

## PHYSICAL CONTRIBUTORS

### Adequate and restful sleep

Recharges both body and brain; improves the capacity to learn and retain information; and improves social and emotional interactions



### Healthy and balanced diet

Gives our organs and tissues adequate nutrition to work effectively and reduces risk of disease and ill-health



### Moderate to vigorous & regular physical activity

Decreases the risk of developing certain diseases and conditions



# Wellbeing

The sense of feeling content: socially, emotionally and physically flourishing

## MENTAL CONTRIBUTORS

### Connecting with self and others

Develops moment-by-moment awareness of our thoughts, feelings and bodily sensations and gives a sense of belonging, identity and security



### Being engaged in a fulfilling activity

Provides a sense of engagement, meaning and purpose



### Giving to help a cause or others

Creates more compassionate and grateful communities and generates positive emotions for the giver as well as the receiver

