



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.



IDEAS

EYFS

- Draw a picture of your family

KS1, KS2

- Trying to be a good friend quiz (*attached*)

EYFS, KS1, KS2

- Catch a smile – sit together with everyone in your household. Who will smile first? Who will catch it?
- How many positives can you think of each day? Use I am I have I can
- Play a game together
- Play the positivity Board Game (*attached*)



Connect

talk and listen to others and always live in the moment

EYFS, KS1

KS2

- Just Dance
- Body Combact Just Dance

EYFS, KS1, KS2

- Learn some basic yoga moves then make a flip book for a member of your family.



Be active

do what you can and enjoy what you do

EYFS, KS1, KS2

- Mindfulness colouring (*attached*)
- Mindfulness Meditation Breathing Exercise
- Mindfulness Meditation The Flower
- Virtual Library.
- **The Mindful Jar:** Find a glass jar with a lid. Into it put a mixture of things that are bright and colour. The add some water and if you have some glitter this would be great too. Mix it and watch all the items slowly fall to the bottom.
- **The Wellbeing Box:** find an old shoe box or something bigger. Put in your box things that you love to look at, read, cuddle, photographs. Once you collected everything you everything inside, now decorate your box. You might want to make a family wellbeing box not just an individual one. Get it out every so often it will make you smile and those around you.
- **The Mindful Posing:** Create a pose with your hands on your hips and hold for 20 seconds Create a pose with your hands stretched as high as you can into the sky and hold for 20 seconds Now use choose a pose you can hold and share, it practice it. Can you hold it for 20 seconds Now link the poses together. Nice and slowly.



Take notice

remember the simple things that give you joy

IDEAS

EYFS, KS1, KS2

- **Blowing Bubbles:** Make some bubbles using washing up liquid and cold water in a plastic water bottle. Give it a shake. You can then make a bubble wand using straws, materials you have in your kitchen or bedroom that has a whole in it and will fit into your bottle. Go outside and make some bubbles.



Take notice

remember the simple things that give you joy

EYFS, KS1, KS2

- Make a card or a letter to a member of your family to say thank you for looking after you
- If you have a pet can you give their coat a brush
- Can you help to lay the table before dinner?
- Can you help make dinner even in a small way



Give

give people your time, your words and your presence

EYFS

- **Blindfolded taste tests** – make a blindfold out of any material but make sure you can't see. With an adult see if you can guess the food you are trying. Perhaps your parent might give you something new for the very first time.



Keep learning

embrace new experiences and seek new opportunities

KS1, KS2

- **Safari exercise:** If you have a garden have a walk around and see how many different flowers, or things you have in it. Take a photograph and make a digital collage of the things around us.

EYFS, KS1, KS2

- [Learn sign language!](#)
- [Learn origami for free](#)
- [Learn how to tie your shoe laces](#)

HOPE YOU HAD A HEALTHY & A HAPPY BREAK!

