



HOW TO PROMOTE OUR WELL-BEING

Our physical, mental, emotional, and social health are all equally important and all contribute to our well-being, which simply refers to the ability to handle life and its various stresses and challenges. According to clinical psychologist, Dr Ryan Howes, “well-being is associated with balance, understanding, acceptance and constant growth.” It is about feeling how we feel, challenging ourselves each day to assert ourselves, pursuing goals and pushing ourselves out of our comfort zones.

Stated differently, well-being is the ability to maintain a balance between feeling good and functioning effectively in life. Feeling capable, happy, well supported, and satisfied with life, does not mean absence of distress or challenges, rather, it demonstrates resilience in coping with any form of adversity. Studies have shown that people with higher psychological well-being enjoy a better quality of life; are more likely to live healthier and longer lives; and have fewer social problems.

The following activities may help to improve your well-being:

- Be kind to yourself.
- Choose positive thoughts, feelings, and behaviours.
- Connect to someone you trust.
- Engage in an activity you enjoy most, e.g. reading a book, listening to music or watching a programme.
- Do not major in minor things.
- Do the things you fear, and fear will disappear.
- Laugh a lot.
- Have gratitude of attitude.

Finally, we need to practice mindfulness, which is the basic human ability to be fully present, aware of where we are and what we are doing so that we are better able to relax, have improved self-esteem, and possess more enthusiasm over life.

From: Mametja Japhta

E-mail: japhtam@nect.org.za

