

# Tips for Personal Wellbeing



## Swastivishwa Behavioural and Social Sciences Institute Foundation

Transforming Individuals,  
Organisations and  
Communities

### 1. DEVELOP HEALTHY LIFESTYLES

Mental health is closely related to physical health. Diet, sleep, exercise ensure good physical health, so you do not fall sick, your immune system is strong, and you do not become a victim of chronic illnesses.

### 2. FULFIL YOUR NEEDS

Fulfil your basic needs of food, shelter, love, belongingness. Seek friends who respect you and accept you for who you are.

### 3. ACHIEVE YOUR POTENTIAL

Explore various aspects of your personality, your abilities, interests, and passions and pursue careers and hobbies that are aligned to these potentials.



### 4. ALIGN YOUR GOALS AND ASPIRATIONS WITH ABILITIES

Make sure your goals align with your abilities and skills. If you feel you want to achieve more in life, then work purposefully towards that goal.

**CONTACT US:**

[psychservices@swastivishwa.com](mailto:psychservices@swastivishwa.com)

+91 9529181790

### **5. DEVELOP A MINDSET OF LEARNING**

Engage in continuous learning. Read a book. Learn any skill that interests you. This will help you develop personally & professionally. It will keep your mind sharp. Look at each setback and failure as a stepping-stone. Don't let failure define you. Learn from them and move on to the next step.

### **6. DEVELOP YOUR SELF-EFFICACY:**

Self-efficacy is your belief in yourself and your potential. Do not let others tell you that you are lacking in any way. Believe in your skills and strengths and operate from this mindset.

### **7. PRACTICE MEDITATION AND MINDFULNESS**

Practice these techniques to achieve calmness of the mind. Breathing, meditation and, mindfulness help reduce your stress hormones and keep your body healthy and mind sharp.

### **8. SPEND TIME IN NATURE**

Nature is a great teacher. Spend time in the garden. Take trips to places of natural beauty. Reflect on the vastness and abundance of nature and see if your perspective changes.

### **9. PRACTICE SPIRITUALITY**

Find a religion or spirituality to guide you through problems & answer complex existential questions. Even if you are an atheist, develop a personal philosophy that is healthy and helps you through demanding situations in life.

### **10. SEEK MENTAL HEALTHCARE**

Make mental health your priority. Seek professional help for your mental health needs. You can see a psychiatrist, psychologist, or a counsellor at the earliest before the problem goes out of hand.