

HOLISTIC WELLBEING

What actually is wellbeing?

The state of being comfortable, healthy or happy.

In the biblical sense, we might call this Shalom.

One of the root definitions of shalom is wellbeing – an individual, interpersonal and systemic wellbeing.

When all is well, when a justice infused peace prevails, when connection, wholeness, thriving and flourishing comes about for all people in connection to God, wellbeing or shalom is experienced.

What influences wellbeing?

At minimum, six foundational aspects of life influence the state of one's wellbeing: the spiritual, emotional, cognitive, physical, relational and meaning aspects of life.

Each of these six areas impact the essence of who a person is. Additionally, each of these areas benefit from intentional investment in them.

THE WELLBEING WHEEL



NOTES:

FOSTERING YOUR WELLBEING

1. Wellbeing requires self-awareness.

Access your wellbeing each day, week, month.

2. Wellbeing requires using your agency.

You are the one who primarily influences your wellbeing.

3. Wellbeing requires a perspective shift (sometimes).

Your wellbeing influences those around you (and vice versa).



4. All six aspects of life are interconnected and influence wellbeing.

Investing in one dimension can have significant impact on other dimensions as well.