

Factors that influence physical and emotional health and wellbeing



Let's get better together

# Definition of Wellbeing



 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...





Keep learning...

#### Be active...



Give...

### Take notice...





# 5 Ways to Wellbeing



- **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.



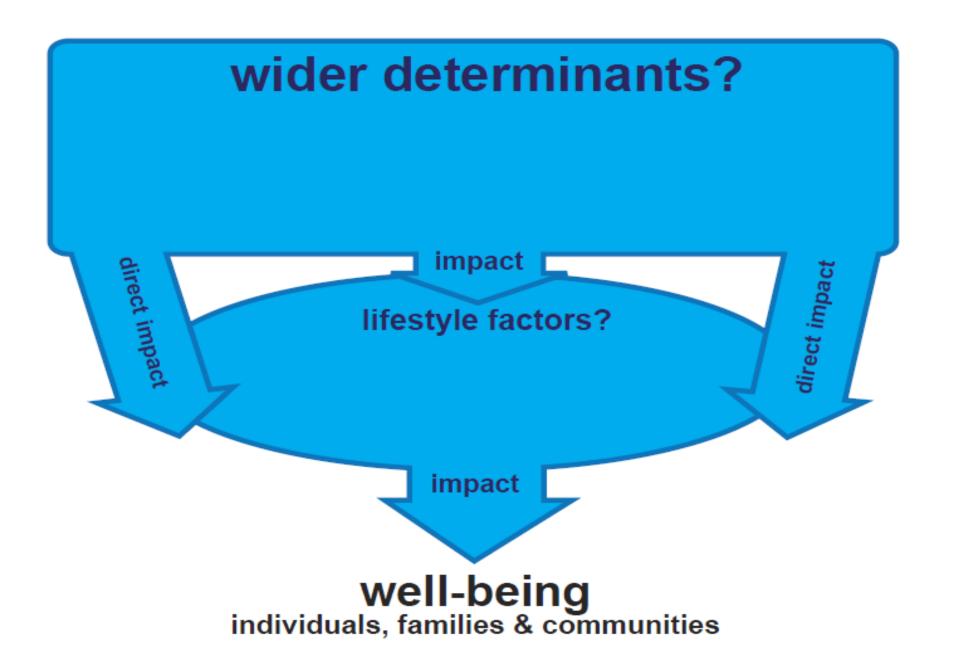
 Why are these Five Ways to Wellbeing Important?

 How are they likely to improve wellbeing?

# **Group Task**



Mapping Determinants of Wellbeing



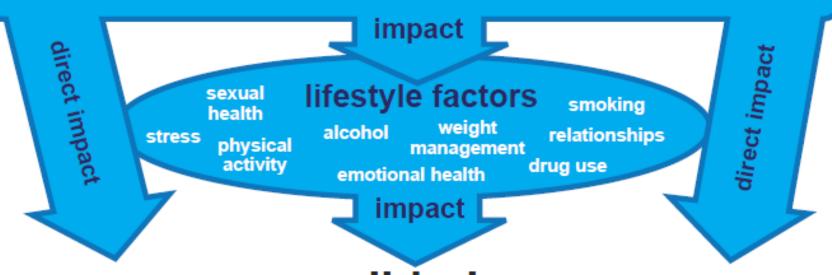
# Some Questions



- 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





well-being

individuals, families & communities

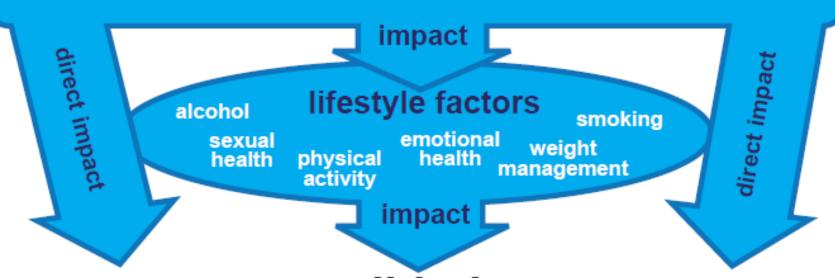
## wider determinants

housing

employment

welfare benefits & tax credits

money & debts



well-being

individuals, families & communities

## Determinants of Wellbeing

Source: Dahlgren and Whitehead (1991)

