

# HEALTH & WELLBEING

\* WHO definition

**Health and Wellbeing** - A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

**Health** - Physical, social, mental, emotional and spiritual.

**Wellbeing** - A complex combination of all the dimensions of health, characterised by an equilibrium in which the individual feels happy, healthy, capable and engaged.

**Health and Wellbeing** - A person's physical, mental, emotional, social and spiritual existence characterised by an equilibrium in which the individual feels happy, healthy, engaged and capable.

## LIMITATIONS OF WHO DEFINITION

\* It doesn't give everyone the opportunity to be considered healthy. "complete" wellbeing in all dimensions is difficult to achieve and beyond the capacity of most people.

\* It does not mention an equilibrium → therefore, there is no balance between dimensions.

**Dynamic** - Health and wellbeing is constantly changing. These changes are out of control for the individual.

\* Health and wellbeing can be good one moment and then events such as accidents, illness, relationship breakdown and stressful events can alter the state of health and wellbeing very quickly.

**Subjective** - Health and wellbeing is influenced by or based on personal beliefs, opinions or feelings.

**Chronic Condition** - A condition that lasts a long time. It usually cannot be cured and requires ongoing treatment.

**Illness** - Illness is a concept that relates to negative aspects. It is a subjective concept related to personal experience of distress <sup>and injury</sup>. Illness can be influenced by factors such as an individual's pain tolerance & level of support available.

**Disease** - Disease is a physical or mental disturbance involving symptoms, dysfunction or tissue damage. It is a concept related to illness.

# Vce Health And Human Development Notes

**Arturo Cuomo**



## **Vce Health And Human Development Notes:**

Vce Health And Human Development Notes: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have captivated audiences this year. Vce Health And Human Development Notes : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Vce Health And Human Development Notes : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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