

**GETTING STARTED**

Work in pairs to write down what you think the phrase 'health and wellbeing' means

## Definition of health and wellbeing

How do you define health and wellbeing? It can mean different things to different people and can change from day to day.

### Positive definition

A positive definition looks at how physically fit and mentally stable a person is. You have a positive attitude towards health and wellbeing if you realise there is something you can do to improve your health and wellbeing and do it.

### Negative definition

A negative definition looks at the absence of physical illness, disease and mental distress. You have a negative attitude towards your health and wellbeing if you:

- base your attitude on not having anything wrong with you
- continue as you are – including keeping bad habits such as smoking
- assume that because you currently feel fine you will stay healthy in the future.

### A holistic definition of health and wellbeing

A **holistic** definition of health and wellbeing is a combination of physical health and social and emotional wellbeing. It is not just the absence of disease or illness. It looks at all aspects of a person's health and wellbeing. You have a holistic attitude towards health and wellbeing if you look after your:

- physical health – by meeting the needs necessary to keep our bodies working as well as they can, such as food, water, shelter, warmth, clothing, rest, exercise and good personal hygiene
- social aspects of wellbeing – by meeting the needs necessary to help us develop and enjoy good relationships with others, including mixing with others in appropriate environments and having access to leisure facilities/activities
- emotional aspects of wellbeing – by meeting the needs necessary to make us feel happy and relaxed, such as being loved, respected and secure; we need to be able to feel, express and recognise different emotions so we can cope with whatever situations arise in life.

In addition, we should consider our mental or intellectual health, by meeting the needs necessary to develop and keep our brains working as well as possible; these include mental stimulation to keep us motivated and interested.

**KEY TERM**

**Holistic** considers looking at the whole person rather than just the part that requires treatment or care.

**DID YOU KNOW?**

We need to keep learning throughout our lives to keep our brains active and healthy.

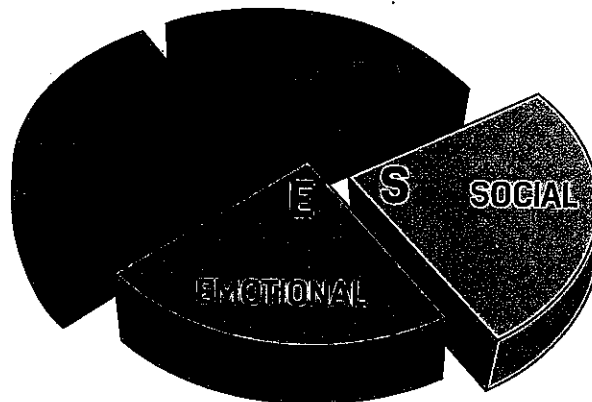


Figure 3.1: Our health and wellbeing needs