

**Health and happiness begin at home**

**WELLBEING NEEDS**

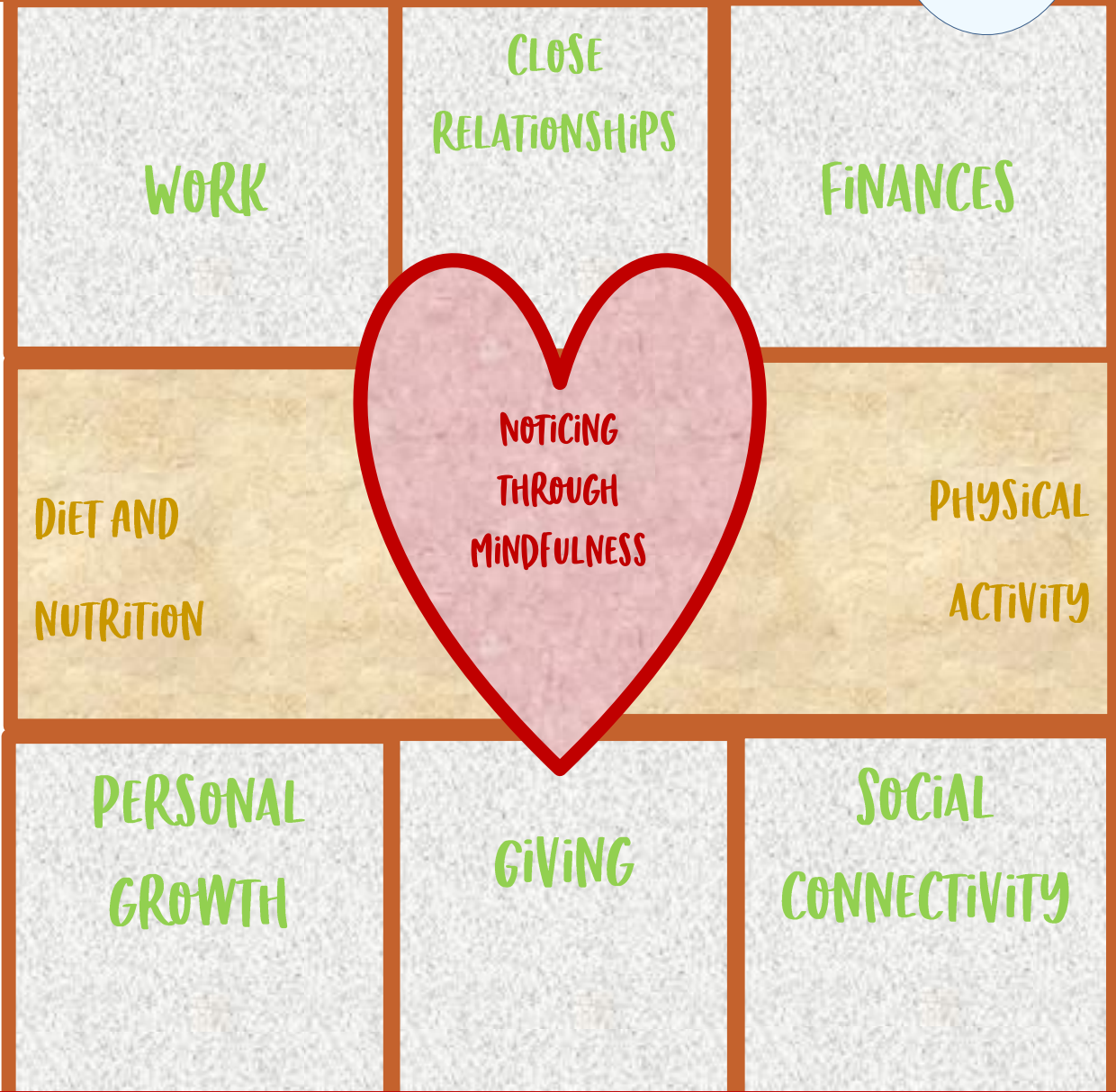
*Security, Stability, Space, Attention, Respect, Control, Autonomy, Acceptance, Appreciation, Engagement, Encouragement, Affection, Approval, Comfort, Support, Meaning, Purpose and Achievement*

**Head - thoughts (mental)**

**Heart – feelings (emotional)**

**Body – physical (lifestyle)**

**EXTERNAL (life events)**



**INTERNAL (subconscious)**

*Reason, Memory, Imagination, Body, Will, Perception, Intuition, Intellect, Rituals, Justification, Habits, Thoughts, Patterns, Beliefs, Values, Behaviour*