

### Well-Being Rating

Defining individual well-being is subjective and oftentimes the state of personal mental health is not evaluated. Becoming aware of a score on a well-being scale can help improve resilience and overall health. Environment, neighborhood, and economic situation all contribute to what is defined as [objective well-being](#). The individual generally does not have control or influence over these societal factors; however, it's important to realize those categories can influence well-being. More relevant to the individual is [subjective well-being](#) which includes psychological, social, and spiritual aspects of well-being. Rating personal well-being is based on self-evaluation and it's important to check in on a daily basis. It is typical to experience a moment when we "snap" or overreact to a family member, colleague, stranger, etc. The truth is it's not an isolated, unpredictable impulsive reaction; the stress has been building but the signs were ignored. Tracking well-being is simply regularly asking, "How am I today?" Creating a simple number scale from 1 - 5, and recording a daily number allows tracking trends over time. A rating of 1 means more negative emotions are being experienced. Some examples of negative emotions are:

- Fear
- Irritability
- Hostility
- Distress
- Rumination

Conversely, a 5 rating is composed of positive emotions such as:

- Hopefulness
- Productivity
- Confidence
- Happiness
- Calmness

Use the sample chart as a model to create a personal well-being tracker:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Score	1	2	3	3	3	4	5

The average score for the week is a 3. Consider some interventions to help improve well-being...

Being aware of feelings by tracking mood daily can help improve the overall sense of well-being. If the number is consistently hovering below 3, consider implementing some mindfulness practice. Mindfulness, coupled with self-compassion can help improve the well-being rating. Self-compassion can be exhibited by changing the internal monologue from words like, "You always mess things up." to "It's ok that you made a mistake, you are learning. You'll get it next time." Mindfulness practice is as simple as making basic changes to daily routines

which can help encourage experiencing positive emotions. Physical and psychological habits both impact well-being, so it's important to address both.

Consider some of the following physical changes.

- **Move;** take a walk around the office building or step outside on a beautiful day.
- **Hydrate;** set a goal to consume at least 2 liters of water daily.
- **Eat clean;** avoid processed foods and sugars while adding fresh produce or grilled meals

Beyond physical changes, support social or psychological needs by adding some of these simple activities:

- **Connect;** join a group that celebrates common interests you share. This can be spiritual study circles, book clubs, exercise groups, etc.
- **Volunteer;** National Alliance for Mental Illness (NAMI) reports, "Volunteering can be a positive step toward improving your health and yield many benefits."
- **Learn:** lifelong learning can help improve mood; take a class, work word puzzles or logic puzzles, read journal articles, etc.
- **Journal;** a daily practice of journaling helps the brain organize thoughts and reduce stress

Take time this week to begin tracking your well-being rating and implement some of these simple ways to improve your quality of life. Be Well!