Well-being and wellness in our lives

Apostolaki Sofia B5
Viskadourakis Lampros B5

Why is important to achieve well-being and wellness in our everyday lives and in school life

- Achieving well-being and wellness is important for overall health, happiness, and success. When we prioritize self-care, we become more resilient, focused and productive.
- In school it helps students: focus better, learn more easily, handle exam stress and have better relationships with classmates and teachers.

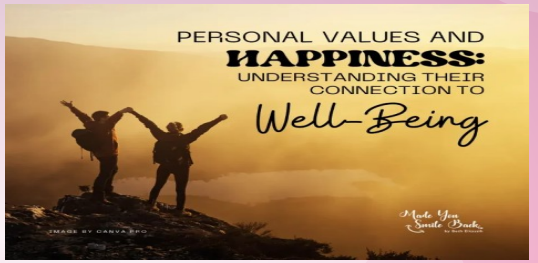


How can humans and their daily lives benefit from the accomplishment of balance, harmony and well-being

- Reduced stress and anxiety: Finding balance helps manage life’s challenges more effectively.
- Enhanced creativity and productivity: When we’re balanced, we tap into our creative potential.
- Better relationships: Harmony with ourselves and others leads to more positive connections.

How in my opinion well-being associated with happiness

- Well-being is like the foundation for happiness. When you've got well-being (feeling good about yourself, your relationships, your health), it's easier to feel happy.
- Happiness can support well-being, but it can't fully replace it. You can feel happy in a moment while still lacking well-being (for example, enjoying success while burned out or lonely).



How can well-being and wellness contribute to our self-development

Well-being and wellness play a central role in self-development because they create the physical, mental and emotional foundation we need to grow. When we take care of ourselves, we're simply more capable of learning, changing, and becoming who we want to be. Here's how they contribute:

- Mental clarity and self-awareness
- Physical health supports discipline
- Emothional balance and resilience
- Better goal-settings and motivation
- Healthier relationships



What factors affect the well-being of young people and the quality of life in general

- Mental and emotional health
- Physical health and lifestyle
- Education and school envioronment
- Family and relationships
- Technology and social media
- Economic factors
- Access to healthcare and support services



Suggestions and useful tips that can improve our well-being and wellness at school

Take care of your mental health

- Talk to someone you trust when you feel stressed (friend, teacher, counselor).
- Don’t be afraid to ask for help with schoolwork.
- Learn to manage strees with deep breathing or short breaks.

Manage your time wisely

- Make a simply daily or weekly schedule.
- Break big tasks into smaller steps.
- Avoid leaving homework and studying until the last minute.

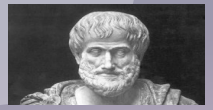
Build positive relationships

- Be kind and respectful to classmates and teachers.
- Avoid bullying and stand up for others.
- Work well in groups and support your peers.

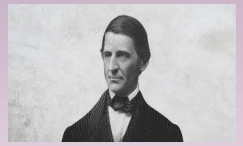


Quotes said by famous people about happines and its importance

1. “Happines depends upon ourselves.’’

-Aristotle 

2. “For every minute you are angry you lose sixty seconds of happiness.’’

-Ralph Waldo Emerson 

3. “Success is not the key to happiness. Happiness is the key to success’’

-Albert Schweitzer 