“Health is about life, the whole life”

A settled and secure foundation  family, housing, economy, work, leisure A good indoor and outdoor environment design, colouring, ergonomics, technology, air, water, view, nature, plants Good living habits physical activity, eating habits, alcohol and tobacco use, sleep, rest Good relationships love, caring, support, fellowship, togetherness, confirmation, acceptance, appreciation, respect, be seen Balance in life demands/ resources, work/homework/ leisure/ rest, personal disposable time/ time for others Participation in life enjoyments things that are meaningful and pleasurable, things that give rise to joy, pleasure, laughter, nourishment, energy and strength Life control and mastery control over life events, making one’s own decisions, ability to act Sense of meaningfulness life’s having a meaning, having a task to fulfil, a goal to strive for, sense of belonging, giving to others, spirituality Sense of trust and confidence life, future, ability, body, people, health service/treatment Positive view of life humour, joyfulness, contentment, longing, hope, belief in the future Personal growth and development self-realization Realistic expectations on one’s body, ability, capacity Appropriate handling of disease, trauma and negative events (Absence of disease)