## OLCHS Wellbeing Awareness Week 1

14-19<sup>th</sup> October 2018



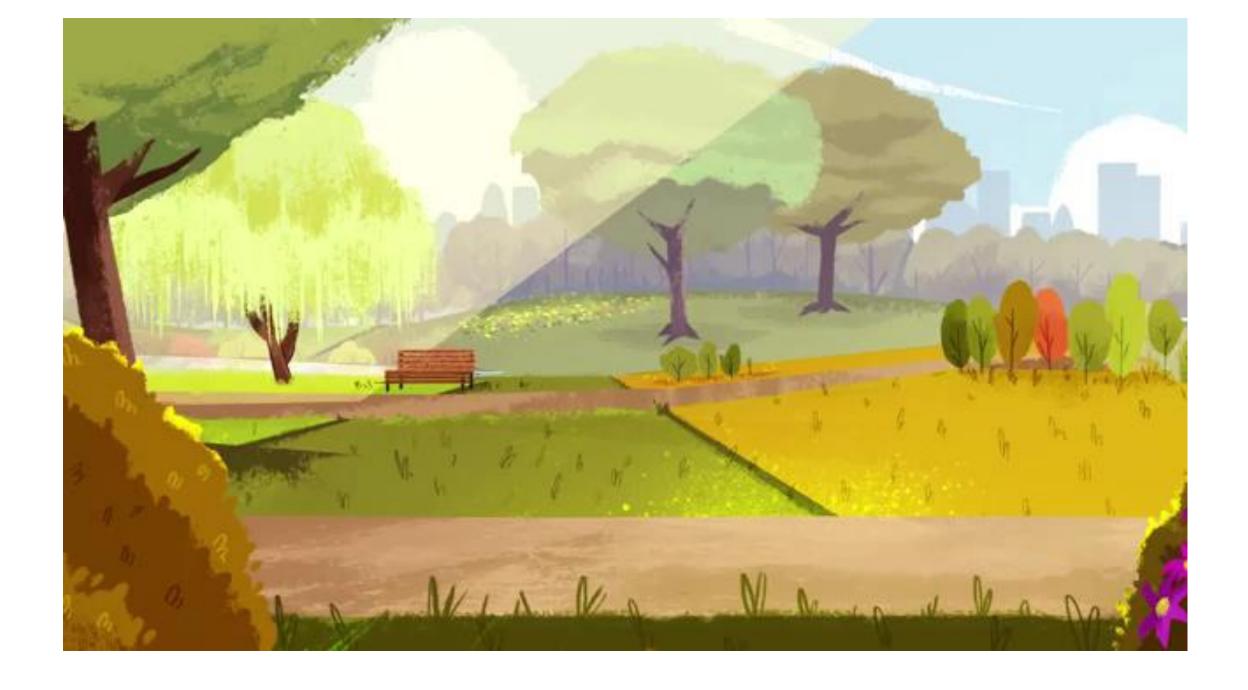
### What do we mean by 'wellbeing'?



#### Wellbeing

Dictionary definition: The state of being comfortable, healthy or happy









#### Challenge

# Can you name all 5 ways to wellbeing?

