

What is Wellbeing?



P E S D N E I R F T P A D A N P M N S S
 E E S M S Y X K R H O H C J U L O U A P
 E G O O P O H E A L T H Y R T S F M T P
 L N G P L F C P R E Z L S S R F E Q I H
 S A A T T C P I G C A U X E I E V H S O
 O H U Z Y I I K E N I Y P C T C S U F B
 C C B T N O M T O T I S I S I N A H A B
 I C P E I S U I S E Y E E G O E B L C I
 A C S A L R T R S I N F B I N S A H T E
 L S R A R O I L S T L H T L A B F G I S
 E A O B M T N P B E I A A E L A C U O O
 E G T E O C N G S L L C E N I E U O N P
 F S J N N A S E I E O F Q R C D W N Z R
 B E L I E F S F R N K R O W T E N E Z U
 V U W L Y M E I A H G N I N A E M X V P

Wellbeing is not just the absence of disease or illness. It is a combination of a physical, mental, emotional and social factors. Wellbeing is how you feel about yourself and your life. It's strongly linked to happiness and life satisfaction. These are some things that enhance a person's wellbeing

- Happy relationship with a partner
- Network of close friends
- Enough money
- Regular exercise
- Nutritional diet
- Sufficient sleep
- Spiritual or religious beliefs
- Fun hobbies and leisure pursuits
- Healthy self-esteem
- Optimistic outlook
- Realistic and achievable goals
- Sense of purpose and meaning
- A sense of belonging
- The ability to adapt to change
- Living in a fair and democratic society.