



community elections

wellbeing

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WELLBEING

This is about how comfortable and happy you are with your life as a whole. It includes your sense of purpose, and whether you feel you are in control of your life.

- Our emotional wellbeing refers to whether or not we have positive feelings about our life. It can be affected by how we react to our experiences
- Our financial wellbeing refers to whether we feel that we have enough money for our needs, and if we are able to manage money effectively.

Health

Good health is a state of physical, mental and social wellbeing and not just the absence of illness or disease. It is essential to always prioritise your mental and physical health and wellbeing. This means that your mind and body have the resources you need to work towards your goals and enjoy your life. We will look at healthcare in more detail later in the module.

Mental Health and Mental Illness

Mental health refers to our social, emotional, and psychological wellbeing. It affects how we act, feel and think, and depends on factors like stress, physical health and relationships. Many people experience poor mental health from time to time. Mostly, these can be managed, and there are services that can help. People who live with a mental illness can have ongoing symptoms negatively affecting their lives.

Emotional resilience

Taking steps to look after your wellbeing can help you deal with pressure, and reduce the impact that stress has on your life. This is sometimes called developing emotional resilience. Resilience is not just your ability to recover after difficult experiences, but also your capacity to adapt in the face of challenging circumstances. Resilience is not a personality trait – it is something that we can all take steps to achieve, and it is one of the key attributes that employers look for in graduates.

Relationships

Our relationships with other people have a strong influence on our wellbeing. People who are more socially connected to family, friends, or their community are happier, physically healthier and live longer, than people who are less well connected. It is not just the number of friends you have, and it is not whether or not you are in a committed relationship, but it is the quality of your close relationships that matters.

Stress and pressure

Stress usually refers to:

- Situations or events that put pressure on us, (for example,. times where we have lots to do and think about, or do not have much control over what happens)
- Our reaction to being placed under pressure – the feelings we get when we have demands placed on us that we find difficult to cope with

Being under pressure is a normal part of life. But, if you often become overwhelmed by stress, this will impact on your general wellbeing.

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