

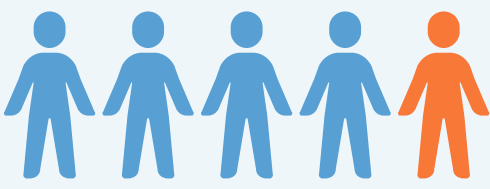
YOUR SKILLS SUCCESS WELL-BEING

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What is Well-Being?

Your success is important to your well-being. Well-being is encompassed by four areas; physical well-being, social well-being, emotional well-being, and mental well-being. Each area directly impacts the other, and when all areas are nourished a person can thrive, and experience a healthy well-being.

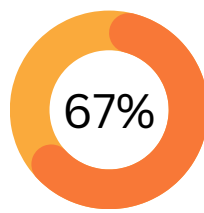


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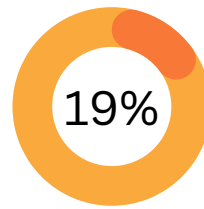
people in Canada will personally experience a mental health problem or illness.

SOCIAL WELL-BEING

Source: Statistics Canada (2020) and Canadian Community Health Survey (2018)



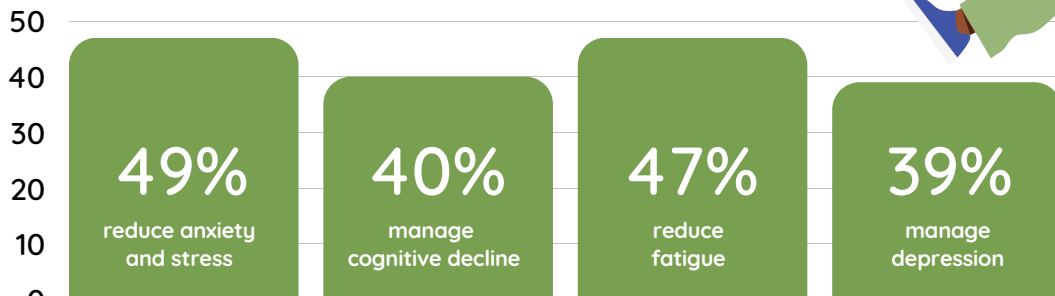
of Canadians aged 15 to 24 reported that they felt lonely sometimes or often.



of Canadians aged 15+ reported feeling socially isolated. Social isolation resulted in poorer mental health outcomes.

Percentage of people using exercise as a mental health remedy

Statistic source: Source: Health + Wellness 2019: From Moderation to Mindfulness report (www.hartman-group.com)



Always speak with a medical professional to determine the right course of action to treat any mental health concerns you may be experiencing.

How to best support your well-being in the workplace

Career development can promote overall well-being and resilience. It provides individuals with a sense of purpose, improves self-esteem and confidence in completing and achieving goals, reduces stress and anxiety, and provides social support.

In addition to career development, recognizing that your physical, social, emotional, and mental needs are being met as a whole is important too. **Workplace culture, adequate accessibility, supportive leadership, and engaged colleagues** have a direct impact on your well-being as well. Bring awareness to these well-being aspects as you transition into the workforce.

