

# Mental Well-Being at Work: Acceptance

We cannot always control the things that happen in our lives, but we can choose how we react to them. Acceptance is the ability to embrace things as they are, so you can face them with clarity and peace of mind.

This attitude leads to increased well-being and overall life satisfaction, and it can be trained.



Research studies reveal how practicing acceptance can benefit our mental well-being. Here are some of the findings:

## ACCEPTANCE HELPS YOU FACE LIFE'S CHALLENGES.

Those with high acceptance experience

**20%**

less negative emotion during negative events.

## ACCEPTANCE LOWERS STRESS.

Those who did acceptance training had

**20%** lower blood pressure

**50%** lower cortisol level

than those whose mind training did not include acceptance.

## ACCEPTANCE HELPS RELIEVE DEPRESSION.

Among people struggling with depression, those who learned to apply acceptance in their lives report

**56%**

lower depression scores.

## WHAT YOU CAN DO

- 1. Cultivate Acceptance:** Like other mental habits, acceptance can be trained. For a few minutes every day, sit in silence and notice physical sensations, thoughts, emotions and sounds as they are without wishing they would be different. Observe if this practice starts to change how you perceive and experience the world around you.
- 2. Reflect:** Think of specific situations in which you find acceptance difficult. How would accepting things you cannot change be beneficial to you?
- 3. Experiment:** The next time you confront a frustrating or disheartening situation at work, ask yourself, *Did I do everything I could to fix this problem?* If the answer is yes, then consciously accept it and move on. The more you do this, the easier it will become.

Find more insights about mental well-being in [The Mind at Work](#) – Potential Project's bi-annual study of how our minds work while we work. Using our proprietary digital diagnostic tool – Mindgrow – we assess employees' moods and mental states within the flow of a work week to reveal the true employee experience.