







Wellbeing Elements - Self Assessment

Element	What is it about?	My established practices	My practices to strengthen
 <p>Spiritual</p>	<p>Honouring the dignity of every person, made in the image and likeness of God, grow in self-awareness of their spiritual life as well as the spiritualities of others. In dialogue with the Catholic tradition and for the sake of human flourishing.</p>		
 <p>Emotional</p>	<p>Recognising and managing one's emotions, fostering positive feelings, and developing emotional resilience and optimism, with a focus on mental health and wellbeing.</p>		
 <p>Social</p>	<p>Building and maintaining meaningful connections, creating inclusive and diverse workplaces, fostering a sense of belonging and support within teams and the community.</p>		
 <p>Physical</p>	<p>Promoting individual physical health through balanced nutrition, regular physical activity, sufficient rest, and lifestyle habits that support overall wellbeing and vitality.</p>		
 <p>Growth</p>	<p>Engaging in mentally stimulating activities, continuous learning, and the pursuit of knowledge. Understanding professional autonomy and agency in the capacity of an individual's role.</p>		
 <p>Workplace</p>	<p>The creation of a work environment that is both fair and safe, promoting equity for all employees, while minimising risks and hazards.</p>		