**Why invest in wellbeing when the times are so busy, even overwhelming?**

**Building Resilience: One Step at a Time**

**Build Your Wellbeing**

* Wellbeing strategies can work to *reduce stress and prevent burnout*
* Wellbeing *improves mood, reduces illness and fatigue, improves outlook, and strengthens all our living*
* Wellbeing activities *can be fun, can lighten our load, and brighten our mood*
* Wellbeing strategies *can be fit into almost any day with a little planning and a little more intention*
* Much of what increases our sense of wellbeing can be done with other people – get social!

*“Wellbeing” has been defined as “a good condition of existence characterized by health, happiness, and prosperity.” “A better condition of existence -” who does not want more of that?* ***Health and happiness*** *go hand in hand for many people, and the activities that promote one often promote the other.* ***Prosperity*** *is so much more than money or possessions. Prosperity in a relationship, spiritual strength, true joy, positivity, and an influence for good in others is far more important and fulfilling than money or things. If you are building wellbeing, you are diminishing stress, anger, resentment, fear, and sadness at the same time.*

**Tips for building wellbeing as a lifestyle.**

* **Exercise** – walk 30 minutes at least three times each week (mood, brain and heart health, energy), ride a bike, shovel snow for a neighbor (exercise and altruistic enjoyment), replace sedentary hobbies and habits for active ones
* **Check out the one-pagers and brown bag presentations** on topics like nature-bathing, mindfulness, Wishing Wellness, spiritual wellbeing, and choosing calm [HERE](https://wellnessmn.org/)
* **Trade up your “unthinking habits”** (social media, TV, wasting time) for wellbeing strategies – giving time away to help others, visiting friends and strangers, making new connections, reading for growth
* **Switch off** - disconnect from the outside world, turn your phone off, avoid digital input for an hour or two every day or more! Do actual growth and betterment activities in their place
* **Eat and drink better –** less junk, alcohol, and caffeine, more clear and healthy liquids, and eating well with family and friends
* **Get your sleep in** – shoot for 7.5 to 8.5 hours per night at least five nights each week
* **Find the right tribe** – those who will share in your wellbeing activities and will motivate you to better living physically, emotionally, socially, and spiritually

**Tips for today**

* Make time to cut the digital clutter and be in a quiet place – even briefly – throughout your day
* Change the scenery – get outside, socialize a little, and develop healthy coping strategies
* Spend time with loved ones and those who are life-giving to you – make it fun and make it deep