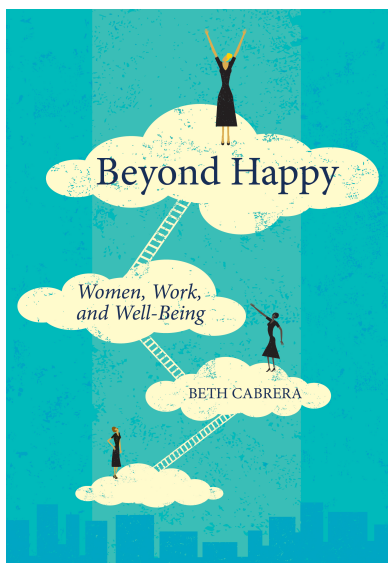


Cabrera Insights

How to Build Your Well-Being to Thrive

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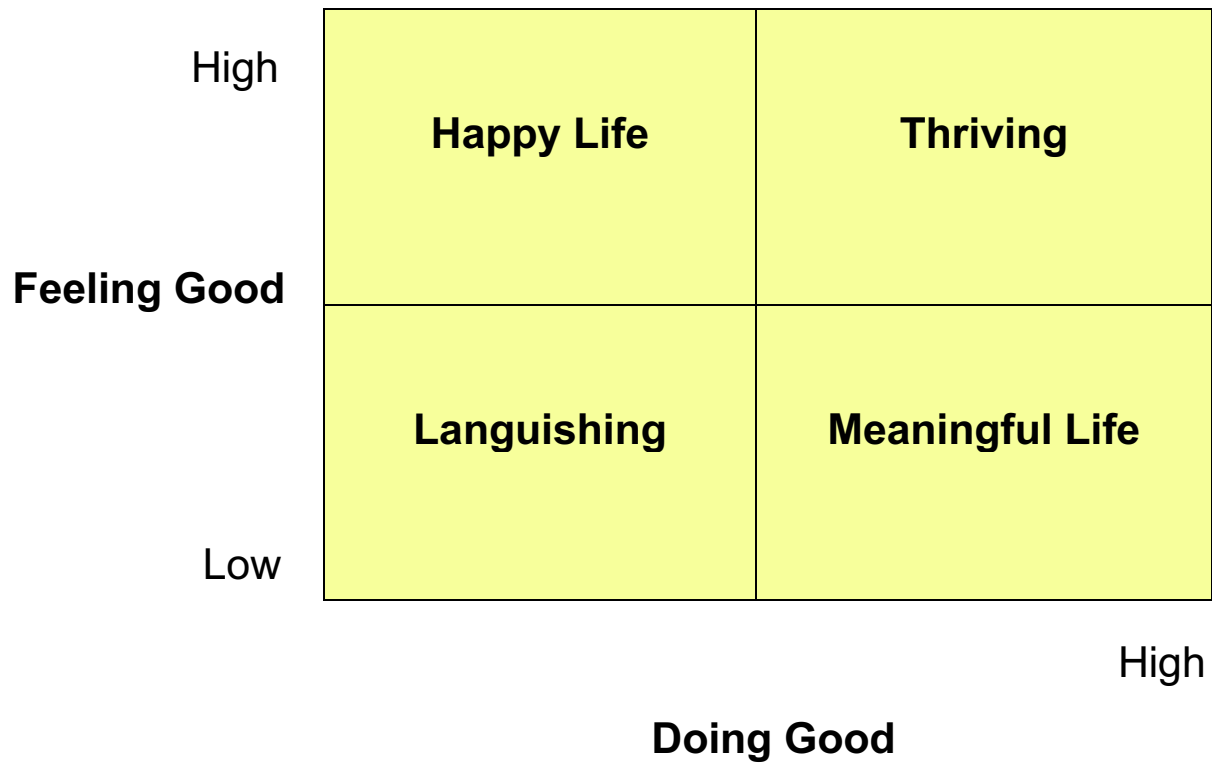
Why? The Benefits of Well-Being

- 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



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