

What is Health and Wellbeing?

Worksheet

Health and wellbeing is a state of physical, mental, and social well-being that goes beyond just avoiding illness — it includes happiness, vitality, and meaningful relationships.

Questions

1. What is the main difference between health and wellbeing?
A) Health is mental, wellbeing is physical
B) Wellbeing includes mental and social aspects beyond just physical health
C) They mean exactly the same thing
D) Wellbeing is outdated terminology
2. Which is NOT a dimension of wellbeing?
A) Physical fitness
B) Emotional resilience
C) Financial wealth only
D) Social connections
3. Avoiding disease equals good health and wellbeing.
A) True
B) False
4. What does 'holistic health' mean?
A) Only physical exercise
B) Treating only the mind
C) Considering physical, mental, and social aspects together
D) Avoiding modern medicine
5. Sarah exercises three times a week, eats balanced meals, and meets friends regularly. What aspects of health is she maintaining?
6. A person sleeps 8 hours, has good relationships, but never exercises. Are they in full wellbeing?
7. Which is part of health and wellbeing: avoiding sickness, happiness, or both?
8. Define: Health and wellbeing
9. Define: Physical health
10. Define: Mental wellbeing

Answer Key

1. B) Wellbeing includes mental and social aspects beyond just physical health — Wellbeing is broader — it includes physical, mental, and social dimensions, not just absence of illness.
2. C) Financial wealth only — While money can support wellbeing, financial wealth alone is not a core dimension. Physical, mental, and social are the three pillars.
3. B) False — False — wellbeing goes beyond avoiding illness. It includes happiness, relationships, and life satisfaction.
4. C) Considering physical, mental, and social aspects together — Holistic means 'whole' — it treats the complete person across all life dimensions.
5. Physical: Exercise + balanced nutrition Mental: Emotional stability through routine Social: Friendships and community
6. Missing physical fitness component Physical health is incomplete without exercise True wellbeing requires all three dimensions
7. Wellbeing is more than just avoiding disease It includes happiness and life satisfaction Both are required for true wellbeing
8. A state of complete physical, mental, and social well-being; not just absence of disease.
9. Fitness, nutrition, sleep, and absence of disease; maintained through exercise and good habits.
10. Emotional stability, stress management, and psychological resilience.

Bounlu

All cards, step-by-step solutions and an AI tutor are in the Notek app.
Promy turns exam dates into automatic reminders.