



Four Pillars of Employee Well-Being

Being healthy is more than just exercising and eating fruits and vegetables. Find out more about the four dimensions that contribute to your overall health and well-being.

Cognitive

Cognitive health is your body's ability to think clearly, learn, and remember. While the brain isn't a muscle, there are exercises you can do to help improve your cognitive health. Tips to build your cognitive health:

- **Learn something new.** Challenge your brain by taking on new hobbies, reading about different topics or trying different types of puzzles challenges.
- **Practice mindfulness.** Mindfulness can help manage stress and reduce anxiety. You can start practice mindfulness by focusing on your breath, your movements, and the noises around you.
- **Build resiliency.** Resilience is your ability to bounce back from setbacks or difficult experiences. You can build resilience by keeping a positive outlook, accepting and working through change and asking for others for help.

Social

Social health refers to your ability to form and maintain interpersonal relationships with others, as well as to adapt to different social situations. Tips to build your social health:

- **Get involved.** An active social life can have the same impact on your health as regular exercise. Find activities within your community to stay involved and create connections with others.
- **Network.** Connect with old contacts or reach out to new ones. Building your network can help your career while also supporting your social health.
- **Know your support system.** Create a support system of individuals you can turn to – and be there for others when they need you. People in your support system can be family members, but it can also be close friends, neighbors, or colleagues.

Economic

Your economic health refers to having present and future financial security, as well as being content with your personal finances. Tips to support your economic health:

- **Make a plan.** Look at your finances and make a budget – and stick with it! From there, you can also create a five-year financial plan to help meet your longtime goals.



- **Get advice.** Meet with a financial advisor to discuss your current finances and your long-term goals.

Physical

Physical health refers to the overall health of your body, both inside and out. It also refers to your ability to perform daily activities without problems. Tips to support your physical health:

- **Get enough sleep.** Only one in three adults get the six to eight hours of sleep experts recommend. Set a bedtime that allows you to get the recommended amount of sleep – and stick with it.
- **Get moving.** You can find ways to stay active, even at work. Consider having a standing or walking meeting, take the stairs if you are able, or take a walk over lunch

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