

Increasing Wellness in Difficult Times

Resources and recommendations to help optimize your wellbeing

By Ben Nemtin

The world is changing faster than we ever imagined. Leaders and teams have to dig deep within themselves to break through and find opportunities in uncertain times. Before living out some of my wildest dreams, I suffered from crippling depression.

After committing to a series of positive life changes (the most helpful being therapy), I shifted my perspective, changed my outlook on life and opened myself up to endless possibilities. From there, I was committed to following my buried dreams and helping others through acts of service.

If you find yourself feeling down or stuck, here are a few ways to pick yourself up and optimize your wellbeing. Think of this as your Mental Health Toolkit, an assortment of habits designed to boost your spirits and performance. Everyone's toolkit is different, so it's essential to try different habits until you find out what works for you. This kit includes practices that increase wellbeing during times of stress, anxiety and burnout.

[Download my Mental Health Toolkit.](#)

In addition to the Mental Health Toolkit, below are a few books and podcasts I recommend to elevate your wellbeing:

Wellness-Centric Books

Why We Sleep by Matthew Walker

Sleep is one of the most critical aspects of our life, health and longevity, and yet it is increasingly neglected in twenty-first-century society, with devastating consequences. I love this book because it speaks to the value of sleep towards your daily wellbeing!

Atomic Habits by James Clear

No matter your goals, this book offers a proven framework for improving every day. James Clear helps reveal practical strategies that taught me how to form good habits, break bad ones and master the tiny behaviors that lead to remarkable results.

In our ever changing times, you can count on the ADA to help you tackle current challenges and achieve your long-term goals. That's why we created the [ADA Accelerator Series](#): your hub for financial, leadership and work/life balance tools. We're reimagining tomorrow, together.

This resource is brought to you in part by a generous grant from Crest + Oral-B.

***How to Stop Worrying and Start Living* by Dale Carnegie**

This one is a timeless classic! Carnegie offers a set of practical formulas that you can use to break your worry habits. It is a book packed with lessons that will last a lifetime and make that lifetime happier!

Wellness-Centric Podcasts

“WorkLife” with Adam Grant

For podcast fans, I highly recommend the following selections! In WorkLife, organizational psychologist Adam Grant takes you inside the minds of some of the world's most unusual professionals to explore the science of making work not suck. From learning how to love criticism to harnessing the power of frustration, one thing's for sure: You'll never see your job the same way again.

“WorkWell – A Well-being Podcast Series” by Jen Fisher

For those looking to understand better—and more importantly—embed wellbeing into the workplace, check out WorkWell! On the podcast, Deloitte Chief Well-Being Officer Jen Fisher discusses all things wellbeing. Learn ways to enrich your wellbeing, improve work-life balance, and create a culture of wellness at work.

Finally, it is essential to recognize that all aspects of your life impact your workplace wellbeing, including going after your personal goals. What is something you have on your bucket list?

Head over to my website and [set your goal today!](#) Writing down your goal is the first step to making it real. Take care of yourself and, as always, shoot me an email (ben@bennemtin.com) to let me know how you're doing.