

Different Types of Well-Being

There is no single definition of well-being, but there is general agreement that at minimum, well-being includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfillment, and positive functioning. In simple terms, well-being can be described as judging life positively and feeling good. For public health purposes, physical well-being (e.g., feeling very healthy and full of energy) is also viewed as critical to overall well-being.

There are five major types of well-being that include:

Emotional Well-Being-To develop emotional well-being, we need to build emotional skills like positivity, emotion regulation, and mindfulness, for example. Often, we need to build a variety of these skills to cope with the wide variety of situations we encounter in our lives. When we have built these emotional well-being skills, we can better cope with stress, handle our emotions in the face of challenges, and quickly recover from disappointments. As a result, we can enjoy our lives a bit more, be happier and pursue our goals a bit more effectively.

Physical Well-Being-To develop our physical well-being, we need to know what a healthy diet and exercise routine looks like, so that we can implement effective strategies in our daily lives. When we improve our physical well-being, not only do we feel better, our newfound health can also help prevent many diseases, boost our emotional well-being, and limit the number of health challenges we have to deal with in our lives.

Social Well-Being-To develop social well-being, we need to build our social skills, like gratitude, kindness, and communication. Social skills make it easier for us to have positive interactions with others, helping us to feel less lonely, angry, or disconnected. When we have developed our social well-being, we feel more meaningfully connected to others.

Workplace Well-Being-To develop our workplace well-being, we need to build skills that help us pursue what really matters to us. This can include building professional skills which help us to meet our life goals, but it also includes things like living our values and maintaining work-life balance. These skills let us enjoy our work more, helping us to stay focused, motivated, and successful at work. When we have developed workplace well-being, our work, and therefore each day, feels more meaningful. Because we spend so much time at work, building our workplace well-being has a big impact on our overall well-being.

Societal Well-Being-To develop societal well-being, we need to build skills that make us feel interconnected with all things. We need to know how to support our environment, build stronger local communities, and foster a culture of compassion, fairness, and kindness. These skills help us feel like we're part of a thriving community that really supports one another and the world at large. When we cultivate

societal well-being, we feel like we are a part of something bigger than just ourselves and live happily.

Keep in mind, it takes time and effort to build any new skill set — that includes well-being skills. It's important to be realistic with yourself about what you can reasonably accomplish in a given amount of time. Having unrealistic expectations can lead you to give up before you've reached your well-being goals. So, it's key to create a realistic plan for your well-being, stick to it, and take small actions every day that add up to big improvements up over time.

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