Key Words to include when discussing Health & Wellbeing
Physical Health & Wellbeing

Weight
Physical Ability
Illness/Disease
Energy levels
Fitness
Immune System
Mental Health & Wellbeing

Self Esteem
Confidence
Mind Set
Stress levels
Social Health & Wellbeing

Supportive networks
Productive relationships
Communication
Spiritual Health & Wellbeing

Belonging

Peace

Purpose

Values/Beliefs

Connection
Emotional Health & Wellbeing

Recognise/Respond/Express Emotions

Resilience