

# What Makes Us Thrive?



Our well-being is more than simply being happy and it is not limited to our physical health or wealth.

## **What is Well-Being?**

Momentary experiences accumulate and shape our everyday lives. The World Health Organization (WHO) recognizes emotional well-being as an important psychosocial marker of health. Well-being also plays a pivotal role in “being present and engaged,” both at work and in our personal lives. As many of us struggle day-to-day with lifestyle challenges, such as weight management, stress reduction, career satisfaction, meaningful relationships, smoking cessation or getting our chronic health conditions under better control, we recognize that there are several areas in our life that will have to change in order for us to improve our overall well-being.

## **The “Currency of Life”**

In the book, “Well-Being”, the five essential elements of well-being are identified and discussed. These elements are the “currency of a life”, a universal compass that helps navigate our desire to boost our personal well-being. They represent five broad categories that are essential to most people. The research presented in the book discovered that these core dimensions are, “universal and interconnected elements of well-being, or how we think about and experience our lives.” When these factors are fully realized, people thrive and so does whatever they engage in.

## The Five Essential Elements of Well-being

**Career Well-being:** *how you occupy your time or simply liking what you do every day.*

Boost your career well-being by identifying and using your strengths every day and spend more time with someone who encourages your growth.

**Social Well-being:** *having strong relationships and love in your life.*

Boost your social well-being by strengthening your network of support and mix social time with physical activity.

**Financial Well-being:** *effectively managing your economic life and decisions.*

Boost your financial well-being by establishing default systems that lessen burden around payments and money.

**Physical Well-being:** *having good health and enough energy to get things done on a daily basis.*

To boost your physical well-being, try to get at least 20 minutes of physical activity each day, ideally in the morning, to boost your mood. Establish healthy eating routines that support an active lifestyle.

**Community Well-being:** *the sense of engagement you have with the area where you live.*

To boost community well-being, opt in to community groups or events or tell others about your passions so they can connect you with relevant events or people with common interests.

According to the research presented in the book, 66% of people are doing well in at least one of these areas; just 7% are thriving in all five. If we're struggling in any one of these domains, as most of us are, it damages our well-being and wears on our daily life. When we strengthen our well-being in any of these areas, we will have better days, months, and decades. Get the most out of everyday life by living effectively and boosting your strengths in all five areas.

*Reference: Rath, T., & Harter, J. (2010). Well-being: The Five Essential Elements. New York, NY: Gallop Press.*

### EMPLOYER HEALTH MANAGEMENT SERVICES

(802) 922-9381 | [EHMS@uvmhealth.org](mailto:EHMS@uvmhealth.org)



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