

# The “How” of Well-Being

## Explore the Well-Being Framework

### train your mind:

## AWARENESS

### What it is:

A heightened, flexible attentiveness to your environment and internal cues such as bodily sensations, thoughts and feelings

### What it looks like:

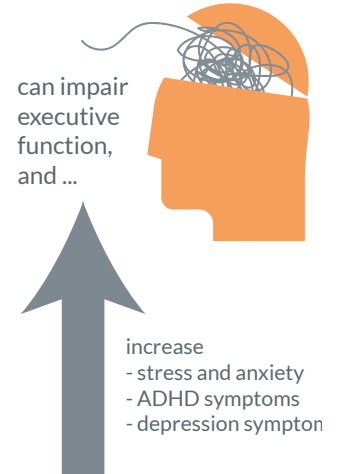
Noticing thoughts, feelings, sensations as they arise - commonly called *mindfulness*



### The Science:

- People with **higher levels of awareness** have **higher levels of well-being**
- Some studies show that **distraction can produce stress responses in the body** related to inflammation and aging

### Distraction



### Practice Awareness:

*Close your eyes and take 10 intentional breaths, counting each silently and noticing how each inhale and exhale feels in your body.*

What do you notice? Whatever arises is fine. It's the noticing that matters.



### train your mind:

## CONNECTION

### What it is:

A feeling of care and kinship toward other people, promoting supportive relationships and supportive interactions

### What it looks like:

- Acknowledging people's differences and that **just like you, they are worthy of dignity and respect** as a fellow human being



### The Science:

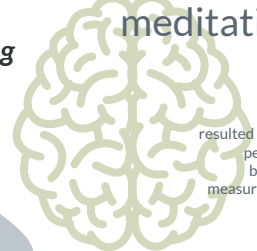
- **Social relationships are better predictors of health** than some biological and economic factors
- One Center study reported that just **30 minutes of compassion meditation training per day over the course of two weeks resulted in measurable changes in the brain**

**30 minutes per day...**

**2 Weeks**



**compassion meditation**



resulted in changes in people's caring behaviors and measurable changes in the brain

### Practice Connection:

*Make a habit of noticing the positive in other people.* You do this by bringing a close friend or family member to mind and noticing things you admire or appreciate about them.

Apply this skill in daily life by noticing the positive in the people you interact with and expressing your appreciation.



## train your mind: INSIGHT

### What it is:

Self-knowledge concerning how our emotions, thoughts and beliefs shape our experiences and sense of self

### What it looks like:

- Recognizing an anxious thought and being curious whether it's coming from a fearful expectation or self-criticism
- Clarify and challenge "unchangeable" beliefs about yourself and people around you



### Practice Insight:

*If you've ever found yourself already in a bad mood before even joining a meeting, that's a moment for insight.*

You can question your assumptions, and notice them.

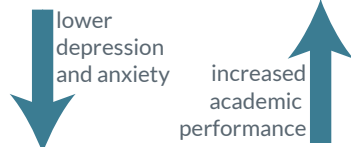
### The Science:

- Rigid and negative self beliefs can result in an increase in mental health disorders, while *growth-oriented beliefs about the self are linked to lower levels of depression and anxiety*, and even things like improved academic performance

### Growth-Oriented Beliefs about the Self



linked to:



## train your mind: PURPOSE

### What it is:

*Being clear about your core values and deeper motivation and being able to apply them in your daily life*

### What it looks like:

*Being able to link mundane activities with a meaningful value or motivation, such as doing the dishes as an act of generosity for the people you live with*



### Practice Purpose:

*In moments of hardship (like many people around the world are experiencing this year with the pandemic), identify what is most meaningful to you.*

For some whose aspirations might be to create a kinder world, how can you find actionable ways to be kind in this moment?

### The Science:

- In a sample of African Americans at high-risk for psychiatric disorders, *purpose in life emerged as a key factor predicting resilience and recovery from traumatic events*

### Strong Sense of Purpose

is associated with:



improved health outcomes & behaviors



fewer strokes & cardiovascular events, reduced risk of death, less health care utilization

