

Understanding Wellbeing

Factors that influence physical and emotional health and wellbeing



YOUR WAY...

Let's get better together

Definition of Wellbeing



Let's get
better
together

- The term wellbeing can be defined as: "The subjective state of being healthy, happy, contented, comfortable and satisfied with one's quality of life. It includes physical, material, social, emotional (happiness) and development and activity dimensions"
- Department of Health, 2007.

Care Act 2014 Duty of Well-being

- “Wellbeing” is described as
 - Personal dignity including respect
 - Physical and mental health and emotional wellbeing
 - Protection from abuse and neglect
 - Control by the individual over day-to-day life (including over care and support provided and the way it is provided)
 - Participation in work, education, training or recreation
 - Social and economic wellbeing
 - Domestic, family and personal relationships
 - Suitability of living accommodation
 - The individual’s contribution to society

Connect...



Take notice...



Be active...



Keep learning...

Give...



5 Ways to Wellbeing



Let's get better together

- **Connect** – with everyone around you. With family, friends, neighbours and colleagues. Invest time in developing these cornerstones of life.
- **Be Active** - go for a walk or run. Step outside. Cycle. Play a game, garden, dance. Exercising makes you feel good. Discover a physical activity that suits your mobility and level of fitness.
- **Take Notice** - Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment. Enjoy what you eat. Be aware of the world around you.
- **Keep learning** – Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument. Learn to cook something new. Set a challenge you will enjoy achieving.
- **Give** - Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out as well as in. Seeing yourself and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



- Why are these Five Ways to Wellbeing Important?
- How are they likely to improve wellbeing?

Group Task



- Mapping Determinants of Wellbeing

wider determinants?

impact

direct impact

lifestyle factors?

direct impact

impact

well-being

individuals, families & communities

Some Questions



- Why were these factors selected?
- Why they were felt to be important?
- Are there connections between factors?
- What services influence people's welfare?

wider determinants

neighbourhood
renewal

transport

environment

education

employment

economy &
business climate

inequalities

housing

regeneration

crime &
fear of crime

arts & culture

money & debts

genetics

community
development
& involvement

age

ethnicity

welfare benefits
& tax credits

social
exclusion

leisure
facilities

impact

direct impact

sexual
health
stress
physical
activity

lifestyle factors

alcohol
weight
management
emotional health

smoking
relationships
drug use

direct impact

impact

well-being

individuals, families & communities

wider determinants

housing

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money & debts

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Determinants of Wellbeing

Source: Dahlgren and Whitehead (1991)

