



What is Wellbeing?

Wellbeing is about feeling good and doing (or functioning) well.

Feeling good

Feelings of happiness, contentment, enjoyment, curiosity and engagement are characteristic of someone who has a positive experience of their life.

Functioning well

Experiencing positive relationships, having some control over one's life and having a sense of purpose are all important attributes of wellbeing.

Wellbeing is important for everyone – including you!