

Describe each dimension of health and wellbeing and provide three examples of each.				
Physical health and wellbeing	Social health and wellbeing	Mental health and wellbeing	Emotional health and wellbeing	Spiritual health and wellbeing

Give three examples of optimal health and wellbeing as a resource for each of the following:

Describe the concept of health and wellbeing.

Using an example explain why health and wellbeing is considered subjective.

Using an example explain why health and wellbeing is considered dynamic.

Individually

Demonstrate relationships between the following dimensions of health and wellbeing:

Mental health and wellbeing

Physical health and wellbeing

Spiritual health and wellbeing

Key knowledge

- Concepts of health and wellbeing
- Subjective and dynamic nature of health and wellbeing and illness
- Benefits of optimal health and wellbeing

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Give an example of optimal health and wellbeing for each dimension:

Optimal health and wellbeing

Globally

Demonstrate relationships between the following dimensions of health and wellbeing:

Physical health and wellbeing

Social health and wellbeing

Mental health and wellbeing

Describe the concept of illness.

Using an example explain why illness is considered subjective.

Using an example explain why illness is considered dynamic.