The dimensions of health and wellbeing case studies

Highlight to the examples of the **five dimensions of health and wellbeing** from the following case studies.

Holly is 16 years old and is feeling overwhelmed with the prospect of year 12. She has a supportive family and a strong friendship group however often feels stressed and has a negative outlook about her future. Holly is physically active and plays tennis and netball every week. She is in the healthy weight range and consumes a wide range of nutritious foods. Holly does however have difficulty sleeping as her anxiety interferes with her ability to feel relaxed. When she has a bad night’s sleep Holly finds it difficult to control her emotions and often cries and gets frustrated in her classes at school. Holly is struggling with her sense of meaning in the world and finds that her friends often have different values to her own.

Ben is 15 years old and has recently been told that his parents are separating. Ben feels upset that his life is going to change and has been open about his feelings to his parents who have been supportive. Ben has friends whose parents have also separated and has confided in them about his experience. Ben enjoys practising Tai Chi every morning as it puts him in a relaxed and positive mind set before he goes to school. Ben often buys junk food on the way home from school and since his parents have been distracted eats takeaway food many nights a week.

Presented by Georgina Clegg for Home Economics Victoria – Annual Conference 27 November 2017
Anna is 17 years old and has recently been diagnosed with type 1 diabetes. Anna is relieved that she has been diagnosed with this condition as now she can be treated and hopefully feel less unwell, tired and lethargic. Anna has to inject herself with insulin twice a day, which has been a difficult adjustment to her life. However, she understands that this is necessary for her to maintain her health and has worked on some relaxation strategies whenever she feels upset or overwhelmed. Anna’s parents have been empathetic and supportive of their daughter’s diagnosis and her friends have been loyal and supportive of Anna. Sometimes Anna feels overwhelmed but has learnt to express and deal with her emotions through a positive outlet. Anna has taken up weekly art classes and enjoys expressing herself through her art.

Louis is 17 years old and has been undergoing some difficulties at school. He has been arguing with his friends and finds it hard to concentrate and process information that he learns at school. When Louis argues with his friends, he finds it difficult to control his emotions and gets very frustrated and angry. Louis enjoys running when he gets home as it relieves some of his anger and tension. Louis enjoys cooking and will often cook his family healthy meals. Louis has recently started to listen to a meditation app before he goes to sleep and this has assisted him in getting a good night sleep.
Mia is 18 years old and is aiming for a very high ATAR in year 12 so she is spending long hours studying in the library and at home. Mia studies chemistry and physics and often asks her teacher for extra assistance and has tutoring on the weekend. Mia no longer goes to parties or socialises with her friends and spends most of her weekends studying at her desk. She no longer plays netball and volleyball as they were interfering with her study routine. Mia has gained weight over the last 6 months and feels very self-conscious about her changed appearance. She often takes out her stress on her family and has emotional meltdowns where she cries for hours on end. Mia’s family go to church every Sunday and she enjoys attending the sermon and feels at ease when she has the opportunity to reflect. Mia’s parents and teachers are concerned that she will burn out from the pressure that she is putting on herself.

Luke is 17 years old and enjoys being in year 11. He is an active student who plays basketball at lunch at is a part of the local football team. Luke rarely feels stressed about the pressure of school and communicates well with his teachers. Luke has recently broken up with his long-term girlfriend and finds it difficult to express his emotions with others about the break up. Luke finds it difficult seeing her at school and often avoids her at parties. Luke has recently joined a yoga class to have some variety in his physical activity. Luke has found himself enjoying the class immensely and finds it a place where he can reflect on his thoughts and enjoys relaxing on the floor in the ‘shavasana’ pose at the end of each session.