



Psychological Well-being

Well-being refers to the quality of our psychological, physical, and emotional states, in all aspects of our lives.

Psychological well-being can be enhanced by developing the following areas:

1. **Autonomy** (The amount of control that we feel we have in our lives)
2. **Purpose** (Doing something fulfilling and worthwhile)
3. **Personal growth** (Being open to change)
4. **Mastery** (Learning and demonstrating skill)
5. **Positive relationships** (Valued and mutually beneficial relationships)
6. **Self-acceptance** (Judging ourselves fairly)

It is important to recognise that we may need to look outside of racing to 'satisfy' these needs (e.g., learning a musical instrument).

Having different sources of well-being both in and out of racing, personally and professionally, can act as a protective factor for our mental health, helping us deal with life's challenges.