Well-being, Wellness and Happiness in Everyday life and in School Life
Erasmus Project

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INTRODUCTION

- Well-being and wellness are fundamental elements of a healthy, balanced and fulfilling life.
- They include **physical, mental, emotional and social health**.
- In today's fast-paced world, stress and pressure make well-being more important than ever.
- Schools play a key role in promoting well-being among young people.
- Students who experience well-being are more motivated, confident and engaged in learning.
- Developing well-being skills helps individuals succeed both at school and in everyday life.

Why Is Well-being Important in Everyday and School Life?

- Improves mental health and reduces stress and anxiety
- Helps students concentrate, learn and perform better
- Encourages positive relationships and teamwork
- Creates a safe, supportive and inclusive school environment
- Promotes healthy habits from a young age
- It helps students feel emotionally safe and supported at school.
- Well-being encourages positive behavior and reduces conflicts and bullying.
- When well-being is prioritized, both academic success and personal growth improve.

Benefits of Balance, Harmony and Well-being in Daily Life.

- Better physical health and energy levels
- Emotional stability and self-control
- Improved decision-making and problem-solving
- Stronger social connections
- Greater satisfaction with life and daily activities
- It helps people manage their time more effectively and maintain a healthy lifestyle.
- Living in balance and harmony increases inner peace and overall life satisfaction.

Well-being and Happiness.

- Well-being is strongly connected to happiness
- When people feel healthy, safe and valued, they feel happier
- Happiness is not only pleasure, but also inner peace and purpose
- Well-being helps people appreciate life and cope with difficulties
- People with high levels of well-being are more likely to experience lasting happiness.
- Well-being helps individuals handle challenges without losing a positive attitude.
- True happiness comes from feeling balanced, healthy and emotionally fulfilled.

Well-being and Self-Development.

- Builds self-confidence and self-awareness
- Helps people discover their strengths and goals
- Encourages personal growth and lifelong learning
- Supports emotional intelligence and resilience
- Motivates people to improve themselves and help others

Factors Affecting Young People's Well-being and Quality of Life.

- Family support and relationships
- School environment and academic pressure
- Friendships and social acceptance
- Physical health, nutrition and sleep
- Use of technology and social media
- Economic conditions and access to opportunities
- Peer pressure can strongly affect young people's mental health and self-esteem
- A supportive community helps young people feel valued , secure and included

Tips to Improve Well-being and Wellness at School.

- Maintain a balanced daily routine
- Get enough sleep and eat healthy food
- Practice respect, kindness and cooperation
- Manage stress with relaxation techniques
- Ask for help when needed (teachers, counselors, friends)
- Take short breaks during lessons to relax and refresh your mind.
- Participate in group activities and school clubs to build friendships and social skills.
- Practice mindfulness or deep-breathing exercises to reduce stress and increase focus.

Tips to Improve Well-being in Everyday Life

- Exercise regularly and stay active
- Spend time with family and friends
- Limit screen time and social media
- Practice gratitude and positive thinking
- Set realistic goals and take breaks
- Take time for hobbies and activities that make you feel happy and relaxed.
- Practice self-reflection to understand your emotions and personal needs better.
- Surround yourself with positive influences and people who support your growth.

Famous Quotes About Happiness

- "Happiness depends upon ourselves." – **Aristotle**
- "Health is the greatest gift, contentment the greatest wealth." – **Buddha**
- "Happiness is not something ready made. It comes from your own actions." – **Dalai Lama**
- "The purpose of our lives is to be happy." – **Dalai Lama**
- "Well-being cannot exist just in your own head." – **Noam Chomsky**
- "Happiness is when what you think, what you say, and what you do are in harmony." – **Mahatma Gandhi**

Conclusion

- Well-being and wellness are essential for happiness and success
- They improve school life, relationships and personal development
- By taking care of ourselves and others, we create a better future
- Prioritizing well-being and wellness helps us handle challenges with resilience and confidence.
- Healthy habits and positive attitudes create a more balanced and meaningful life.
- By promoting well-being at school and in everyday life, we can achieve greater happiness and personal growth.