

### *Well-being symptoms*

Psychological	Outward or behavioural
Finding it easy or less challenging to initiate tasks	Laughs easily/more humour
Stability in mood (extreme negative emotions are rare)	Spontaneous activities happen more often, or are not experienced as very stressful
Having an easier time letting go of negative emotions (they mostly pass within 7–20 minutes)	Sings to oneself
Wanting to socialize	Hygiene routines are kept with relative ease
Feeling able to relax	Good quality sleep most nights
Living 'in the moment', not worrying about the future or ruminating about the past	
Optimism	
Feeling comfortable with own identity	
Feeling mentally and physically energized	