

MBTI® type tips for Well-being



CPP's research¹ recently found people of all MBTI personality types report focusing on the positives of a situation and spending time with family and friends helped their well-being. The majority of types agreed that focusing on tasks of interest and work tasks that result in feeling positive foster their workplace well-being. There were also specific activities each type said supported their well-being. Here are the most effective general and work-related activities that each type said helps their well-being.

General Well-Being Tips

- ◆ Reading
- ◆ Exercise
- ◆ Adjusting my expectations



Work Well-Being Tips

- ◆ When needed, help coworkers
- ◆ Undertake work where I learn something new
- ◆ Align my goals with my career goals

General Well-Being Tips

- ◆ Reading
- ◆ Mindfulness techniques
- ◆ Meditation



Work Well-Being Tips

- ◆ Undertake work where I learn something new
- ◆ Invest time getting to know coworkers
- ◆ Seek assignments that give me a sense of purpose

General Well-Being Tips

- ◆ Reading
- ◆ Eating meals with others
- ◆ Adjusting my expectations



Work Well-Being Tips

- ◆ Align my work goals with my career goals
- ◆ Structure my work so I have flexible work hours
- ◆ Seek assignments that give me a sense of purpose

General Well-Being Tips

- ◆ Adjusting my expectations
- ◆ Watching television
- ◆ Yoga



Work Well-Being Tips

- ◆ Seek assignments that give me a sense of purpose
- ◆ Align my work with my career goals
- ◆ Acknowledge recognition I receive for work

General Well-Being Tips

- ◆ Reading
- ◆ Adjusting my expectations
- ◆ Mindfulness techniques



Work Well-Being Tips

- ◆ Seek assignments that give me a sense of purpose
- ◆ Undertake work where I learn something new
- ◆ Remind myself of why my work matters

General Well-Being Tips

- ◆ Eating meals with others
- ◆ Reading spiritual literature
- ◆ Attending parties



Work Well-Being Tips

- ◆ Seek assignments that give me a sense of purpose
- ◆ Take meal breaks at work
- ◆ When needed, accept help from coworkers

General Well-Being Tips

- ◆ Exercise
- ◆ Eating meals with others
- ◆ Mindfulness techniques



Work Well-Being Tips

- ◆ Undertake work where I learn something new
- ◆ Seek assignments that give me a sense of purpose
- ◆ Manage my work to ensure I have leisure time

General Well-Being Tips

- ◆ Participating in my religious group
- ◆ Listening to or playing music
- ◆ Exercise



Work Well-Being Tips

- ◆ Invest time getting to know coworkers
- ◆ Manage my work to ensure I have leisure time
- ◆ Discuss with others positive work experiences

¹ Boulton, M.J., Thompson, R. C., & Schaubhut, N. A. (2016 & 2017). Well-being and MBTI Personality Type in the Workplace: An International Comparison. CPP Whitepaper

MBTI® type tips for Well-being

General Well-Being Tips

- ◆ Adjusting my expectations
- ◆ Mindfulness techniques
- ◆ Reading



Work Well-Being Tips

- ◆ When needed, help coworkers
- ◆ When needed, accept help from coworkers
- ◆ Remind myself of why my work matters

General Well-Being Tips

- ◆ Eating meals with others
- ◆ Exercise
- ◆ Mindfulness techniques



Work Well-Being Tips

- ◆ Seek assignments that give me a sense of purpose
- ◆ Undertake work where I learn something new
- ◆ Remind myself of why my work matters

General Well-Being Tips

- ◆ Eating meals with others
- ◆ Reading
- ◆ Participating in my religious group



Work Well-Being Tips

- ◆ When needed, help coworkers
- ◆ Invest time getting to know my coworkers
- ◆ Manage my work to ensure I have leisure time

General Well-Being Tips

- ◆ Reading
- ◆ Walking
- ◆ Listening to or playing music



Work Well-Being Tips

- ◆ Seek assignments that give me a sense of purpose
- ◆ Align my work goals with my career goals
- ◆ Invest time getting to know my coworkers

General Well-Being Tips

- ◆ Mindfulness techniques
- ◆ Exercise
- ◆ Meditation



Work Well-Being Tips

- ◆ Seek assignments that give me a sense of purpose
- ◆ Undertake work where I learn something new
- ◆ Structure my work so I have flexible work hours

General Well-Being Tips

- ◆ Walking
- ◆ Listening to or playing music
- ◆ Watching television



Work Well-Being Tips

- ◆ Align my work with my career goals
- ◆ Undertake work where I learn something new
- ◆ When needed, help coworkers

General Well-Being Tips

- ◆ Exercise
- ◆ Participating in my religious group
- ◆ Using stress management techniques



Work Well-Being Tips

- ◆ Undertake work where I learn something new
- ◆ Seek assignments that give me a sense of purpose
- ◆ When needed, help coworkers

General Well-Being Tips

- ◆ Eating meals with others
- ◆ Reading
- ◆ Mindfulness techniques



Work Well-Being Tips

- ◆ Invest time getting to know my coworkers
- ◆ Align my work with my career goals
- ◆ Structure my work so I have flexible work hours