing stress. Adopting healthy habits and making smart lifestyle choices can help to improve your Physical Wellbeing.
- At a basic level, people with thriving **Community Wellbeing** feel safe where they live and secure about things like the quality of the water they drink and the air they breathe. In addition, they take pride in their community and want to give back and contribute to society. It’s about a sense of engagement with the area where you live.

All of these elements interact and influence one another to determine your overall wellbeing. You have the ability to grow, improve in each area, and have a happy, healthy 2019!

*Adapted from Wellbeing The Five Essential Elements, Tom Rath and Jim Harter, 2014*

# Rate Your Current State of Wellbeing

The first step to improving your overall wellbeing is to assess your current condition. Use the questions that follow to rate yourself in each area. Then set personal, realistic, measureable goals for those elements you would like to improve. **Please rate on a scale of 0-5, 0 being "not at all/never" and 5 being "always/yes:"**



## Career/Purpose \_\_\_\_\_

1. Do you wake up with something to look forward to? \_\_\_\_\_
2. Do you have a plan to attain your goals? \_\_\_\_\_
3. Do you have a leader/manager who makes you enthusiastic about your future and friends who share your passion? \_\_\_\_\_

**Total:** \_\_\_\_\_/15

## Social \_\_\_\_\_

1. Do you get six or more hours of social time a day (includes time at work, at home, on the phone, talking to friends, sending an email or text, and other communications?) \_\_\_\_\_
2. Do you have at least three or four close friendships? \_\_\_\_\_
3. Do your relationships help you achieve, enjoy life and be healthy? \_\_\_\_\_

**Total:** \_\_\_\_\_/15

## Financial \_\_\_\_\_

1. Are you satisfied with your standard of living? \_\_\_\_\_
2. Do you manage your personal finances well to create financial security? \_\_\_\_\_
3. Do you make a point of giving to others? \_\_\_\_\_

**Total:** \_\_\_\_\_/15

## Physical \_\_\_\_\_

1. Do you exercise regularly? \_\_\_\_\_
2. Do your dietary choices give you high energy and focus? \_\_\_\_\_
3. Do you wake up feeling well rested? \_\_\_\_\_

**Total:** \_\_\_\_\_/15

## Community \_\_\_\_\_

1. Do you feel safe where you live? \_\_\_\_\_
2. Do you feel good about the state of your community? \_\_\_\_\_
3. Are you aware of areas in your community where your strengths/interests could be used? \_\_\_\_\_

**Total:** \_\_\_\_\_/15

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## FREE Healthy Living Workshop: Nutrition for Exercise

Are you feeling unsure about what to eat before or after a workout? Come learn some tips to help you fuel your exercise routine and support your health goals.

**Wednesday, January 23, 12:30 p.m.** | TriHealth Fitness & Health Pavilion  
6200 Pfeiffer Road, Cincinnati, OH 45242

**Members and nonmembers FREE**

