

# Well-being

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Well-being refers to a state of being healthy, happy, and fulfilled. It encompasses a broad range of factors, including physical health, mental health, social relationships, and a sense of purpose and meaning in life.

[Physical well-being](#) refers to the state of one's physical health, including factors such as nutrition, exercise, and sleep. Maintaining good physical health is important for overall well-being, as it can help to prevent chronic diseases and promote vitality and energy.

Mental well-being refers to the state of one's mental health, including factors such as stress management, emotional regulation, and positive thinking. Good mental health is important for overall well-being, as it can help to promote resilience, coping skills, and a positive outlook on life.

Social well-being refers to the state of one's social relationships, including factors such as social support, community involvement, and a sense of belonging. Strong social connections are important for overall well-being, as they can provide emotional support, companionship, and a sense of purpose.

Finally, a sense of purpose and meaning in life is an important aspect of overall well-being. This can involve pursuing one's passions and interests, engaging in meaningful work, and contributing to the world in a positive way.

Overall, well-being is a complex and multifaceted concept that involves a variety of factors. It requires attention and care in all areas of life, including physical health, mental health, social relationships, and a sense of purpose and meaning.

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It is important for [neurosurgical residents](#) to take steps to manage their [emotions](#) and maintain their

[well-being](#) during their [training](#).

A study explored the current occupational well-being status of male nurses in [Chengdu](#), and identifies the concomitant protective and risk factors.

Design: This study has a [cross-sectional survey design](#).

From 13 July to 21 July 2019, a cross-sectional survey involving 209 male nurses in 7 [tertiary hospitals](#) in Chengdu, China, was conducted using a general information [questionnaire](#), the Mindfulness Attention Awareness Scale, the Acceptance and Action Questionnaire-II, the Professional Identity Scale and the Nurses' Occupational Well-being Scale.

Results: The score of male [nurses'](#) occupational well-being was  $78.7 \pm 14.2$ . The higher the mindfulness and professional identity ( $p = .002$ ,  $p < .001$ , respectively), the higher the occupational well-being of male nurses. The lower the experiential avoidance, the higher the occupational well-being ( $p = .001$ ). The highest occupational well-being was found among male nurses who had less than 5-years' working experience.

The results suggest that male nurses' occupational well-being was at a moderate level. [Mindfulness](#) and [professional identity](#) were the protective factors of male nurses' occupational well-being, and [experiential avoidance](#) was the risk factor. Nursing managers should ascertain male nurses' current occupational well-being and the influencing factors and formulate effective improvement strategies. Male nurse courses on enhancing mindfulness and professional identity and reducing experiential avoidance should be explored, with a focus on helping nurses improve their professional well-being and, in turn, prospectively reducing the turnover rate <sup>1)</sup>.

<sup>1)</sup>

Wang L, Li H, Li X, Zhang J, Lv Y, Jia P, Xie C. Current occupational well-being status and protective and risk factors of male nurses in Chengdu, China: A cross-sectional study. Nurs Open. 2022 Feb 15. doi: 10.1002/nop2.1194. Epub ahead of print. PMID: 35170257.

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