



BODILY FUNCTIONS

10

- Feeling healthy
- Feeling fit
- No physical complaints and/or pain

MENTAL

WFI I -BFING

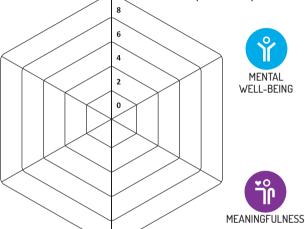
- Sleeping
- Eating
- Physical condition
- Physical activity

- Taking care of yourself **Knowing your limitations**
- Knowledge of health
- Managing time
- Managing money
- Being able to work
- Being able to ask for help



DAILY

FUNCTIONING



- Being able to remember things
- Being able to concentrate
- Being able to communicate
- Being cheerful
- Accepting yourself
- Being able to handle change
 - Feeling in control



- Social contacts
- Being taken seriously
- Doing fun things together
- Having the support from others
- Sense of belonging
- Doing meaningful things
- Being interested in society



- Enjoyment
- Being happy
- Feeling good
- Feeling well-balanced
- Feeling safe
- Housing circumstances
- Having enough money

- Having a meaningul life
- Having a zest for life
- Pursuing ideals
- Feeling confident
- Accepting life
- Being grateful
- Lifelong learning



