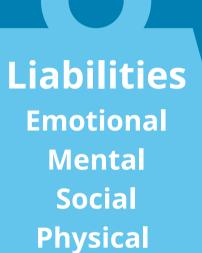
Definition of wellbeing The resources and challenges model



Wellbeing is a delicate balancing act between our resources (ASSETS) and our challenges (LIABILITIES) When the extent of our challenges overwhelms our resources, our wellbeing dips When our resources are underutilised, our wellbeing dips



Adapted from Dodge, Daly, Huyton & Sanders 2012









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