



# 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!