

Optimising Women's Wellbeing



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**Communities
and countries,
and ultimately
the world, are
only as strong
as the health
of their women**

Michelle Obama

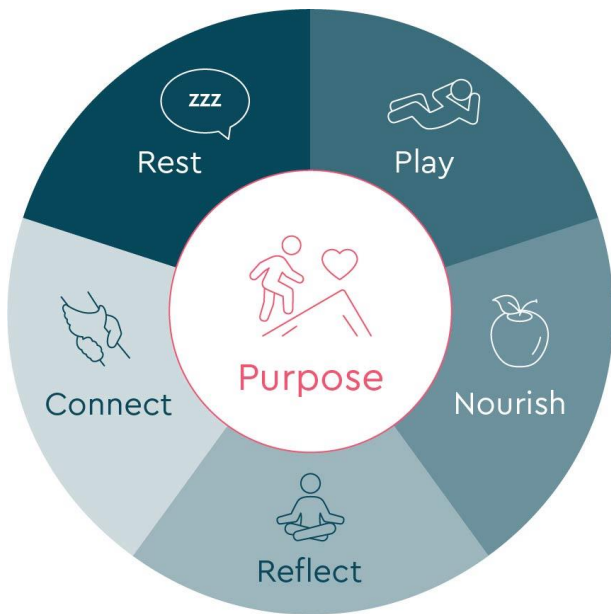
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Women's lives have changed significantly over time. The average lifespan of a woman in 1920 was just over 50 years. One hundred years later, the life expectancy of women is 83 years and the number is on the rise.

Not only are women living longer, they can also anticipate enjoying a better quality of life if they take care of their health and wellness.

The concept of wellbeing brings together not just physical health, but also our social, financial, vocational, and psychological health.

We believe there are six key factors that are critical for women to optimise their wellbeing.



Take time to identify where you might benefit from some additional attention ... then don't be shy about making yourself a priority!

Jada Pinkett Smith was on the money when she said "You always have to remember to take care of yourself, first and foremost. Because when you stop taking care of yourself, you get out of balance and you really forget how to take care of others".

If you need support on your wellbeing journey or want more ideas to take care of yourself, we're here to help.

Purpose – is fundamental to overall wellbeing. People living a meaningful life have stronger personal relationships, fewer physical health problems, improved mental health and healthier lifestyles. A sense of purpose is created by having goals in life, a sense of direction and holding beliefs that give our life meaning.

Rest – and sleep are critical to good health. Our minds and our bodies need time to rest and recover so that we can enjoy life to its fullest. Getting sufficient good quality sleep is one of the most important ways to look after our wellbeing. In addition, taking regular breaks and 'turning off' from devices are valuable to helping us to reset.

Play – is not just for children! We have so many commitments that there might not feel like there is any time left for play. Engaging in regular play can add joy to our lives, relieve stress, enhance our learning and connect us to others. Play might be exercising with others, engaging in a game, sharing a joke with a friend – it doesn't matter too much as long as you have fun and enjoy yourself.

Nourish – without the right supply of nutrients, we may become unwell, lose strength, or succumb to major illness. To maintain health, we need to consume a mix of seven different nutrients: water, fibre, proteins, carbohydrates, vitamins, minerals, and fats. Eating a diet rich in healthy and wholesome foods will directly improve the way we feel and can also impact our mood.

Reflect – on a regular basis to increase self-awareness, self-acceptance, confidence, and inner peace. Taking time to reflect is a healthy way to consider and change behaviours that concern you. The goal is not to judge your past choices, but to learn from them and to make whatever changes you feel are appropriate.

Connect – with those important to you often! Connecting with others and building good relationships are important for our mental wellbeing. Family, friends, neighbours, and the wider community all play an important part in our overall wellbeing. Having strong social connections in our life can increase our feelings of happiness and self-worth.