Why is self-awareness so important to well-being?
**Self-Awareness and Well-being go hand-in-hand**

Knowledge is power to well-being and self-awareness is your conscious knowledge of yourself, your personality and behavior, your individuality, your meaning, your feelings, and your internal and external self within given environments. All of these provide you with the power to feel good and to be active!

My-e-health is the only interactive, live, online ecosystem with private counselors in the world that brings you the power of a 360 self-awareness assessment together with objective Empowerment for Participation (EFP) batch assessments measuring you in your environment.

**Enhance Self-awareness and maintain control**

Self-awareness is about learning to better understand why you feel what you feel and why you behave in a particular way. Once you begin to understand this concept you then have the opportunity and freedom to change things about yourself enabling you to create the healthy life (both mental and physical) that you want. It's almost impossible to change and become self-accepting if you are unsure as to who you are. Having clarity about who you are and what you want can be empowering, giving you the confidence to make changes.

**Try this experiment**

Think about describing yourself to someone without revealing anything about the external things that are in your life, your friends, family, studying etc. Think only about yourself, how you feel and behave, perhaps recognizing some of your strengths and weaknesses.

Did you succeed in discovering your thoughts, feelings and behaviors?

It is so easy to get caught up in silly thoughts and beliefs, and live out internal dramas that can severely affect our perceptions of ourselves that consequently determine our feelings and actions. Relationships are fun until there is emotional turmoil. This is the same whether you are at work or in your personal life. When you can understand and interpret what you think, you can change your emotions and shift the emotional quality of your relationships. When you can change the emotions in your relationships you open up entirely new possibilities in your life.

Having a clear understanding of your thought and behavior patterns helps you understand other people. This in turn facilitates better personal and professional relationships.

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**Interpretation of a typical 360 Question during review**

- **The variance** is the span of the replies related to the feedback received.
- **The median** is the central tendency of the replies or simply put, the cluster.
- **The subjective knowledge of self, how the individual assessed sees self.**
- **Analysis of control questions to check for consistency in answers.**
- **Measurements & statistics for scores, changes, trends, consistency, self-awareness value and more.**
- **Correlations between departments and companywide averages can also assist counselors’ in understanding individual needs. Department and companywide self-awareness, consistency in treating others and other reports are also available. These can be tailor-made to suit company needs.**

My-E-health is strictly integrity-based, NO personal information will be available to the company.
Why is Self-awareness so important?

Mindful attention to self and the environment will improve sustain company well-being. At my-e-health employees have easy access, via their own “private space,” to review their assessment, record counselor sessions, review sessions again when needed, meet with their chosen counselors, psychotherapist, mindfulness coach and even medical doctor if permitted by the company. Getting easy access and the support that can help guide one through the maze of emotions, feelings, and behaviors, whilst at the same time, in discovering one’s self, is as they saying goes, “worth all the money in China.”

Self-awareness always starts with a subjective interpretation, but what makes My-E-Health so unique is that it can combine the subjective with objective and environmental aspects to provide online interactive feedback with personal counselors.

As individuals develop self-awareness they gain control over their thoughts, feelings, emotions, behavior and self. In turn, they increase their well-being within their environments (work and home). If you’ve ever tripped and fallen, you may have experienced everything happening in slow motion and noticed your thought processes and other details surrounding the event? This is a state of heightened awareness. With my-e-health individuals learn to engage these types of heightened states, and therein, see new opportunities for interpretations of their thoughts and actions.

Self-awareness is step one in taking control of your life, being master of your own universe, and in finding a state of well-being in both your relationships at home and at work. Finding yourself through self-awareness will not only help you to understand yourself, but others too. This ability will facilitate improved personal and professional relationships.

Caution. There are many self-help self-awareness tools on the market today, however, we recommend caution against practicing self-help as this can raise many issues that can influence your self-esteem negatively.

On-line counseling in realtime

Individual private space or portal after login. Here employees can book appointments with their counselor, record or review sessions, learn to relax via the mindfulness section and much more.

Self-awareness or knowing yourself is the key

My-E-Health measures many aspects of psychological well-being, nonetheless, our 360 feedback instruments is key in understanding how individual employees see themselves in relation to: teamwork, participation, responsibility, stress, personality, communication, motivation, defense routines and more.

Most people are very good at hiding their mental health difficulties and well-being from others, and some use “resilience” to keep going or until it’s too late.
Results are measurable at all levels of the organization

Reports are designed to provide the organization with a comprehensive overview of the company's current and potential health. These are developed according to your needs and provide you with a summary information related to demographics, departments from the top to the bottom as well as average deviations for specific questions.

Why Integrity based?

It is our policy (no exceptions) that no personal information is released without an individual's approval. Information remains confidential and in a case where demographics could be used to identify an individual based on age, sex or education that information will be hidden to protect the individual. Privacy is not only important when it comes to building trust, but also very important when it comes to complying with legal and ethical standards. Scientific research is conducted to improve quality, however, names and all personal identification are removed to protect individual privacy and rights.

Cost

Now you may be wondering what all this will cost you? There is an annual cost of only 295SEK/£29/$45 per employee per year based upon a three year contract and paid monthly. Prepayment required. Start date no later than 60 days after payment received. ** The start date is the date that the annual period begins.
A MODERN APPROACH TO CORPORATE BENEFITS WITH AN INDIVIDUAL WELL-BEING & PREVENTIVE CARE PACKAGE!

Self-awareness is step one in well-being!