

## “Health is about life, the whole life”

**A settled and secure foundation** family, housing, economy, work, leisure **A good indoor and outdoor environment** design, colouring, ergonomics, technology, air, water, view, nature, plants **Good living habits** physical activity, eating habits, alcohol and tobacco use, sleep, rest **Good relationships** love, caring, support, fellowship, togetherness, confirmation, acceptance, appreciation, respect, be seen **Balance in life** demands/ resources, work/ homework/ leisure/ rest, personal disposable time/ time for others **Participation in life enjoyments** things that are meaningful and pleasurable, things that give rise to joy, pleasure, laughter, nourishment, energy and strength **Life control and mastery** control over life events, making one's own decisions, ability to act **Sense of meaningfulness** life's having a meaning, having a task to fulfil, a goal to strive for, sense of belonging, giving to others, spirituality **Sense of trust and confidence** life, future, ability, body, people, health service/treatment **Positive view of life** humour, joyfulness, contentment, longing, hope, belief in the future **Personal growth and development** self-realization **Realistic expectations** on one's body, ability, capacity **Appropriate handling of disease, trauma and negative events** (Absence of disease)