# 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.

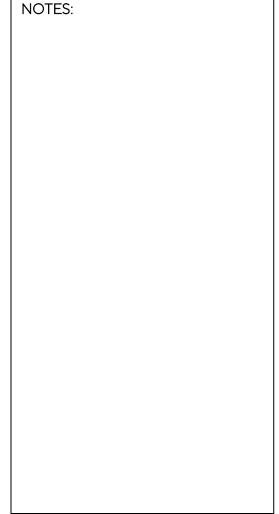
#### What influences wellbeing?

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





# 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.