

# 7 Benefits of Wellbeing

Here's 7 ways research has shown that wellbeing benefits your life.

## *1. Wellbeing improves your experience of life*



It's the reason what many people want wellbeing...they are tired of being worn out, stressed, and feeling that there should be more to life.

With wellbeing you have that inner sense of feeling good inside and you have emotional reserves. You feel more alive, happier, and nourished. Life has much greater richness to it. You are your most loving, most enthusiastic, most vibrant self when your wellbeing is high.

## *2. Wellbeing improves your Health*



There's heaps of research on this one. Positivity boosts your immune system; you are less likely to get sick and more likely to recover quicker. You're less likely to get a major illness if you are positive. On average those with high wellbeing live up to 10 years longer – say no more! And when your wellbeing is high you feel much younger and have greater energy and vitality.

## *3. Wellbeing improves your Relationships*



*Wellbeing improves your relationships*

People who have wellbeing have more positive interactions in relationships, tend to stay together longer, and have stronger and happier relationships. They get through the difficulties much better. People who have higher wellbeing, form and maintain relationships better socially, as well as work and business relationships.

## 4. Wellbeing is essential to high performance and success

People with high wellbeing are more successful, engaged, reliable, and perform much better in their work, and were more successful than those with lower wellbeing.

They learn and grow, increasing both their potential and capacity so they have much more to bring to their life and work than those with low wellbeing.

Business teams with high degrees of positivity got much better results in terms of **productivity, efficiency and profit, and were more successful than those with lower amounts of positivity**. They worked better together and were better able to deal with problems.



## 5. Wellbeing improves your problem solving



This is one of my favourite bits of research....

Just before a doctor went to see a patient, they gave them a small packet of sweets, elevating their mood and level of wellbeing. They then compared what happened to those that hadn't been given anything.

They found that the ones that had elevated wellbeing worked through complex problems better, gave more comprehensive diagnosis and came up with better ways forward.

Wellbeing improves our ability to work through problems and find the best solution. It also improves creativity and the ability to see outside the box, essential skills in negotiating life.

## ***6. Wellbeing counteracts stress levels, builds resilience***

People with wellbeing manage stress and difficult times better. They have a much greater range of responses to stress available to them as they aren't as caught up in what's happening and what they're feeling. They stay steadier in themselves and bounce back quicker. They are also more likely to learn from difficult times, emerging with greater capacity.

## ***7. Wellbeing makes for better leaders and managers***

An individual with positive energy can create four times more influence than a powerful leader, according to research from Ross School of Business at the University of Michigan.

<http://www.youtube.com/watch?v=MKbyOmHWhYQ>

And wellbeing is closely linked with emotional intelligence, a key attribute of effective leaders and managers.

Just let this sink in for a moment...

These are **results** of having wellbeing.

It's what underlying wellbeing does **for** you, not you being happier because of these things. Not bad, hey.

**This is an excerpt from 'I feel good!' a soon to be released ebook from Heart and Soul Coaching.**

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**Yours,**

**Peter**