

Seven things that you can do for World Wellbeing Week.

Monday the 24th of June to Friday the 28th of June is World Wellbeing Week. This week is all about highlighting awareness for the various factors that work together to promote overall wellness in individuals and the community as whole. The team at Expat Insurance want to make sure that you and your family stay as happy and healthy as possible while you are living in Singapore, and a good place to start is by making sure that all of your health insurance is up to date and that you understand your policy. If you need any advice, [let us know](#) and we can help you out.

There are seven lifestyle factors that contribute to our wellbeing that we should consider this week, so let's go through them:

Physical Wellbeing

The internet is rife with 'experts' who have all of the answers when it comes to good health, but the actual science hasn't changed in a long time and the message is very simple; eat a balanced diet and get regular exercise. A good way to keep track of where you are at year on year is by getting regular health screenings at your GP. This will give you a baseline to start from and it will track your progression over time guided by a healthcare professional. [Call us today](#) to check your policy to see if it covers health screenings and advise where you can get them done.

Emotional Wellbeing

Being an expat and living away from your usual support networks at home can be challenging emotionally. Living in another country can bring with it a unique stress that you would not have otherwise, and this can also cause strain on relationships both at home and at work. It is vitally important that your mental health and emotional wellbeing are looked after while living here, so if you are feeling stretched and anxious, go and see a health care professional and talk to them. Insurance providers are increasingly seeing the value in looking after their client's mental health, so [check your policy](#) with us to see if these provisions are included and how we can get them added for you.

Financial Wellbeing

Money is something that we all worry about no matter how little or how much we earn. Having a good financial plan is one way of alleviating fiscal stress in conjunction with getting term life insurance set in place for all of the care takers in your household. Knowing that your loved ones will be looked after financially should anything happen to you is a huge relief. We can sort you out with affordable and mobile term life insurance policies so [let us know](#) if you would like some advice with this.

Career Wellbeing

Singapore can be a tough climate work wise with employment passes getting increasingly difficult to come by. With the elevated cost of living here, work is a necessity for many

rather than a choice, and money can be tight. See that your employer provides a robust employee benefits schedule for you and your family. Knowing that your physical and mental health are being looked after by your employer can be valuable emotionally and financially. The last thing that you want is to be billed for a medical emergency in Singapore. If you are planning on starting a family (or not even planning – accidents happen!) make sure that you are covered. [Let us know](#) if you would like us to check your policy and we can provide top up cover to fill in any gaps.

Community Wellbeing

Singapore is densely populated, but like any large metropolis that doesn't mean that we are better connected as a result. Busy lifestyles mean that we can become disengaged with our community and that can lead feelings of isolation. There are a number of things that you can do to combat this such as join a sports team, volunteer at a charity, help out at your child's school or just get to know the people around your condo or neighborhood. A familiar, happy face can make a positive difference in anyone's day.

Environmental Wellbeing

Technology is an unavoidable part of modern life. We all work with computers and we all have handphones that we are guilty of spending too much time on. Both forms of tech are integral to our jobs these days, so we have to be proactive in mitigating the risk of these environmental factors. Make sure that your workspaces are ergonomically correct and that you are not hunched over when looking at your screens. If you feel any prolonged discomfort, it may be worth visiting a physiotherapist just to make sure that your posture is correct. A lot of policies cover physiotherapy, [we can check](#) for you, but make sure that you take your mum's advice and sit up straight.

Social Wellbeing

Evidence is increasingly showing that meaningful connections with other people are just as important in ensuring a long, healthy life as other lifestyle factors such as diet and exercise. [This study](#) from the University of Northern Carolina found that those with the widest social networks at the beginning and ends of their life, had the best health outcomes. So, pick up the phone and arrange to go and meet someone. Contact that person that you have been meaning to call for ages and tend to your friendships. They are the most rewarding part of your health and it turns out that they pay out the biggest dividends.

Happy Wellbeing Week!

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