



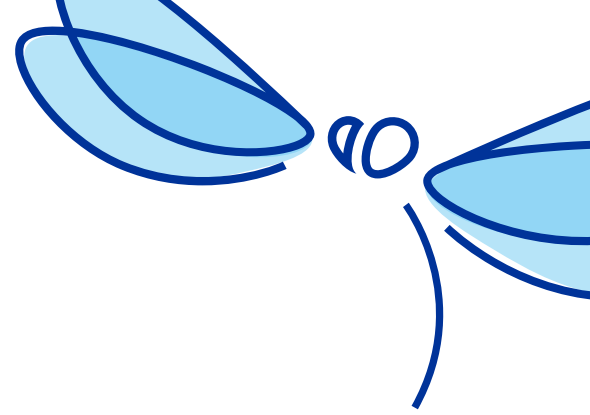
MENTOR TASK 5.3

Workshop: Health and Well-Being



Co-funded by
the European Union

Topics for today



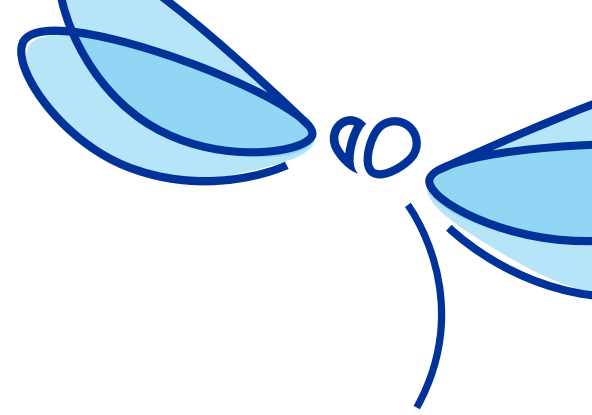
- Definitions of health
- Reflection of experiences with health and well-being
- Salutogenesis
- Resilience
- Improving of wellbeing

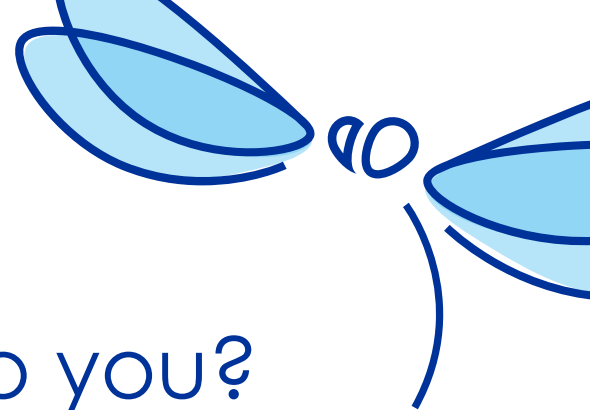
Gar
nicht
krank
ist
auch
nicht
gesund.



**not
sick at
all is
not
healthy
either**

**Carl
Valentin**





Definition of health

- What does health and well-being mean to you?
- How do you feel when you're healthy?
- How do you measure that?
- After which experiences do you feel good?
- What is mental health for you?

Take 10 minutes to write down your thoughts
20 minutes time for a I-You conversation

Health promotion Ottawa Charta 1986

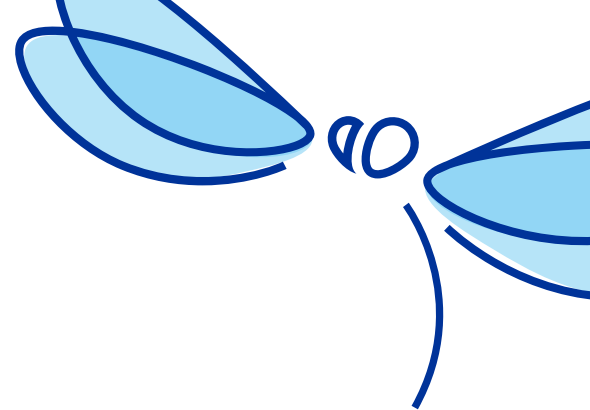


Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being.

What do you do to make you feel good?

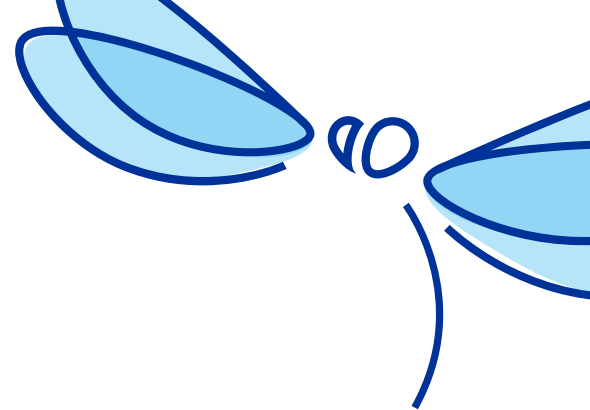
- Daily
- Weekly
- Regularly
- Yearly

10 Minutes on your own

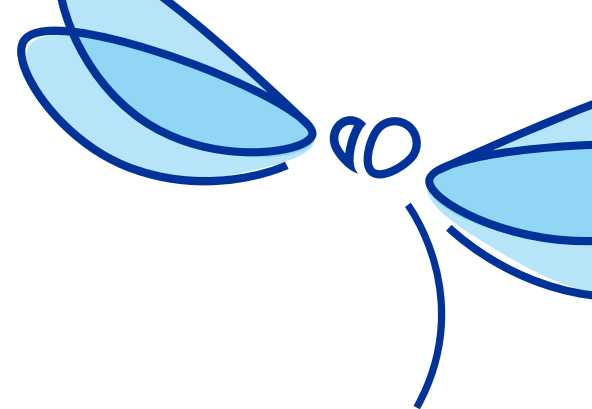


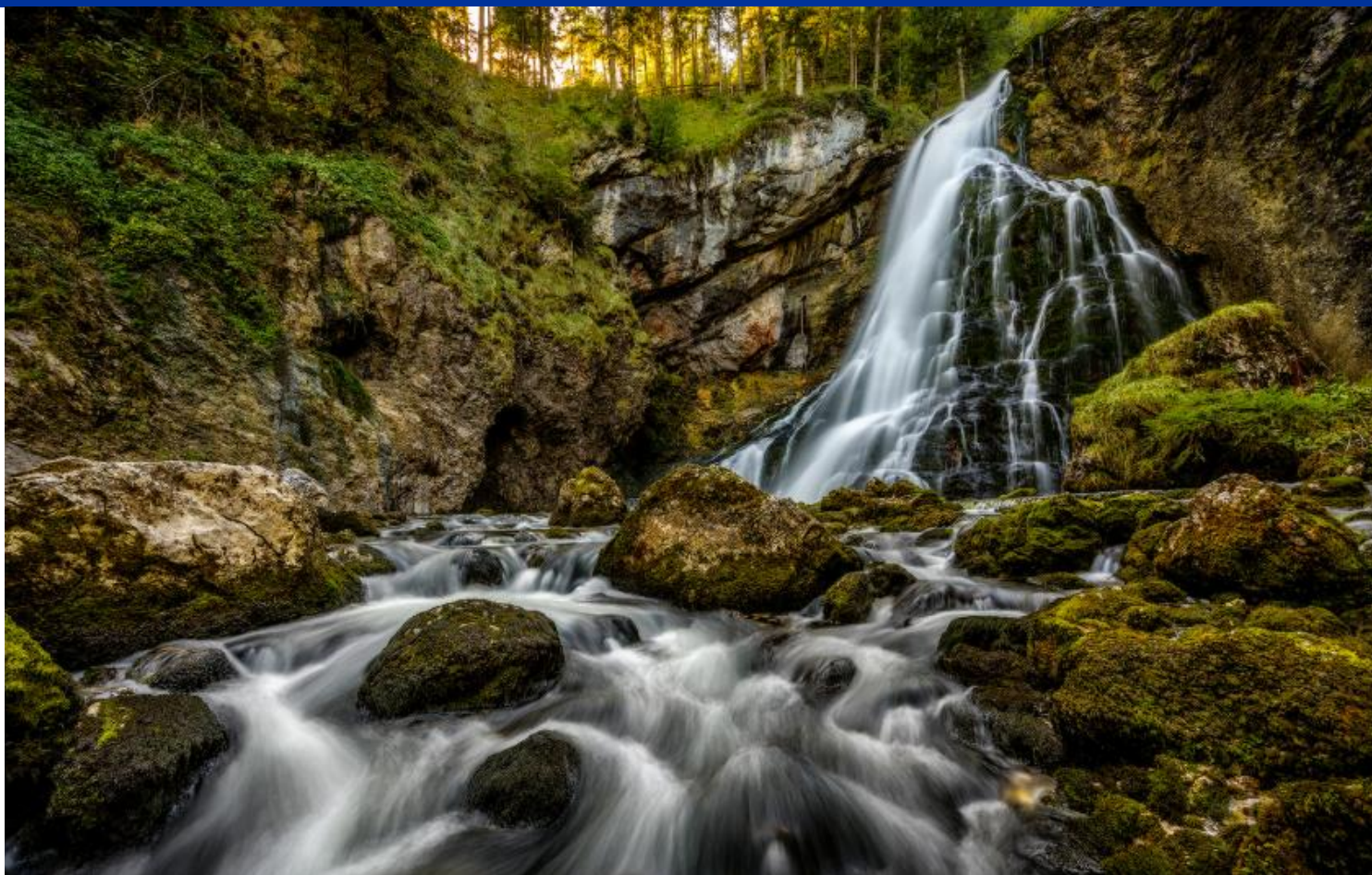
Salutogenesis

III?



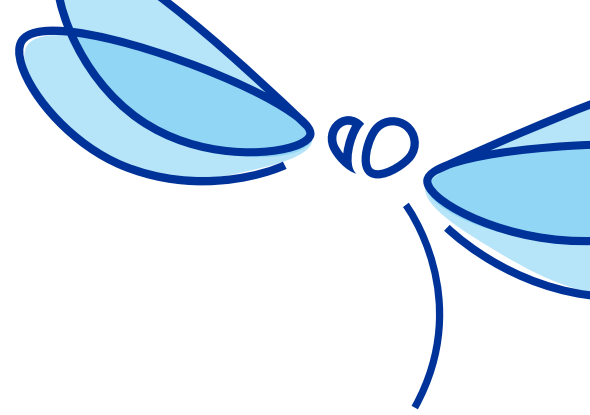
Healthy?





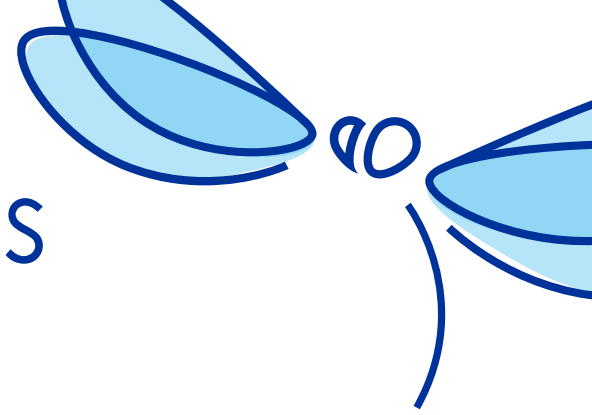
**Or always
both?**

Antonovsky



- Salutogenesis: Development of Health
- Aaron Antonovsky (1923-1994), Sociologist, 1979 „Health, Stress, and Coping“
- What keeps people healthy?

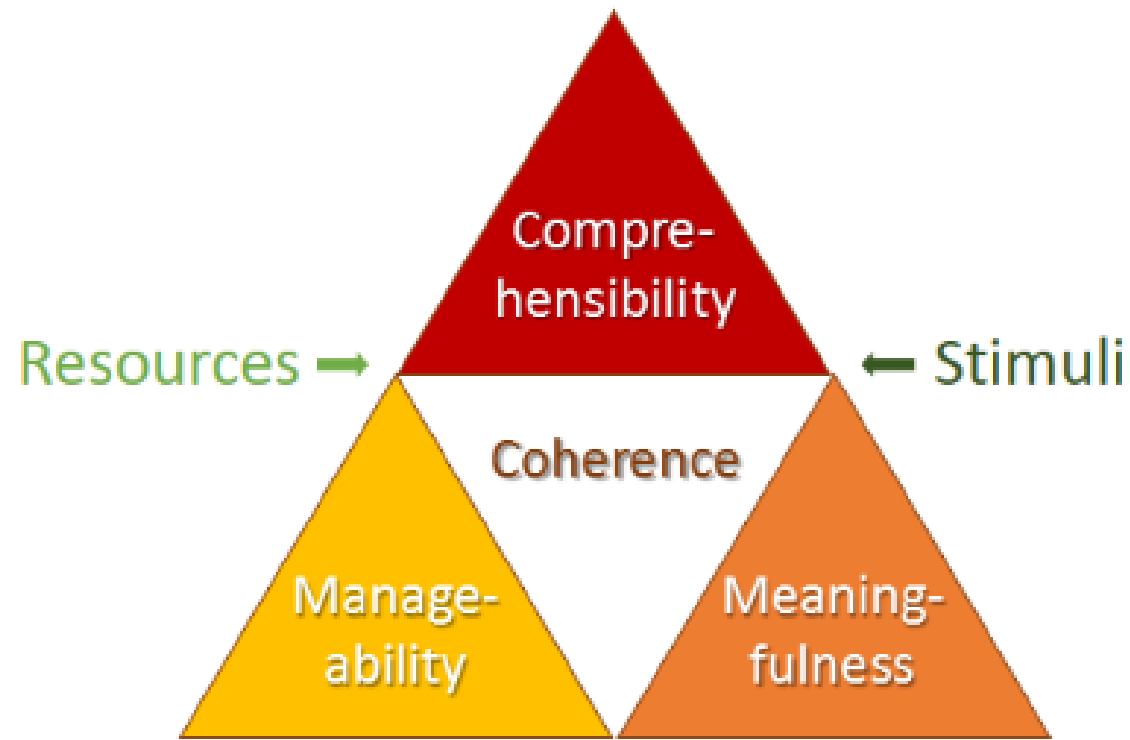
Salutogenesis Basic Assumptions



- The miracle of staying healthy
- Health and disease form a continuum
- Life means imbalance
- Stressors cannot be avoided
- Coping skills / resources Basis for dealing with

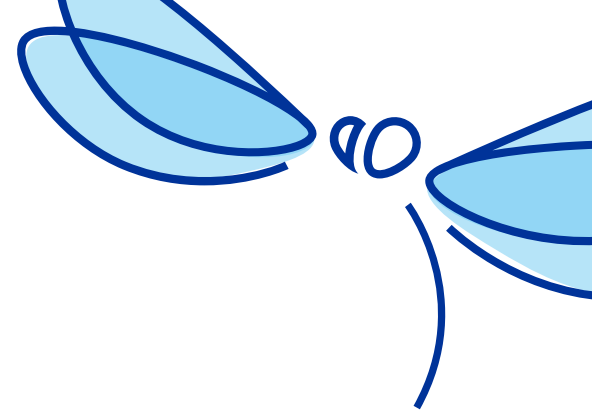
SOC- Sense of coherence

Salutogenesis concept
(Aaron Antonovsky)



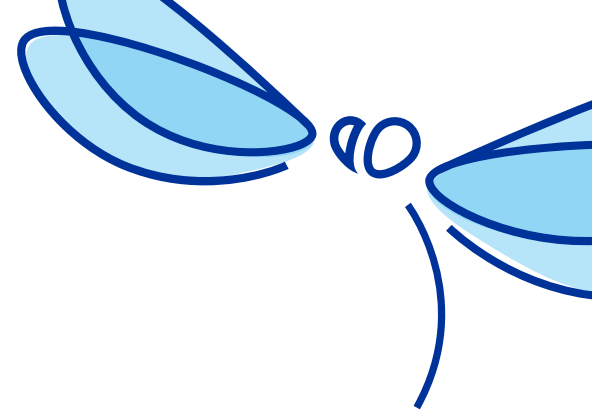
Reflection

- 10 minutes to think about examples for salutogenesis in your own life
- 20 minutes for exchange

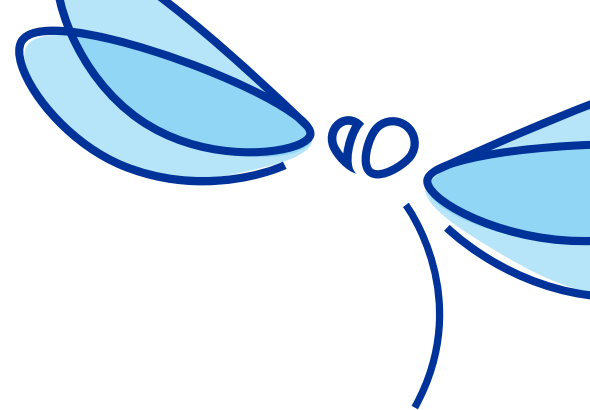


Resilience

The term "resilience" can be translated as "psychological resilience" and refers to the phenomenon that some people remain healthy despite pronounced stresses and risks or recover comparatively easily from disorders, while others are particularly susceptible to disorders and diseases under comparable conditions.



Resilience



The "Resilience Concept" comprises six pillars:

- Optimism
- Acceptance
- Solution orientation
- Taking responsibility
- Network orientation
- Planning for the future

How can I support others to feel well?



We look forward to your feedback on today's workshop!



<http://survey.iss.it/scic/index.php/955167?lang=en>