

## C6: Enhance wellbeing through employment & volunteering

### The benefits of Work for Health and Well-being

### The link between Health, Work and Well-being





Just as **Work** can have a **negative** impact on **Health** and **Well-being**, the absence of **Work** (or other activities which provide the work benefits listed above) will also **negatively** impact on **Health** and **Well-being**.

Therefore engaging in **Work** which is supportive, safe and rewarding (or other work-related activities – see definition on next page) at even a small level will have a **positive** impact on your **Health** and **Well-being**.

### **What do we mean by these terms?**

- Well-being:** *The subjective experience of health.*  
A sense of being in balance and in control.  
Vitality, Purpose, Satisfaction, Contentment and Fulfilment.  
It relates to all areas of life: physical, material, social and emotional.
- Health:** Physical and mental fitness and energy.  
Being able to do the things we want or need to do.  
It can be in the presence of ongoing symptoms.
- Work:** Labour or Productive activity.  
Directing mental and physical exertion or effort to produce or accomplish something; using skills and knowledge.  
A way of contributing to society; whether paid or unpaid.  
It can include employment, family responsibilities and caring, volunteering or education and training.