

# Well-being

Stress is a common cause of reduced well-being. Stress can be caused by many factors, such as a time restraints, problems at home or at work, low self-esteem or previous traumatic experiences. A sense of well-being is closely connected to a positive self image and high self-esteem, but also with how we perceive our ability to take part in and influence our everyday life.

## This is what you can do

- ✓ Be physically active every day. Physical activity reduces stress and promotes well-being and health
- ✓ Allow yourself to recover. Make sure you always have time to recover, by sleeping and otherwise relaxing
- ✓ Try to create a life where you can influence your own situation. Dare to say no
- ✓ Nurture your positive relationships. Many problems can be solved by talking to people. Don't be afraid to ask for help



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