

# Wellbeing and Resilience

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- What does the term 'Wellbeing' mean to you?
- What does the term 'Resilience' mean to you?
- What does the term 'Mental Health' mean to you?

# Definition

## **Wellbeing:**

*'The state of being comfortable, healthy, or happy.'*

Oxford dictionary 2017

# Definition

## **Resilience:**

*‘The capacity to recover quickly from difficulties; toughness.’*

Oxford dictionary 2017

# The Mental Health Continuum

*Why is maintaining good wellbeing  
important?*

# Balance

# 5 Steps to Mental Wellbeing

1. Connect
2. Be Active
3. Keep Learning
4. Give to Others
5. Be Mindful

# The Happiness Hour

*How might you adapt this concept for the workplace?*



# Course Objectives

- Have an awareness as to why maintaining good wellbeing and improving resilience within the workplace is important.
- Acknowledge that the workplace has challenges and will have explored how a balance may be sort between these challenges and good wellbeing.
- Have a good awareness of a rage of wellbeing initiatives and explore how Wellbeing Communities can promote positive wellbeing within the workplace.
- Be confident in completing a wellbeing initiative within their workplace that they will then be able to tell us about a few months later.

- Any Questions?

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- Any Questions?