

C6: Enhance wellbeing through employment & volunteering

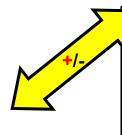
The benefits of Work for Health and Well-being

The link between Health, Work and Well-being

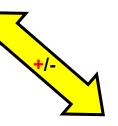
- Sense of purpose
- Satisfaction
- Security
- · Choice and control
- Belonging/Being integrated

Well-being

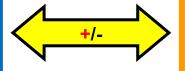
- Identity
- Confidence
- Self-esteem
- Giving/Contributing
- Enjoyment
- Motivation



Each can have a **positive** or **negative** affect on the other Achieving a *sense of balance* is important



Health



Work

- Physical exercise and fitness
- Physical mobility and function
- · Improved energy and stamina
- Sleep routine/increased need
- Diet routine
- Burning calories
- Mental stimulation
- Mental and emotional health

- Structure and routine
- Fills time
- Independence
- Financial
- Role in society
- Appreciate home/leisure time
- Using/Developing skills
- Friends/Social network
- Meaningful occupation



Just as Work can have a **negative** impact on **Health** and **Well-being**, the absence of **Work** (or other activities which provide the work benefits listed above) will also **negatively** impact on **Health** and **Well-being**.

Therefore engaging in Work which is supportive, safe and rewarding (or other work-related activities – see definition on next page) at even a small level will have a **positive** impact on your **Health** and **Well-being**.

What do we mean by these terms?

Well-being: The subjective experience of health.

A sense of being in balance and in control.

Vitality, Purpose, Satisfaction, Contentment and Fulfilment.

It relates to all areas of life: physical, material, social and emotional.

Health: Physical and mental fitness and energy.

Being able to do the things we want or need to do. It can be in the presence of ongoing symptoms.

Work: Labour or Productive activity.

Directing mental and physical exertion or effort to produce or accomplish

something; using skills and knowledge.

A way of contributing to society; whether paid or unpaid.

It can include employment, family responsibilities and caring, volunteering or

education and training.