



THE MEANING OF WELLBEING

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



- Physical



- Emotional or psychological



- Social



- Spiritual



- Intellectual



- Economic

WELLBEING [NOUN] – THE STATE OF BEING COMFORTABLE, HEALTHY OR HAPPY.

This is what the Oxford English Dictionary defines as wellbeing, but what does that actually mean? The short answer is... well, there is no short answer!

What one person feels is their perfect state of wellbeing may be completely different from another person. This stands to reason as we all have different goals, ambitions and personalities.

Each aspect of being **comfortable, healthy and happy** also has many different facets that can be taken subjectively. For example, the English Oxford Dictionary's definition mentions happiness. However, wellbeing as a concept is much broader than this and has been debated since the Third Century BC. The Philosopher Aristotle came up with the concept of Eudaimonia – the contented state of feeling healthy, happy and prosperous.

Even though happiness is an integral part of your personal wellness, it includes other things such as the fulfillment of long-term goals, your sense of purpose and how in control you feel in life.



"Wellness is the complete integration of body, mind and spirit. The realisation that everything we do, think, feel and believe has an effect on our wellbeing"

Greg Anderson

THE MEANING OF WELLBEING IS MULTIDIMENSIONAL



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.. Can we use this or best not to?



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

In short, is our ability to meet our basic needs and feel a sense of security.



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



Give

give people your time, your words and your presence



Keep learning

embrace new experiences and seek new opportunities

The world we live in is complex. Understanding the requirement of wellness and the factors that influence this state, whether as an individual, community or nation, helps us to work together to improve the quality of our lifestyles.

The Five Ways in action:

Connect.

Talk with the people around you. With family, friends, colleagues and neighbours.

Be Active.

Being physically active, improves physical health and can improve mood and wellbeing. Go for a walk or run. Step outside. Garden. Play a game.

Take Notice.

Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing. Remark on the unusual. Notice the changing seasons. Savour the moment. Some might call this mindfulness.

Give.

Carrying our acts of kindness, whether small or large can increase happiness and a sense of wellbeing. Do something nice for a friend. Thank someone. Volunteer your time, even doing chores in the house.

Keep Learning.

Try something new; be curious. Rediscover an old interest. Take on a new responsibility at home.

**“INSIDE EVERY TEENAGER IS A CHILD
AND AN ADULT”**



IDEAS

- Be Kind – Send a positive message to your friends every day
- Play a game either with your family or remotely with your friends
- Catch a smile – sit together with everyone in your household, or with your friends on line. Who will smile first? Who will catch it?
- How many positives can you think of each day? Use I am I have I can



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



Give

give people your time, your words and your presence

- Miss Jo Workout challenge 1
- Miss Jo Workout challenge 2
- ZUMBA
- Tom Daley Ab challenge
- Learn some basic yoga moves then teach a member of your some yoga moves

- Guided Meditation
- **The Camera never lies:** either from your old photographs that you already have on your phone that make you smile, or new ones that you can take in your house, garden or out of your window make a digital collage so you have a photo mix of memories or things that make you happy
- Create a playlist of all of your favourite pieces of music, then sing or dance along to your playlist

- Help around the house – tidy your room, set the table for dinner, even wash up afterwards
- Be Kind – If you had 100,000 LE and intended to give it all away, who would you give it to and why?
- Cook a meal for your family
- Up level your CV – Learn how to give first aid

IDEAS

- Practice some life skills for when you leave home such as cooking, cleaning, washing and ironing your own clothes
- The Future You – You have time on your hands research your career choice and make a plan of how you are going to get there. Think about lots of different options.
- Create a video mash- up of anything you like to do and share it with you form teacher – dance or music
- Learn how to Code – a skill of the future
- Up level your CV – Gain an accredited course in sign language (Small cost involved around 350LE).



Keep learning

embrace new experiences and seek new opportunities

Continue to keep eating your 5 a Day as this will help to keep you strong and full of vitamins.



We Are Here To Help

If you want to talk to someone else outside of your family then we are here to help. **All you have to do is send an email to the adult you would like to talk to and we will get in touch.**

This doesn't have to be your classteacher, your form tutor or one of your subject teachers it can be any adult at school.

Hope you had a Healthy and a Happy Break!
Welcome Back :)