How to Build
Your Well-Being to Thrive

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Why? The Benefits of Well-Being

- Psychological benefits (energy, self-confidence, resilience)
- Mental benefits
- Health benefits

What? The Dimensions of Well-Being

- “Feeling good” — our experience of positive emotions or happiness
- “Doing good” — our sense of meaning in life; the feeling that what we are doing matters
The Dimensions of Well-Being

<table>
<thead>
<tr>
<th>High Feeling Good</th>
<th>High Doing Good</th>
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<tr>
<td>Happy Life</td>
<td>Thriving</td>
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<tr>
<td>Languishing</td>
<td>Meaningful Life</td>
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Low Feeling Good
How? Happy Life

Gratitude

• 3 good things exercise

Mindfulness

• 16 second meditation
• Minimize distractions

How? Meaningful Life

Values

• Schedule what matters on your calendar

Impact

• Be a giver