How is Your Well-Being?

There are several ways in which we can improve our well-being. The first thing that may come to mind is exercise. It's true, looking good makes us feel better about ourselves, but there are other things happening to us when we exercise as well. Exercise also positively affects our mood. Some researchers attribute this to a sense of self-control and the accomplishments that it imparts. Further, a study done at Duke University Medical Center in Durham, N.C., found that after ten months of 30-minute aerobic exercise per week, the exercisers were half as likely as non-exercisers to be diagnosed with depression. When we exercise, our body releases endorphins which give us that feel-good feeling more commonly referred to as “the runner’s high”.

Another way to improve our well-being is to focus. Focusing has proven significance for how we feel. With the busy lives that we live, focusing can be a challenging task; however, when we try to focus on and enjoy the here and now, it is likely we will walk away with a more positive attitude towards our experiences. One study demonstrated, from Ohio State University, that distraction (not focusing) could affect our judgment of people, negatively.

Our attitude has crucial effects on our well-being. A study done by the Institute for Work & Health in Toronto, found that patients who had been injured at work and had a positive outlook about recovering, returned to work sooner than those who had a more negative or uncertain outlook on their recovery. So all in all, there are some things that play a crucial role to our well-being that we may not even think about as being important: exercise, our ability to focus, and our general outlook on life.