



The six essential elements of wellbeing

eMbrace is all about improving your total wellbeing. If you're like most people, you're thriving in some areas and struggling or suffering in others. Those areas are what Magellan and Gallup® call the six essential elements of wellbeing. To be able to thrive in each of them, you first need to understand what they are and what thriving looks like.

Emotional wellbeing

Our ability to handle daily life and major life events is heavily influenced by our emotional wellbeing. Our level of emotional wellbeing impacts our behaviors when we are confronted with change and uncertainty. People with high emotional wellbeing:

- Know and apply their natural strengths to advance their talents and quality of life
- Do what they can to minimize stress and reduce anxiety when confronted with uncertainty
- Use tools and resources to build resilience and the behaviors needed to manage emotions
- Have confidence and competencies to do what's needed to thrive in the other wellbeing elements

If you've ever been sad and wanted to eat chips or couldn't focus on work because you were worried about something, you know how important emotional wellbeing is to be able to thrive in all areas and life.

Career wellbeing

Many of us work in a traditional organizational setting, while others work in homes, classrooms, factories or the outdoors. Some of us are retirees or volunteers. No matter where we spend our time, we need something to do and something to look forward to. Career wellbeing is about liking what you do every day, whether you get paid for it or not. People with high career wellbeing:

- Wake up every morning with something to look forward to
- Have the opportunity to do things that fit their strengths and interests
- Have friends who share their passions
- Have a leader who motivates them and makes them enthusiastic about the future
- Love what they do every day

Social wellbeing

Our wellbeing is dramatically influenced by the people around us. Some of these relationships help us achieve, while others motivate us to be healthy. Social wellbeing is about having strong relationships and love in your life. People with high social wellbeing:

- Have several close relationships that help them achieve, enjoy life and be healthy
- Are surrounded by people who accept them for who they are and treat them with respect
- Are more likely to make time for vacations or social gatherings with friends and family
- Have a great deal of love in their lives that gives them positive energy

Financial wellbeing

Money may not buy happiness, but it is hard to be happy if you cannot meet your basic needs. Financial security and how you manage and spend your money have a significant impact on your wellbeing. People with high financial wellbeing:

- Manage their personal finances well and spend their money wisely
- Buy experiences instead of material possessions
- Give to others instead of spending on themselves
- Are satisfied with their overall standard of living

Financial wellbeing eliminates daily stress and worry caused by debt and allows you to do what you want to do, when you want to do it.

Physical wellbeing

The short-term choices we make can have a long-term effect on our overall physical health. When we adopt healthy habits and make smart lifestyle choices, we feel better, have more energy, look better and live longer. Physical wellbeing is about having good health and enough energy to get things done on a daily basis. People with high physical wellbeing:

- Manage their health well
- Exercise regularly and feel better as a result
- Make good dietary choices that keep their energy high and their thinking sharp
- Get enough sleep, resting their bodies and minds to get a good start on the next day
- Are able to do all the things people their age would normally do

Community wellbeing

At a basic level, we need to feel safe where we live and secure about the quality of our water and air. We need to have a home that meets our needs and a community we can take pride in. When we get involved in our community and give back to society, it benefits everyone. People with high community wellbeing:

- Take pride in their community and feel that it's headed in the right direction
- Have identified areas to contribute based on their own strengths and passions
- Feel safe and secure where they live
- Start with small contributions that lead to more involvement and greater impact

These efforts build communities we cannot imagine living without. The positive outcomes of high community wellbeing may be what differentiates a good life from a great one.



For more information, scan the QR code to visit Member.MagellanHealthcare.com or call 1-800-424-4039 (TTY 711).