Occupational wellbeing is the personal satisfaction and enrichment you get from your work and feeling good about the work you do.

Social wellbeing is our experience of positive relationships and connectedness to others.

Mental wellbeing relates to experiencing positive emotions, feelings of inner happiness, self-acceptance, life satisfaction and ability to cope with life stressors.

Financial wellbeing is the extent to which you are managing your current commitments comfortably and having the financial resilience to maintain this into the future.

Environmental wellbeing is about your sense of safety, comfort and connection with your physical surroundings.

Physical wellbeing is the lifestyle behaviour choices you make to ensure health, avoid preventable diseases and conditions, and live in a balanced state of body and mind.

Spiritual wellbeing relates to our sense of life-meaning and purpose, including our connection to culture, community, spirituality and the beliefs, values, mental models and ethics we hold.