



5 Tips for Well-Being

Well-being is more than the absence of mental illness. Here are 5 tips for building well-being.



1. Connect / Build Relationships

Social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health. This can include family, friends, workmates and others in the community. Investing time and energy in your relationships can lead to great benefits for all involved.

Why not give following a go:

- Inviting a friend or colleague out for a coffee
- Speaking to someone new
- Talking to someone instead of sending an email
- Ask how someone's weekend was and really listen to them
- Giving a colleague a lift to work or travel to work together

2. Be Active / Exercise and Stay Healthy

Good physical health is related to better mental health. So regular physical activity, a healthy diet, avoiding excess alcohol or drugs, and regular check-ups with the doctor can all help. The exercise doesn't need to be particularly intense for you to feel good.

SIMPLE WAYS TO BE MORE ACTIVE:

AT HOME

Walk your dog and play fetch
Work in your garden
Clean your house
Lift weights, march in place or walk around the room while watching TV



AT WORK

Walk at lunch
Exercise in your chair
Take the stairs
Stand while on the phone, reading or eating
Talk face-to-face with your coworkers



WHEN YOU'RE OUT

Go dancing
Do tai chi
Take a walk after dinner
Park far away from the door
Wear a pedometer



3. Take notice / Be Mindful

Reminding yourself to 'take notice' and being aware of what is taking place in the present can enhance your well-being. Heightened awareness can also enhance your self-understanding and allow you to make positive choices based on your own values and motivations. Take some time to cultivate mindfulness, and enjoy the moment and environment around you.

Here are some ideas:

- Take a mindful moment – Stop, connect with yourself, take notice of your thoughts, feelings and sensations
- Change your workspace eg. get a plant, have a 'clear the clutter' day
- Take a new route to or from work or visit a new place for lunch
- Try meditation or yoga or using a Mindfulness App such as Smiling Mind or Headspace

4. Learn and Set Goals

Continued learning through life enhances self-esteem and encourages social interaction and a more active life. The practice of setting goals, which is related to learning, has been associated with higher levels of wellbeing. Try setting small and large goals celebrate your progress/achievements.

Some suggestions:

- Set short and long term goals and track your progress
- Sign up for a class
- Read a new book, research something you've always wondered about
- Challenge yourself and celebrate small wins



5. Giving and Gratitude

Why not try:

- Performing small acts of kindness eg. help a neighbour
- Volunteering, donating or contributing to the community
- Counting your blessings - try keeping a gratitude journal and write down 3 positive things you grateful for each day

Pleasant events can lead to positive emotions that can cancel out negative feelings. Individuals who help others are more likely to rate themselves as happy. While practicing gratitude will enable you to stay more positive about things and may help you to be more resilient during the harder times of life.

Remember if you are struggling to cope with everyday life seeking help from a psychologist maybe the way to get back on track. Why not give Perth Psychologists a call?