

We Can Impact Our Own Well-Being

What is well-being? It is the experience of health, happiness, and prosperity. There are five major types: emotional, physical, social, workplace, and societal, according to Psychology Today.

More than 55% of Americans rate themselves as 'pretty happy' while 33% rate themselves as 'very happy' and 11% rate themselves as 'not too happy.'

Why does well-being matter?

Your well-being is tied to your resilience – the ability to adapt well in the face of adversity, trauma, tragedy, threats, and stressors such as work, health, family, or relationship problems. By growing your resilience you are able to bounce back more quickly from whatever life throws at you.

A weaker sense of resilience can be tied to blaming yourself too harshly, leading to lower self-confidence, reluctance to try new things, and increased risk of mental illnesses like depression, anxiety, and PTSD.

Things that can help:



Exercise



Social
Supports



Nutrition



Stress
Reduction



Sleep

Support is available

You don't have to be suicidal to use a crisis line. Social support is key to maintaining emotional health and well-being. If you're feeling down, help is at your fingertips. You can speak to someone about how you feel or if you're worried about a loved one by calling or texting a crisis line.

Contact the Crisis Text Line by texting 'TALK' to **741741**
Call the Suicide Prevention Lifeline at **1-800-237-8255**