



**Weaving
Well-Being**

**THE MORE YOU WEAVE...
THE BETTER YOU FEEL!**

LANGUAGE of WELL-BEING

POSTERS

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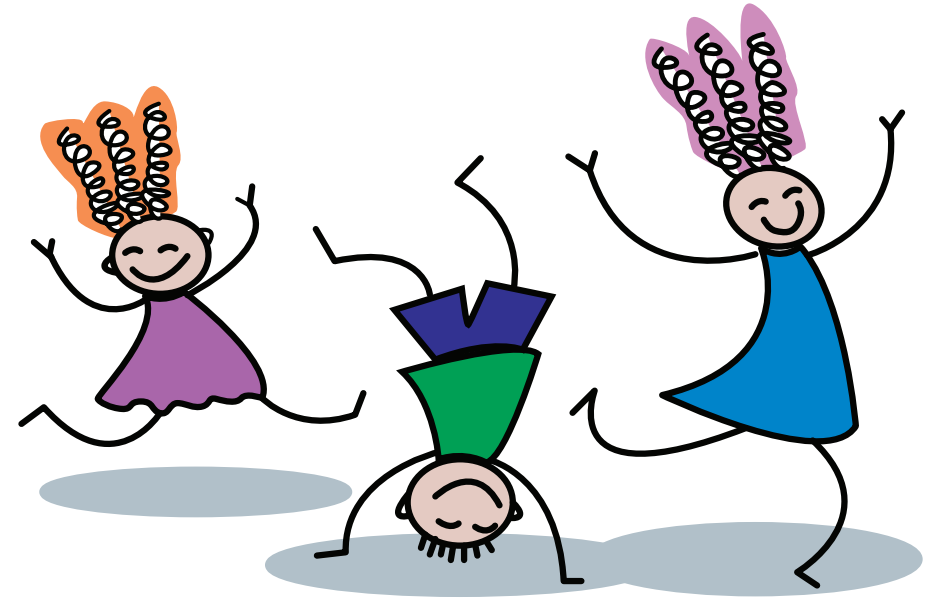
What does well-being mean?



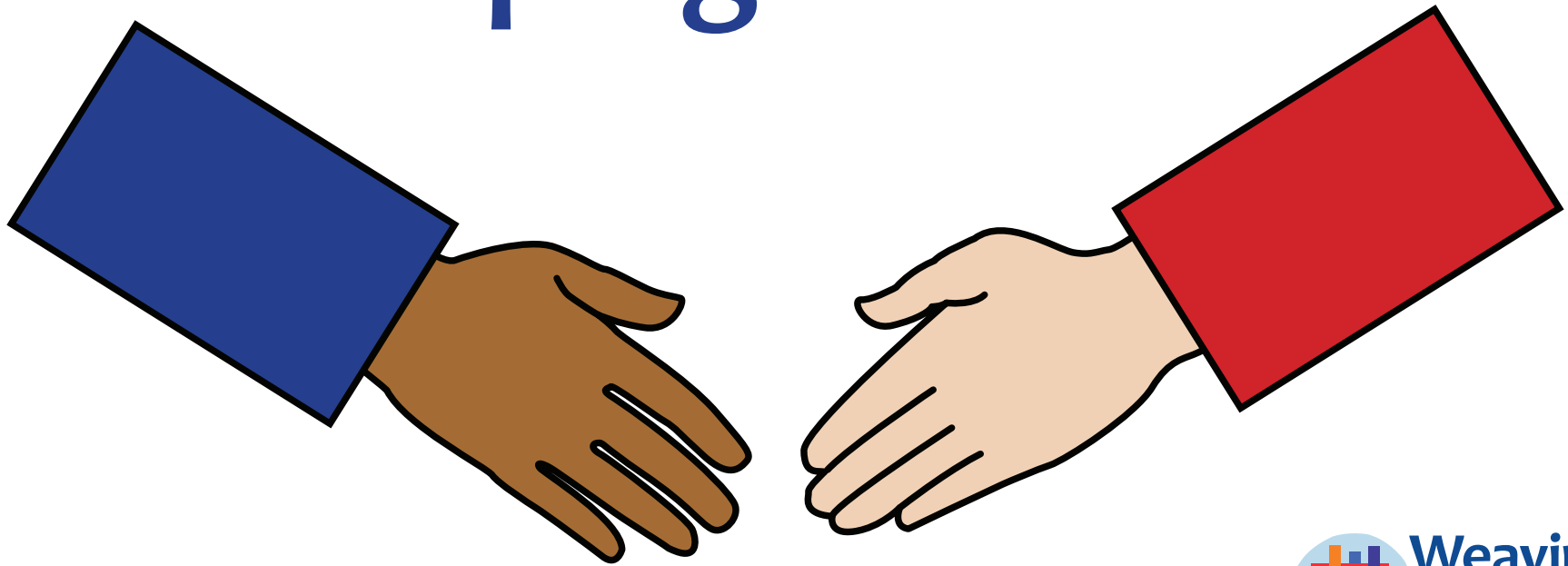
"Well-being means feeling **good** and **strong** in our **minds** and **bodies**, having **energy**, getting along with and helping **others**, knowing our **strengths** and feeling **proud** because we are doing our **best**. It means we can **cope** with the little problems and disappointments of life. It means **enjoying** life, being **grateful** for what we have and **accepting ourselves** just as we are!"



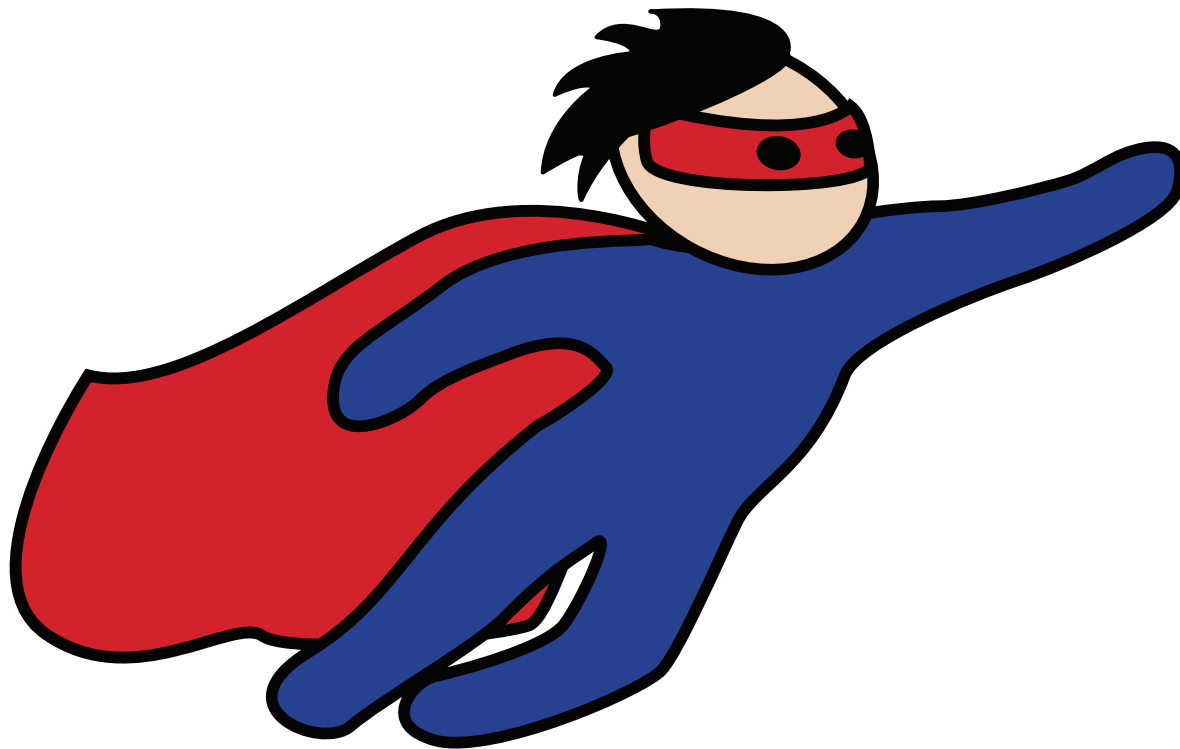
Well-being means
feeling good
in my body
and my mind!
Having energy
and fun!



Well-being means
getting on well with, and
helping others!



**Well-being means
knowing and
using my
strengths!**



Well-being means
being able to cope with all
the normal ups and downs
of life!



Well-being means
enjoying life and
feeling **proud** of
doing my best!



**Well-being means
feeling grateful and
accepting myself just as I am!**

