

Type tips for well-being



We researched how different MBTI types can help improve their well-being. Here are some tips based on the activities people with a preference for **Extraversion** found useful. Turn over for the Introversion preference.

ESTP

General well-being tips:

- Eat meals with other people
- Read spiritual literature
- Attend parties

Work well-being tips:

- Accept help from your coworkers
- Take a break when you need to eat
- Work on tasks that give you a sense of purpose



ESFP

General well-being tips:

- Participate in religious group
- Listen to or play music
- Exercise

Work well-being tips:

- Get to know your coworkers
- Discuss positive things about your work
- Manage your workload so that you have leisure time



ENFP

General well-being tips:

- Use mindfulness techniques
- Meditate
- Read

Work well-being tips:

- Get to know your coworkers
- Try to learn new things at work
- Work on tasks that give you a sense of purpose



ENTP

General well-being tips:

- Reconsider your expectations
- Watch television
- Practise yoga

Work well-being tips:

- Align your daily tasks with your career goals
- Take note of the recognition you get at work
- Work on tasks that give you a sense of purpose



ESTJ

General well-being tips:

- Listen to or play music
- Watch television
- Walk

Work well-being tips:

- Help your coworkers
- Try to learn new things at work
- Align your daily tasks with your career goals



ENTJ

General well-being tips:

- Listen to or play music
- Read
- Walk

Work well-being tips:

- Get to know your coworkers
- Align your daily tasks with your career goals
- Work on tasks that give you a sense of purpose



ESFJ

General well-being tips:

- Use mindfulness techniques
- Eat meals with other people
- Read

Work well-being tips:

- Get to know your coworkers
- Plan to have flexible working hours
- Align your daily tasks with your work goals



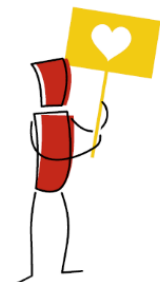
ENFJ

General well-being tips:

- Eat meals with other people
- Use mindfulness techniques
- Exercise

Work well-being tips:

- Try to learn new things at work
- Remember why your work is important
- Work on tasks that give you a sense of purpose



Type tips for well-being

We researched how different MBTI types can help improve their well-being. Here are some of the activities people with a preference for **Introversion** found useful. Turn over for the Extraversion preference.



ISTJ

General well-being tips:

- Reconsider your expectations
- Exercise
- Read

Work well-being tips:

- Help your coworkers
- Try to learn new things at work
- Align your daily tasks with your career goals



ISFJ

General well-being tips:

- Reconsider your expectations
- Eat meals with other people
- Read

Work well-being tips:

- Plan to have flexible working hours
- Align your daily goals with your career goals
- Work on tasks that give you a sense of purpose



INFJ

General well-being tips:

- Reconsider your expectations
- Use mindfulness techniques
- Read

Work well-being tips:

- Try to learn new things at work
- Remember why your work is important
- Work on tasks that give you a sense of purpose



INTJ

General well-being tips:

- Use mindfulness techniques
- Eat meals with other people
- Exercise

Work well-being tips:

- Try to learn new things at work
- Work on tasks that give you a sense of purpose
- Manage your workload so that you have leisure time



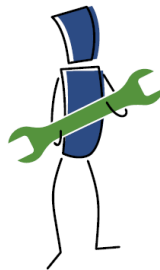
ISTP

General well-being tips:

- Reconsider your expectations
- Use mindfulness techniques
- Read

Work well-being tips:

- Help your coworkers
- Accept help from your coworkers
- Remember why your work is important



INTP

General well-being tips:

- Use stress management techniques
- Participate in religious groups
- Exercise

Work well-being tips:

- Help your coworkers
- Try to learn new things at work
- Work on tasks that give you a sense of purpose



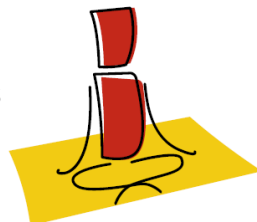
INFP

General well-being tips:

- Use mindfulness techniques
- Meditate
- Exercise

Work well-being tips:

- Try to learn new things at work
- Plan to have flexible working hours
- Manage your workload so that you have leisure time



ISFP

General well-being tips:

- Participate in religious groups
- Eat meals with other people
- Read

Work well-being tips:

- Help your coworkers
- Get to know your coworkers
- Manage your workload so that you have leisure time

