

WELLBEING at SHJS

An Introduction

March 2022-23



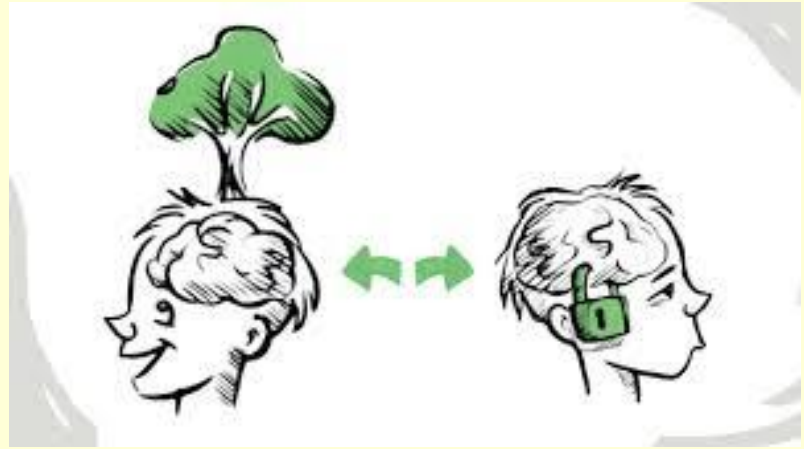
Good Wellbeing?



Well in our Bodies



Well in our minds



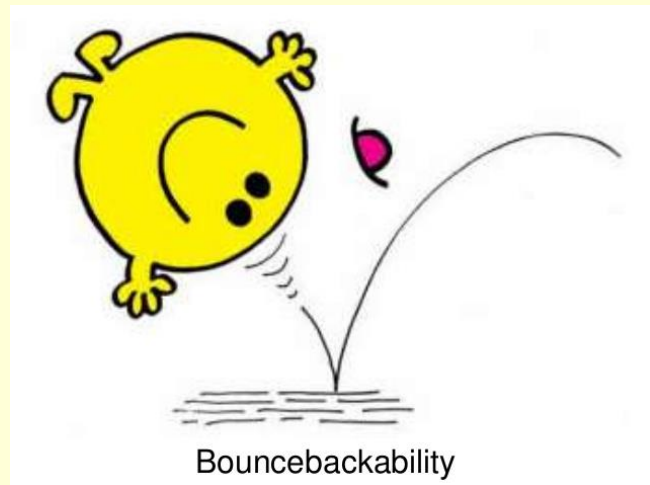
Well in our Emotions



Well in our Relationships

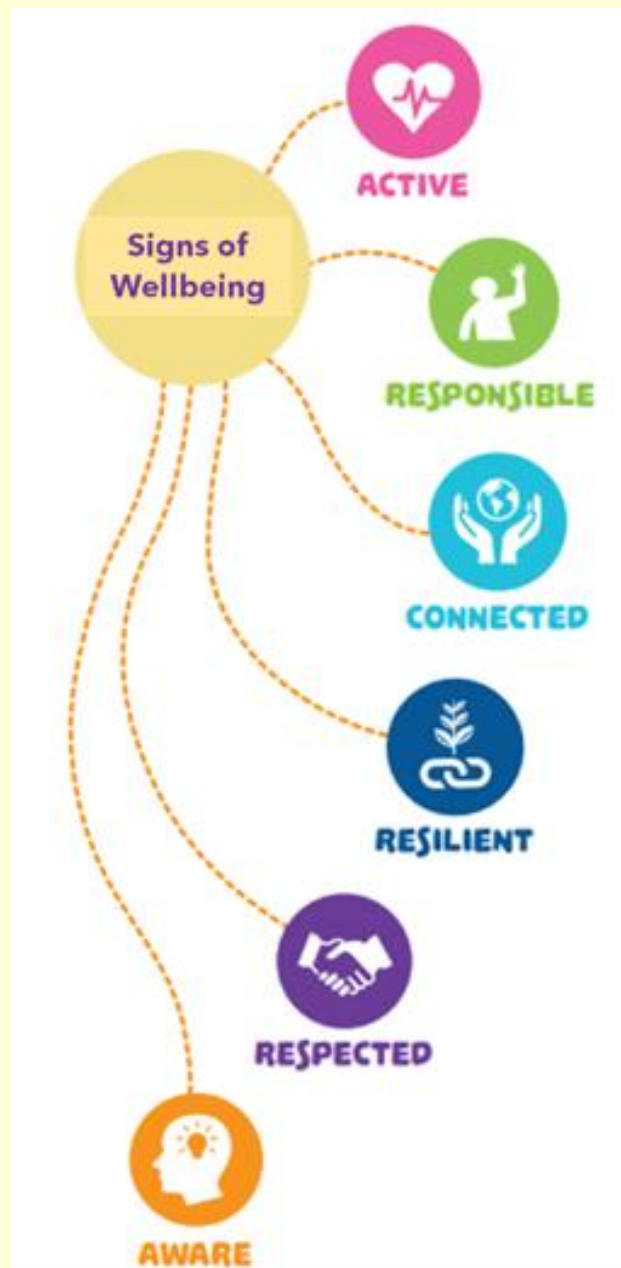


Well in our ability to cope



Well in our connections





Signs of Wellbeing

- **ACTIVE**
- Being **RESPONSIBLE** for myself and others
- Being **CONNECTED** to other people, near and far
- Being **RESILIENT** to cope
- Being **RESPECTED** myself and Respecting others
- **AWARE** of my thoughts, feelings and behaviours



What do we mean by wellbeing?

Why is wellbeing important?

