



What is positive about your current coping strategies in terms of eating, drinking, sleeping, personal hygiene, stress?

What is negative about your coping strategies? What are the risks of your current behaviors? What needs to stop and what do you need to do more of?

Do you look after yourself?

Wellbeing is a positive outcome that is desirable for people in many sectors of society. It is broadly a sense of where our life is going mentally and physically. It is assessed based on the environment, the emotions and assessment of self in relation to others and how they perceive us. The concept of well-being recognizes the need for good physical and mental health, positive social interactions in order to realize our aspirations, cope with challenges and live a productive and fulfilling life.

To feel a sense of well-being, we need:

- Individual vitality and good health,
- Inner resources to cope when things go wrong ,
- An ability to access basic resources such as food and shelter,
- To undertake activities of meaning and that are engaging, making us feel competent and autonomous and
- A sense of connection to others

These elements are key in contributing to a sense of well-being, although each can vary in terms of importance over time and circumstance. When we experience well-being, we can have more positive emotions beyond being content. We experience a sense that using our abilities and talents make a positive contribution to our betterment.

Why is well-being useful?

- Well-being integrates mental and physical health to result in a more holistic approach to disease prevention and health promotion.
- It is a valid population outcome measuring beyond morbidity, mortality and the economic status.
- It has an outcome that is meaningful to the public
- It can be measured with some degree of accuracy
- It is associated with various health, job, family and economic benefits

High levels of well-being are associated with a decrease in the risk of disease, illness and injury, better immunity, speedy recovery and increased longevity. Individuals with high levels of well-being are more productive at work and are more likely to contribute to their communities.

***For further information or a confidential discussion, please contact Staff Welfare
swo@iom.int. Thank you!***

References:

Distress Factors and Reactions: a human approach to challenging behaviors. 2018

“Well-Being Concepts.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 31 May 2016, www.cdc.gov/hrqol/wellbeing.htm.