

What is **WELLBEING?**

What does the word
'wellbeing' mean to YOU?



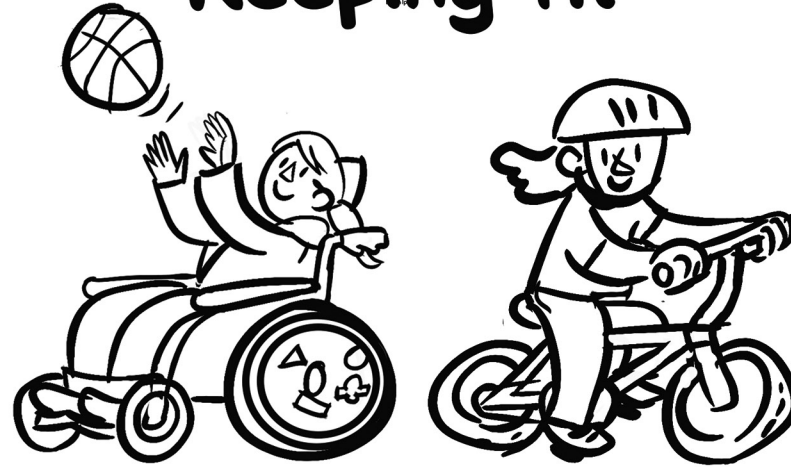
What do we mean by 'WELLBEING'?

Here are some ideas to get you thinking...

Physical health



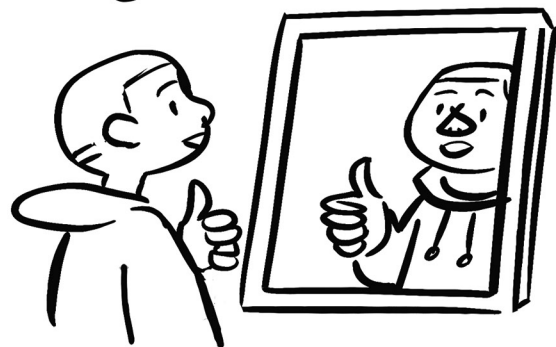
Keeping fit



Having family and friends with me



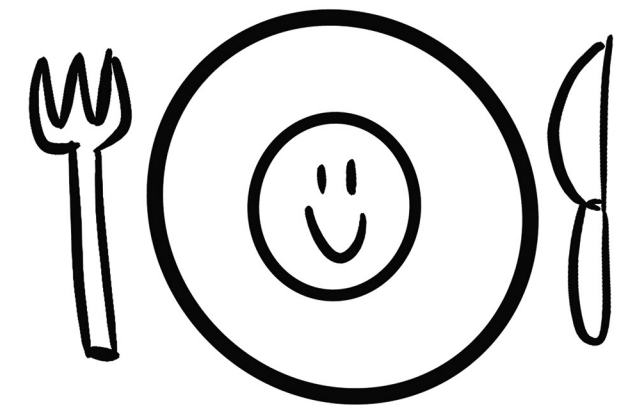
Being kind to yourself



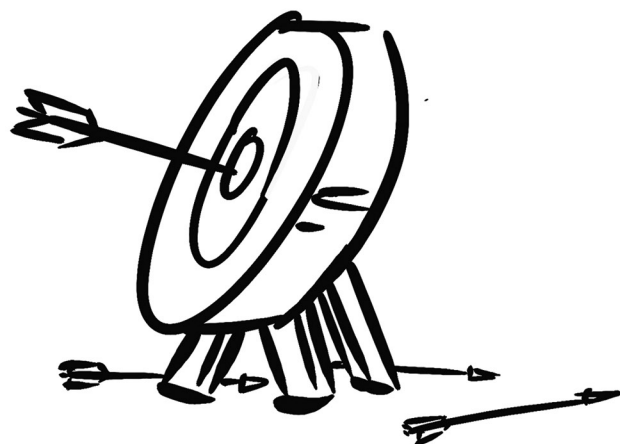
Mental health



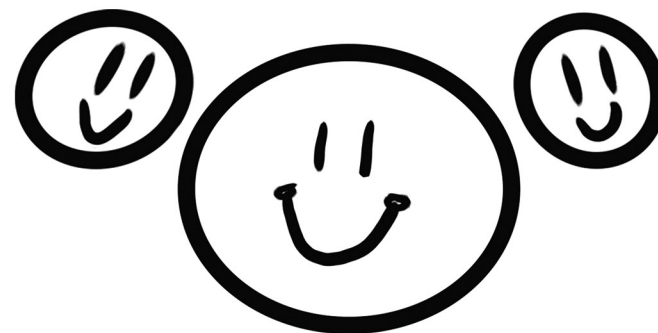
Eating well



Motivation



Making others happy



Not dwelling on negative feelings

