

# 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 co-workers
- 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 co-workers
- Discuss positive things about your work
- Manage your workload so that you have leisure time



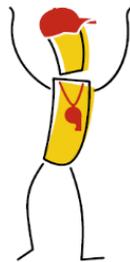
## ENFP

### General well-being tips:

- Use mindfulness techniques
- Meditate
- Read

### Work well-being tips:

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



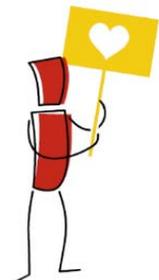
## ENFJ

### General well-being tips:

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

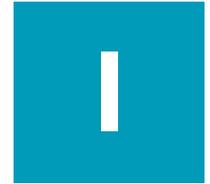
### Work well-being tips:

- 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 co-workers
- 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 co-workers
- Accept help from your co-workers
- 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 co-workers
- Try to learn new things at work
- Work on tasks that give you a sense of purpose



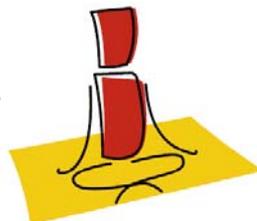
## INFP

### 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 co-workers
- Get to know your co-workers
- Manage your workload so that you have leisure time

