

Notes on Gallup's "Wellbeing: The Five Elements" (2010)

Your "**Career Wellbeing**" (hopefully your career is your passion), your sense of fulfillment or happiness is the primary support of maintaining a strong, physical wellbeing and financial wellbeing.

To improve your "**Social Wellbeing**" you need friends. With a best friend at work, and 3-4 friends total, your social wellbeing will support your physical and career engagement wellbeing.

For improved "**Financial Wellbeing**", you need to find improved career engagement wellbeing and social wellbeing. For improved financial wellbeing, invest in experiences, not things, and give to others. Only make financial decisions when in a good mood and save to cut money worries.

"**Physical Wellbeing**" is your record of small choices. Avoid sugar highs and fat hangovers. But mainly be "passionately" engaged in your career wellbeing. Eat broccoli, consume Omega 3 Fatty Acids, exercise for 20 minutes every day, sleep 8 hours and you will enhance all areas of your wellbeing. For example, if you get less than 7 hours of sleep, you are 3 times more likely to get a cold.

You can help control the cost of health care, as 75% of all medical costs are preventable. Thirty-three percent of the U.S. is obese. One-half of all health care spending is consumed by 5% of us. A healthy diet can reduce Type 2 diabetes, prescriptions by 43% in four and one-half months and reduce allergies and joint pain, etc.

Your "**Community Wellbeing**" is what all other wellbeing building blocks hold up. You find and fit yourself in a community to maintain what you value and you become active. Our community wellbeing is built from what we give back to our community, so volunteer, give back, and get a "helper high". You will live longer with less stress and negativity. Volunteering enhances wellbeing (see attached).

Invest time in relationships with people who love you. Enjoy the "good stuff". Be affirmative so you make people's strengths even stronger.

We build each other's wellbeing.



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