

# 6 Strategies For Winning at Well-Being!

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Positive Well-Being is *essential for everyone!*

Utilize these 6 strategies to ensure you are thriving, growing, and winning at well-being!



1

**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?



2

**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.



3

**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.



4

**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.



5

**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.



6

**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!

