

## WHAT IS WELL-BEING?

Well-being is something sought by just about everyone, because it includes so many positive things — feeling happy, healthy, socially connected, and purposeful. It is about having good mental health, high life satisfaction, a sense of purpose and the ability to manage stress.

It means maintaining a balance in the following five areas:

1. **Social:** To have friends, to interact with others, to have good relationships with one's family, community and school personnel.
2. **Material:** To have clothing, to have shelter, to have food. Correcting nutritional deficiencies and keeping our environment healthy.
3. **Emotional:** To feel good about one's self, to feel competent. It means having the ability to bounce back from life's inevitable disappointments, failures, and pains.
4. **Cognitive:** To have intellectual development, to be able to learn.
5. **Spiritual:** To have hope, to have faith, to feel life has meaning.

We can further strengthen our well-being by adhering to the following:

- Being kind to yourself
- Showing attitude of gratitude
- Routinising our tasks
- Engaging in positive activities
- Being courageous
- Laughing out loudly