

MBTI® type tips

Well-being



With the pandemic, many of us are feeling different stresses than usual. Remote working might make it difficult to check in with colleagues about their well-being, and we might find it more difficult to take care of our own well-being too.

So, here are some tips to help each MBTI type take care of well-being at work. Here are the tips for people with a preference for Introversion.



ISTJ | Type tips

Well-being



Align your daily tasks with your career goals



Help your coworkers

Try to learn new things at work



ISFJ | Type tips

Well-being



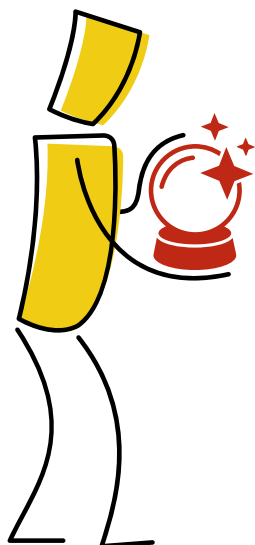
Plan to have flexible hours



Align your daily tasks with your career goals

Work on tasks that give you a sense of purpose

Well-being in the Workplace. Martin Boulton, Rich Thompson, and Nancy Schaubhut. The Myers-Briggs Company. 2019



INFJ | Type tips Well-being

Try to **learn new things** at work



Remember why your work is important

Work on tasks that **give you a sense of purpose**



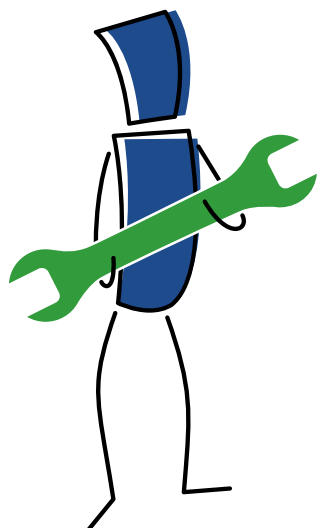
INTJ | Type tips Well-being

Manage your workload so that you have leisure time



Work on tasks that **give you a sense of purpose**

Try to **learn new things** at work



ISTP | Type tips Well-being

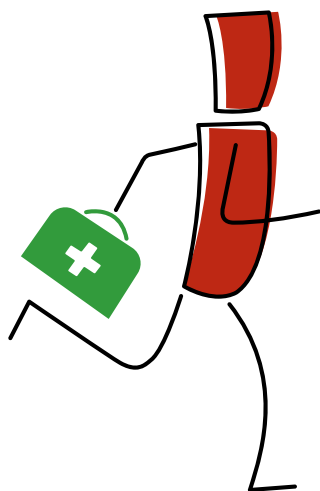
Remember why your work is important



Accept help from your coworkers

Help your coworkers





ISFP | Type tips

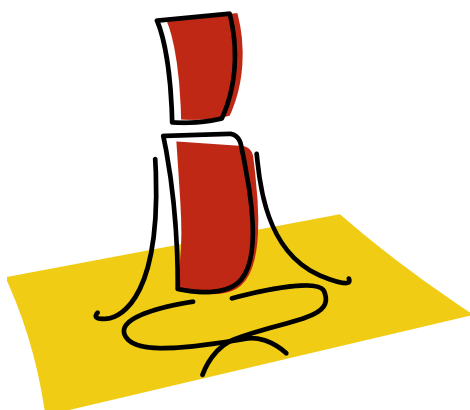
Well-being

Get to know your coworkers



Help your coworkers

Manage your workload so that you have leisure time



INFP | Type tips

Well-being

Manage your workload so that you have leisure time



Plan to **have flexible** working hours

Try to learn new things at work



INTP | Type tips

Well-being

Work on tasks that give you a sense of purpose



Try to **learn new things** at work

Help your coworkers

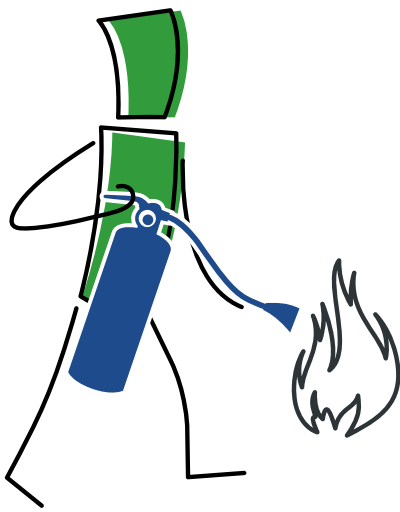
MBTI® type tips

Well-being

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So, here are some tips to help each MBTI type take care of well-being at work. Here are the tips for people with a preference for Extroversion.



ESTP | Type tips

Well-being



Take a break when you need to eat



Work on tasks that give you a sense of purpose

Accept help from your coworkers



ESFP | Type tips

Well-being



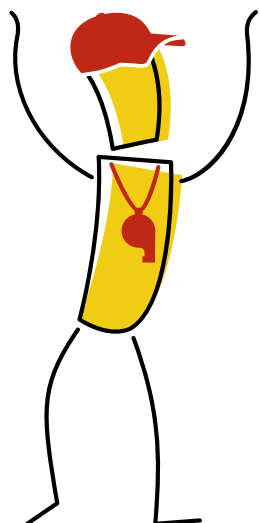
Manage your workload so that you have leisure time



Discuss positive things about your work

Get to know your coworkers

Well-being in the Workplace. Martin Boulton, Rich Thompson, and Nancy Schaubhut. The Myers-Briggs Company. 2019



ENFP | Type tips

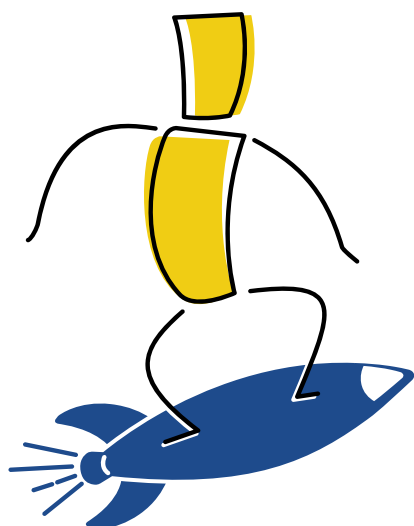
Well-being

Work on tasks that give you a sense of purpose



Try to learn new things at work

Get to know your coworkers



ENTP | Type tips

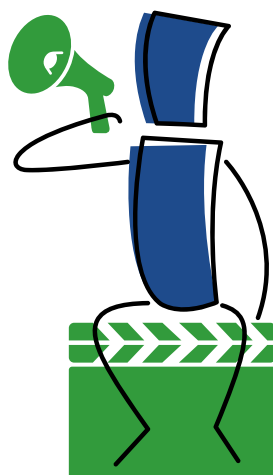
Well-being

Take note of the recognition you get at work



Work on tasks that give you a sense of purpose

Align your daily tasks with your career goals



ESTJ | Type tips

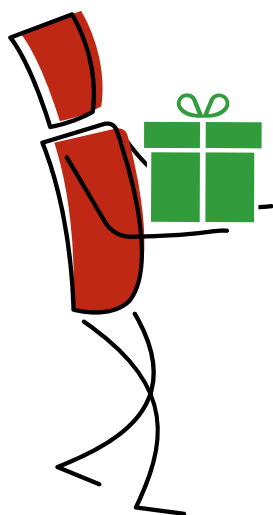
Well-being

Align your daily tasks with your career goals



Try to learn new things at work

Help your coworkers



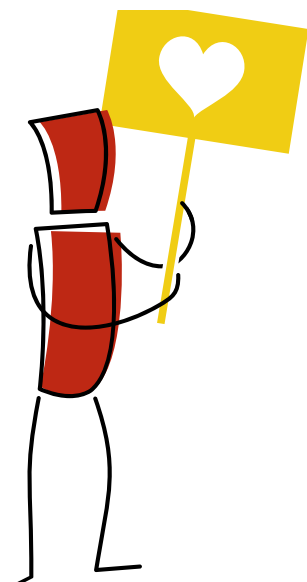
ESFJ | Type tips Well-being

Plan to have flexible working hours



Align your daily tasks with your work goals

Get to know your coworkers



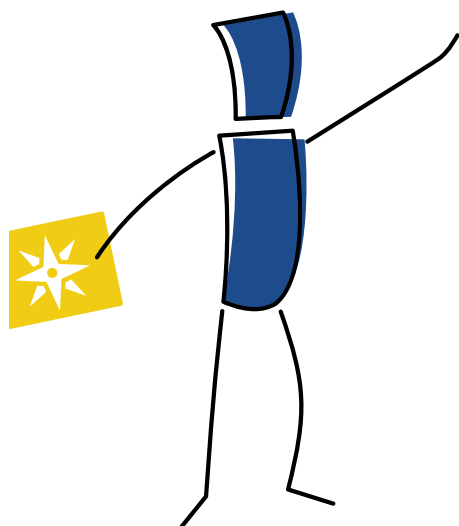
ENFJ | Type tips Well-being

Work on tasks that give you a sense of purpose



Try to learn new things at work

Remember why your work is important



ENTJ | Type tips Well-being

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