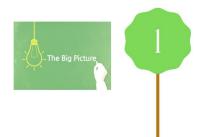
6 Strategies For Winning at Well-Being! www.aboutlifemarriage.com



Positive Well-Being is essential for everyone! Utilize these 6 strategies to ensure you are thriving, growing, and winning at well-being!



See the bigger picture. We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture (the helicopter view). What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?



Relax Make time for yourself. Allow yourself to chill and relax. Find something that suits you – different things work for different people. Release tension: Breath...(imagine a balloon in your belly, inflating and deflating as you breathe in and out), read a book, watch a show, take a bath, etc.



Balance Sleep. Sleep can improve your overall health which may boost your longevity. Get into a healthy sleep routine; including going to bed and getting up at the same time each day and shutting down electronics 1-2 hrs before bed.



Eat healthily. A well-balanced diet provides energy and nutrients the body needs to prevent diet-related illnesses such as some cancers. Eat regularly, eat breakfast, eat fruit and vegetables, drink water, and watch your sugar & sodium intake.



Connect with others. Get involved with a community project, charity work, or simply help out someone you know. As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.



Have some fun and/or be creative. Having fun and being creative breeds fulfillment, helps improve our self-efficacy, and increases our confidence. Enjoy yourself!