

FROM THE QUARTERLY PARTNERWELL PULSE REPORT

Proactive Wellbeing: How Can We Start?

The goal is to be proactive about our wellbeing daily. This can sound daunting – we put a lot of pressure on ourselves to do it all. And even with the best intentions, competing priorities can push proactive wellbeing to the wayside. **So, how can we start?**

BUILD AWARENESS

Start by bringing awareness to what proactive wellbeing currently looks like for you, without judgement. Caring for your wellbeing will look different in each season in life, and it will likely even look different day to day. Let's be clear that we are not looking for perfection – embracing proactive wellbeing is an ongoing and evolving effort for each of us.

PLAN

Once we establish our baseline, we need to identify barriers and set realistic goals to help us make progress. We want to focus on sustainability, concentrating on small lifestyle actions that we can maintain over time. Focus on setting attainable goals, as setting unrealistic goals can hold us back from making progress. Try to avoid comparison – what is sustainable and realistic for you may look different for your friends, family, or colleagues.

ACT

There are many simple ways to proactively care for yourself each day. Below we've listed a few ideas of ways to incorporate healthy actions into your daily routine.

Again, the goal is not to do each one of these actions every day – set yourself up for success and celebrate moments of proactive wellbeing both big and small.

MENTAL & EMOTIONAL WELLBEING



Mindfulness: step away from technology and take a few deep breaths



Gratitude: journal or reflect on what you are grateful for



Limit screen time: opt for off-screen activities and hobbies



Reach out: connect with friends, family, a coach, mentor, or therapist



Routine: try to start and end your day with something for yourself

PHYSICAL WELLBEING



Hydration: don't forget to drink enough water



Movement: move your body in ways that bring you joy



Nutrition: incorporate whole foods throughout meals and snacks



Sleep: prioritize sleep hygiene



Preventive care: schedule annual screenings and regular checkups

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