



WELL-BEING AT WORK

What is well-being?

Well-being is defined as the combination of feeling good and having good functioning. That is, in addition to experiencing positive emotions such as happiness and contentment, it is about developing one's potential, experiencing positive relationships, having control, and a specific goal in one's life.

Well-being is a highly subjective concept and is defined as "what is good for the person". Therefore, well-being is a situation that can vary from person to person.

What are the types of well-being?

Well-being can be divided into five different groups. These are physical, emotional, social, societal, and well-being at work. Any setback in one of these will adversely affect the other groups.

Physical well-being goes far beyond having good health. Paying attention to sleep hygiene and getting a good night's sleep, having an adequate and balanced diet, if you work at a desk; Making your work area as ergonomic as possible, and achieving the necessary conditions for personal hygiene are also factors that change physical well-being.

Emotional well-being is just as important as physical well-being. When we feel better emotionally, we start to enjoy the events around us more and work more efficiently. Some days we may feel much better, and some days we may feel very bad because of work or personal life situations. In other words, emotional well-being varies from day to day and sometimes from hour to hour. Good stress management, use of relaxation techniques, and one's self-love ratio are factors that affect emotional well-being.

Social well-being includes being able to share, develop and maintain meaningful relationships with other people. The people you become close to can be from your private life or your work life. The important thing in these two types of relationships is that you feel appreciated and that these relationships give a sense of commitment and belonging.

Social well-being is related to our quality of life in the community. To increase social well-being, we need to personally contribute to it. For example; if you contribute more to recycling, the world's waste will begin to decrease. Economic growth, having livable cities, the right to quality education, and the implementation of fair and equal laws are factors that change social well-being.

Another variation is to create well at work. Work-life, safety, and quality of the workplace; How employees feel about their job, work environment, and organization are factors that change well-being at work.

What can we do to preserve well-being?

Just as well-being varies from person to person, protecting it is also a situation that varies from person to person. For example, some people feel an increase in their well-being when they do yoga or start the day with lemon water when they get up in the morning, while for another person it may not work at all. The important thing is to find the best thing for oneself and stick to it. It's an exercise and it will get easier as you do it. Another point to be considered is to be able to balance work life and private life...

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