



What is your path to well-being?

Having a sense of well-being can mean many things. It can include feeling satisfied, happy and healthy. Well-being also includes being connected to others in positive ways through meaningful relationships. Having a sense of purpose every day, learning new things, being resilient and even having fun are all important aspects of well-being.

Moving towards a greater sense of well-being is a journey. Here are some of the ways to well-being that may help you along the way.

be active

Our minds and bodies are closely connected. Staying active is important to having both a healthy body and a healthy mind. When we participate in physical activities we feel good about ourselves and our outlook on life improves.

be social

We all need positive relationships with others in order to lead a fulfilling life. Supportive family, close friends and healthy workplaces all contribute to our overall sense of security, belonging, and happiness.

be curious

Being curious and exploring new things helps us to see new possibilities and enhances our resilience. It also helps to keep our minds active and our brains healthy.

be mindful

Mindfulness is about paying attention to and accepting the here and now without judgment. By being focused on the present, you give your mind a break from dwelling on the past, or worrying about the future.

be purposeful

Having a sense of purpose in life is so important. Knowing your life's purpose can give direction and meaning to your life and help you figure out where to focus your time and energy.

be positive

Being optimistic helps us to notice the positives in life and live with a sense of gratitude. Experiencing positive emotions like joy, love and appreciation also helps us to manage stress and cope with life's difficulties.

Take time to reflect on your life and think about the six ways to well-being and what may be helpful for you at this time. Explore www.wellbeingguide.ca for more specific tips and strategies.