

Wellness to Well-Being, Part 2

The World Health Organization defines health as “a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.” Gallup’s Five Pillars of Well-Being support that statement and provide the five needed for overall well-being. Be mindful of these five areas of well-being:

1. Physical well-being

Physical well-being is the foundation of your overall well-being, and your level of health and energy. For good physical health, make sure you:

- Engage in physical activity and exercise
- Don’t use tobacco
- Get proper nutrition
- Sleep well (seven to nine hours a night)

2. Social well-being

Social well-being centers around relationships and how they impact physical and mental health. According to [workplaceinfo.com](https://www.workplaceinfo.com)*, individuals with high social well-being spend an average of six hours of social time per day. Social time includes:

- Meals
- Phone calls
- Social media sites
- Social emails
- Texts

3. Community well-being

Feeling good about your community is important. Joining organizations and volunteering gives your life purpose and helps you have compassion for others. Find an organization or community project that interests you. Determine how much time you have available to volunteer so you don’t overextend yourself.

4. Career well-being

At a fundamental level, we all need something to do — ideally something to look forward to when we wake up every day. What you spend your time doing each day shapes your identity, whether you’re a student, parent, volunteer, retiree or have a more conventional job. If you’re not doing things you enjoy, even as a passion or interest outside of work, your odds of having high well-being in other areas diminish rapidly. People with high career well-being are more than twice as likely to be thriving in their lives overall.

5. Financial well-being

Financial well-being is how comfortable you are about your economic situation, not how much money you’ve earned or invested. It means you know how to manage personal finances to reduce stress and increase your feeling of financial security. Research from Prudential Financial, Inc., shows spending money on experiences and others (over things and ourselves) can increase financial well-being and decrease chances of ulcers, digestive tract issues, migraines, headaches, anxiety and depression.

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