

Keeping our hearts mellow.

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Wellbeing

- The World Health Organisation defines health as
“A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.”

Wellbeing is the integration of physical, mental, emotional, social and spiritual aspects of the human person.

Physical Wellbeing

- Regular exercise
- Good nutrition
- Maintaining normal weight
- Refreshing sleep
- Minimisation of chemicals such as caffeine, alcohol, cigarettes



Mental Wellbeing



- Relaxation of the mind.
- Self awareness
- Autonomy
- Humour
- Creativity

Emotional Wellbeing

- Acceptance of feelings
- Connection to self, to others
- Appropriate repression
- Appropriate expression
- Self nurture
- Allowing nurture by others



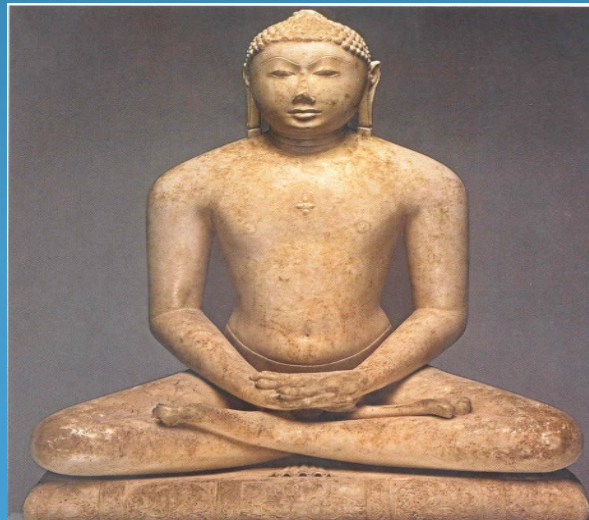
Social Wellbeing

- Relationships
- Community
- Leisure Activities
- Environment



Spiritual Wellbeing

- Connectedness
- Finding meaning
- Living according to one's meaning and values
- Experience wonder and awe.





The Beautiful Rosine,
Antoine Wertz 1847

Stress

- We all experience stress-
- Many of us may become distressed at certain points in time
- If we stay distressed for too long then we can become impaired or depressed.

What are the signs of burnout?

- Switching off
- Fatigue
- Obsessive compulsive tendencies
- Emotional exhaustion/ emotional overreaction
- Over-responsibility
- Substance abuse
- Irritability