

4 PILLARS OF WELL-BEING:

How to reduce stress and
increase joy in your life[†]



1

AWARENESS

Foster attentiveness to your environment and internal cues like bodily sensations, thoughts and feelings.



2

CONNECTION

Cultivate feelings of care and kinship toward others to help promote supportive relationships and interactions.



3

INSIGHT

Gain self-knowledge with how your emotions, thoughts and beliefs shape experiences and your sense of self.



4

PURPOSE

Deepen your understanding of your core values, motivations, and the ability to apply them in your daily life.

[†] Information in this document is based on the [Healthy Minds Framework](#), The Center for Healthy Minds.