

WHAT DOES WELL-BEING MEAN?

Well-being is a multidimensional concept that encompasses a variety of elements including:

1 PHYSICAL HEALTH

Physical activity, healthy eating habits, and mental well-being help to improve health outcomes across the lifespan. Physical health goes beyond the absence of disease and contributes to overall well-being.



2 SOCIAL BELONGING

Having a sense of community includes building emotional, peer and social support networks. Strive to build safe, respectful, and positive social relationships as they are key indicators of well-being.



3 MENTAL HEALTH

Participating in meaningful routines and activities and a sense of belonging have a positive effect on mental well-being. Building skills to support healthy behaviours, alongside safe, productive environments can help to foster a positive sense of self.



4 COGNITIVE HEALTH

Positive cognitive health means being productive, having fulfilling social relationships, communicating effectively, and achieving your goals. The school environment is key to encouraging achievement, learning, and leadership skills that improve cognitive health.



5 EMOTIONAL HEALTH

Emotional health means the presence of optimism, self-regulation, belonging, resilience, and safety. Having good emotional health improves connectedness with others to help foster meaningful relationships that lead to overall well-being.



6 ECONOMIC PROSPERITY

Adequate household income supports access to healthy foods, housing, warm clothing, proper health care, and funds for extracurricular activities. Having the means to material basics as well as a budget for “extras” is important for well-being.



7 ENVIRONMENTAL HEALTH

Fostering valuable relationships between ourselves, our community and the environment helps us to recognize our impact on the Earth. Protecting our planet and the people, plants and animals that share it is essential to well-being.



8 CULTURAL BELONGING

When individuals are able to recognize themselves within their community, it provides a positive sense of self. It is important to recognize and respect the similarities and differences of others, while participating and engaging in our own cultures.



9 SPIRITUALITY

Spirituality can stem from factors such as religion, faith, morals, and values. These can help to provide life direction or a sense of purpose while teaching resilience, providing comfort, and a fostering a sense of community.

