

Control what you can

Our whole world seems out of whack right now. But as crazy as things seem, there's no need to resign yourself to feeling helpless and hopeless. True, you don't have control over global conflicts, the latest COVID-19 strains, gas prices, or the polarization plaguing our country. What you do have some power over is how these stressors affect your overall well-being. A good way to start imposing some order on your small part of the world — and unloading some unnecessary stress — is to focus on the five pillars of well-being: body, mind, connection, prosperity, and purpose.

You can start by exploring the useful factoids below. For more detailed suggestions on how to strengthen each of your pillars, check out our [Treat yourself to better health page](#).



Body¹

2.5 hours

The minimum amount of physical activity you should try to get every week



2 days

The minimum number of days per week you should try to do strength-training activities



Keeping your body at a healthy weight can help lower your risk for:

- Heart disease
- Type 2 diabetes
- Certain types of cancer



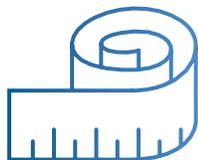
How to reach your weight loss goals

- Eat healthy
- Be active
- Track your progress



Combat middle-age spread by:

- Limiting snacking
- Drinking plenty of water
- Moving more
- Getting plenty of sleep
- Limiting alcohol use
- Avoiding tobacco products



Tips for eating a healthier diet

- Eat a variety of foods
- Limit foods that are low in vitamins and minerals
- Cut down on sugar
- Replace saturated fats with unsaturated fats
- Get more fiber
- Choose more complex carbs
- Watch out for foods high in salt



Mind²

Practice gratitude

Think about **3 things** you were grateful for and 3 things you were able to accomplish each day

Plan a vacation

You can boost your overall happiness for **8 weeks** just by planning a vacation and having something to look forward to



Get a good night's sleep

Sleep is a major contributor to good mental health. The optimal room temperature for a good night's sleep is **60-67 degrees Fahrenheit**



15 minutes

The optimal amount of sunshine exposure to elevate your mood (don't forget the sunscreen!)



30 minutes

The optimal length of time for a nature walk to increase energy levels, reduce depression, and boost well-being



Connection

Spend time with friends and family



You are **12 times** more likely to feel happy on the days you spend 6-7 hours with friends and family²



You are **2-3 times** less likely to die if you have strong social and community ties³



According to happiness expert Shawn Achor, you are **30%** more likely to judge a hill to be steeper if you're alone rather than with someone⁵

Ways to make new friends³

- Enroll in a class that intrigues you
- Join a book group, hiking club, or other group
- Volunteer
- Reach out to others as much as possible



Benefits of social connections⁴

- Reduced risk for cardiovascular disease, immune disorders, high blood pressure, cancer, suicide, and early death
- Lower levels of stress, inflammation, and blood sugar
- Improved mental health



Prosperity⁶

Benefits of financial wellness

- Less stress
- Increased innovation and creativity
- Work-life harmony



63%

The percentage of employees who say their financial stress has increased since the start of the COVID-19 pandemic



Questions to ask yourself

To examine your financial well-being, consider:

- Are you prepared for an emergency?
- What's your attitude toward money?
- Do you have short-term and long-term financial goals?
- Do you have a budget? Do you stick to it?
- What's your retirement plan?

Steps to attain financial wellness

1. Assess your current financial situation (debt, monthly expenses, savings)
2. Create a spending plan
3. Manage your debt
4. Create an emergency plan
5. Save for the future (e.g., take advantage of the [Lenovo Savings Plan](#))
6. Tap into available resources, like [Lenovo's financial well-being tools](#)
7. Give to causes you care about



Purpose⁷

25%

Percentage of American adults who say they have a clear sense of purpose



Living a meaningful life can contribute to:

- Better physical health
- Improved mental fitness
- Reduced risk for chronic disease
- A longer life



How to find purpose

- Develop a growth mindset (focused on becoming a better version of yourself)
- Create a personal vision statement
- Give back
- Practice gratitude
- Turn your struggles into strengths
- Explore your passions
- Be part of a community
- Spend time with people who inspire you
- Read
- Join a cause
- Practice self-acceptance
- Take time for self-care



Further reading

¹ Physical Wellness Toolkit, [National Institutes of Health](#).

² 31 Tips to Boost Your Mental Health, [Mental Health America](#).

³ How Connections Help, [Mental Health America](#).

⁴ Irina Sergeeva, [How to stay socially connected: Your life depends on it](#), BetterUp, January 25, 2021.

⁵ Workday staff writers, [Happiness Expert Shawn Achor: Why Long-Term Happiness Is a Team Sport](#), Workday Blog, November 6, 2017.

⁶ Madeline Miles, [Financial wellness: What it is and how to get it](#), BetterUp, December 29, 2021.

⁷ Maggie Woolf, [Start finding your purpose and unlock your best life](#), BetterUp, October 19, 2021.