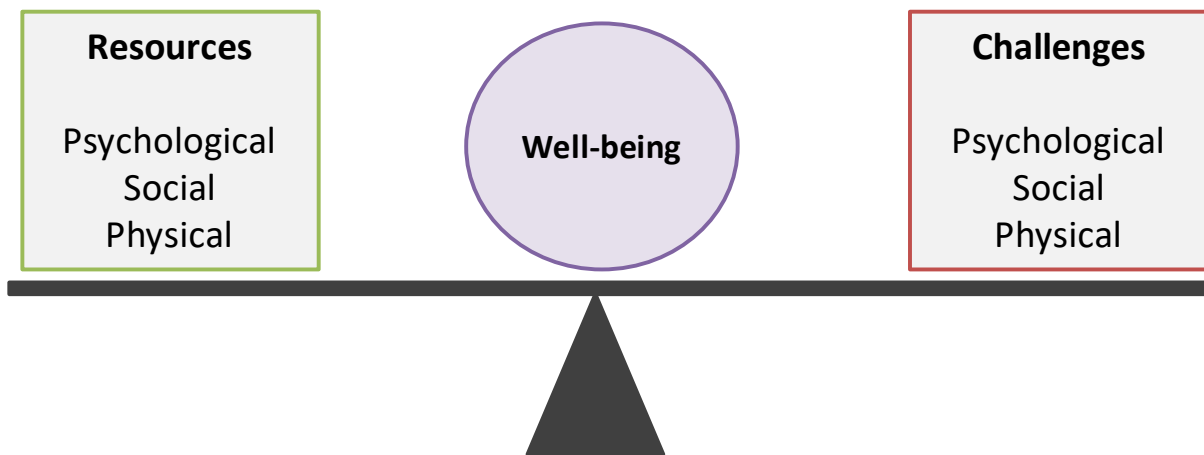


WHAT IS WELL-BEING?

Many people have defined well-being in different ways. Words such as 'happiness,' 'life satisfaction,' 'positive relationships' and 'realising potential' have all been used to describe some of the things that make up well-being. Cwm Taf Public Services Board has chosen to use the following **definition**,¹ where **well-being is:**

“The balance point between an individual’s resource pool and the challenges they face.”



In life, we face challenges every day. Well-being is when people have the psychological, social and/or physical resources they need to meet a particular psychological, social and/or physical challenge. When people have more challenges than resources, the see-saw dips, along with their well-being.

This definition is simple and can be applied to all individuals, regardless of age, gender or culture. It allows for the idea that each individual has their own resource pool which affects how they personally cope with challenges and experience well-being. It is also optimistic and shows how people can use their resources to take control of their lives when their see-saw dips.

¹ Dodge R., Daly A., Huyton J. & Saunders L. (2012) The challenge of defining well-being, International Journal of Well-being, 2 (3), 22-235