



Wellbeing

Overview

You've probably heard the word Wellbeing bounced around, it's a bit of a buzzword at the moment but it's actually a great term. It encompasses both physical and mental health because it is so important that both of these issues are given the same prominence.

Previously it has been accepted that as a student you sometimes have to choose between academic success and emotional/physical welfare, almost to the point that if you haven't pushed yourself to the boundaries of your own wellbeing, you haven't tried hard enough. This attitude is changing and it can't happen soon enough!

Students who have strong relationships and a positive sense of self, and can understand and manage their own health and emotions, are in a better position to reach their full potential in the future. Their sense of wellbeing supports their learning because it makes them more resilient and better able to overcome challenges. This is also true of your performance at work. Employers are realising that if their employees are well looked after, able to express themselves and feel confident in their position within the team, this can only benefit the company.

Article/source

<http://www.edu.gov.on.ca/eng/about/wellBeing.html>

Supporting source

<https://youtu.be/WttK10hp5kM>

Discussion points

Watch the above video and think about Wellbeing in your workplace.

Example key questions

- With the video in mind, think about any practices in your workplace that increase your wellbeing?
- What steps can you take to improve your own wellbeing at work?
- Do you know who you would talk to if you felt you needed help with your wellbeing?