

Wellbeing

Wellbeing is the state of being comfortable, healthy or happy. What one person feels is their perfect state of wellbeing may be completely different from another person.

The meaning of wellbeing is multidimensional

An overall sense of wellness will not be achieved without having a balance in these key elements:

- **Physical.** This includes lifestyle choices that affect the functioning of our bodies. What we eat and how active we are will affect our physical wellbeing.
- **Emotional** or psychological. This is our ability to cope with everyday life and reflects how we think and feel about ourselves.
- **Social.** This is the extent that we feel a sense of belonging and social inclusion. The way we communicate with others, our relationships, values, beliefs, lifestyles and traditions are all important factors of social wellbeing.
- **Spiritual.** This is the ability to experience and integrate meaning and purpose in life. Achieved through being connected to our inner self, to nature or even a greater power.
- **Intellectual.** It is important to gain and maintain intellectual wellness as it helps us to expand our knowledge and skills in order to live an enjoyable and successful life.
- **Economic.** Economic wellness, in short, is our ability to meet our basic needs and feel a sense of security.

Five Ways to Wellbeing

Connect – talk and listen to others and always live in the moment.

Be active – do what you can and enjoy what you do.

Take notice – remember the simple things that give you joy.

Keep learning – embrace new experiences and seek new opportunities.

Give – give people your time, your words and your presence.

Wellbeing encompasses the environmental factors that affect us, and the experiences we have throughout our lives.

If we accept that some aspects of wellbeing are subjective, we can better understand the interactions and trade-offs between different experiences. We can also take into account the longer-term effects and the different importance of these things to different people.

Part of the value of wellbeing as a concept is that wherever you are and whatever your cultural background or personal circumstances, people intuitively understand the value of happiness and wellbeing. However, this universality that adapts to so many different contexts and perspectives, can sometimes make it difficult to share a common understanding of what exactly wellbeing is.

The Positive Steps to Wellbeing resource is great for those who are self-motivated and want a list of ideas to get you moving toward their goal of happiness. The tips that are described include being kind to yourself, exercising regularly, taking up a hobby, being creative, helping others, relaxing, eating healthy, balancing sleep, connecting with others, avoiding drugs, seeing the bigger picture, and learning to accept things as they are.

Resources:

Positive Steps to Wellbeing

5 Ways to Wellbeing Cards

5 Ways to Wellbeing at work

5 Ways to Wellbeing

World Mental Health Day Toolkit

9 Tested Tips to Improve your Wellbeing and Quality of Life

<https://wellbeing-project.org/improve-wellbeing/>

5 Ways to Wellbeing

https://www.health-in-mind.org.uk/resources/5_ways_to_wellbeing/d140/