

Glossary of well-being dimensions

A

Absorption: Vivid imagination, experiences of high awareness and highly responsive to stimuli.

Acceptance: Being able to accept situations and outcomes that cannot be controlled and an ability to forgive oneself and others.

Achievement: Ambition, effort, challenging tasks, persistence and hard work.

Achievement at work: How well somebody performs at work at the degree to which it is recognised.

Activation: How enthusiastic, motivated, energetic or excited a person is.

Affection: The love one gets for being who they are.

Affective suffering: Emotional aspects of depression, such as tearfulness.

Aggression: Having a confrontational temperament towards others.

Agitation: Age related anxiety, restlessness or a generally dysphoric mood.

Alcohol consumption: On average, how many units of alcohol a person is consuming.

Alienation: Feelings of being exploited, mistreated, betrayed or unlucky.

Anhedonic depression: The inability to experience pleasure from activities usually found enjoyable and low positive affect.

Anxiety: A state of mental tension, stress, worry, strain and nervousness.

Anxiety/depression: Whether an individual is extremely, severely, moderately, slightly or not at all anxious or depressed.

Anxious arousal: Feeling dizzy, shaky, faint, numb or sweaty.

Attachment: The ability to interact with others for support, contact and love.

Attitude towards aging: How an individual evaluates the age related changes occurring in their life.

Autonomy: Confidence in one's independence.

B

Bad mood: Feelings of sadness/melancholy and a possible inability engage with humour.

Behavioural confirmation: The feeling to have done "the right thing" in the eyes of relevant others.

Being at peace: A person's general sense of being at peace.

Breathing: Able to breathe normally, without shortness of breath or other difficulties.

C

Cheerfulness: Positive affectivity, in terms of being in good spirits and feeling merry.

Civic action: Citizenship and community involvement and democratic participation.

Cognition: Able to think, remember and problem solve clearly.

Comfort: The absence of physical discomforts such as pain, hunger or cold

Community and services support: Good and safe neighbourhood, available resources and other services.

Community well-being: Support provided by and to the community surrounding individual.

Competence: Ability to carry out usual activities in life.

Confusion-bewilderment: A negative mood categorised by disorientation.

Contentment: General gratification with life.

Control: A person's ability to be independent.

Creativity: Satisfaction with your ability to express yourself through hobbies or everyday activities.

D

Depression: The assessment of symptoms largely associated with depression or depressive episodes, such as: anxiety, agitation, tiredness, poor appetite and not feeling like oneself, or just general feelings of being depressed.

Depression/happiness: A continuum with feelings of depression at one end and feelings of depression at the other

Dexterity: Functional use of hands and fingers.

Discomfort and symptoms: Physical pains, aches, nausea or itching.

Distress: Feeling anxious, stressed or nervous.

Downward social comparisons: The belief that your fortune is worse than another person's.

E

Eating: Able to eat normally without help from others.

Eco-awareness: The extent to which an individual is enriched by, and or nurtures the natural physical and biological environment around them. This may include an individual feeling personally connected with nature and in awe of it.

Elimination: Problem free bladder and bowel functioning.

Emotional reaction: The extent to which things get you down, the ability to enjoy yourself and how easily you lose your temper or control.

Emotional well-being: The emotions, affects or feelings that a person has about their life, including their happiness, sadness and self-regard.

Energy level: Feelings of tiredness and running out of energy easily.

Enjoyment: Enjoyment, pleasure and fun gained from undertaken activities.

Environmental mastery: The capacity to manage effectively one's life and surrounding world.

Environmental quality of life: Satisfaction with external living conditions and having the economic resources to meet a person's needs.

Existential well-being: An overall sense of existential life satisfaction.

F

Faith/belief: Trust in god or a supreme being, and an afterlife.

Family: Quality of relationships with parents, siblings and other family members.

Fatigue-inertia: Feelings of mental and physical tiredness.

Financial distress/well-being: The stress, satisfaction, worry and limitations that arise from a person's financial position.

Financial situation: Satisfaction with one's monetary situation.

Fitness: How physically fit and energetic a person is.

Friendliness: How socially warm a person is towards others around them.

Friendships: Number and or quality of close friendships.

Fulfilment of needs: Generally how well a person's self-defined needs are being met.

Functional well-being: The ability, or inability of an individual to undertake activities of life, generally or as the result of some condition of life.

Future life satisfaction: The fulfilment that an individual anticipates later on in their life.

Future security: Thinking about the future without any concern.

G

General coping: Able to relax, see the positive light and move on when feeling stressed.

General health: How generally healthy an individual thinks they are, and not limited to physical quality of life.

Global affect: Whether an individual is calm, happy, peaceful, relaxed and enthusiastic.

Goal congruence: The extent to which a person believes they have achieved the objectives in life they have set themselves.

H

Happiness: The extent to which a person reports that they are a happy person.

Harm avoidance: Feelings of risk aversion.

Hearing: Ability to hear speech normally.

Home: Satisfaction with where you live, in terms of its physical characteristics.

Home life: Quality of the relationships with people who you live with.

Hope: A future oriented evaluation concerned with ambition and confidence concerning things that may come a person's way.

Hostility: Feelings of aggression, rage and annoyance.

House-keeping: Able to cook, clean and complete jobs around the home.

I

Illness: Reliance on medication, aids, treatment.

Independent living: Whether a person is able to look after yourself, complete household activities unaided, and being physically mobile.

Inner balance and biological order: How balanced a person would assess their inner state health to be.

Inner haven: The ability to tap into an inner calm, strength and peace

Intellectual wellness: The presence of activities that satisfy intellectual appetite and the energising feeling that results from this stimulation.

Interactive function (salutogenic): The interaction between an individual and their environment. This includes elements of health that are more focused on the context.

Interests/hobbies: A person's experience of sports, arts and crafts and DIY type activities.

Inter-personal functioning: Able to respond and relate well to family, friends and groups.

Intrapersonal characteristics (salutogenic): Interactions between different internal sub-systems, such as tension, energy levels and states of morale.

L

Learning: Acquisition of intellectual and practical knowledge through formal and informal forms of education.

Leisure situation: How satisfied a person is with the leisure time that they have.

Life engagement: The phenomena of being lost in a highly absorbing life activity, where time may pass more quickly and attention is highly focused.

Life meaning: How significant an individual perceives their life to be.

Life purpose and satisfaction: How satisfied a person is in themselves and their activities, and the sense of life purpose in life that they have developed as a result.

Life satisfaction: The cognitive, overall evaluation individuals make about the satisfaction they have with the life they are living.

Life satisfaction/ self-actualisation: Believing in your own spirituality, meaning and purpose.

Life/self-responsibility: Being able to set goals and make decisions.

Life-scheme: Alienation, in terms of knowing who you are, where you fit in and what your purpose is.

Lonely dissatisfaction: Feelings associated with having few social connections such as the worthiness of life and sadness.

M

Mental alertness: How well a person is able to get started, take on challenges and the effort that they put in.

Mental functions: The ability to think and remember clearly.

Mental health/symptoms: The extent to which a person is mentally healthy, or the presence of specific symptoms of mental illness.

Mobility: The ability of physical movement and ambulation.

Mood tone: Taking pleasure from life and expressing a happy and optimistic temperament.

Motivation: A loss of interest, drive and enjoyment in life.

N

Need for relatedness: The pursuit of social connectedness, both in terms of the support that a person receives and the love and care they provide for others.

Negative affect: Undesirable emotional states such as anger, anxiety, sadness and grief.

Neighbourhood: Satisfaction with your immediate local environment, including access to green spaces, exposure to crime and the services available.

Nothingness: How lost a person feels, and the extent to which their ongoing life feels aimless or empty.

Nutritional balance: The amount of fibre, fruit, vegetables or high in fat foods a person consumes.

O

Objective factors: How an individual would assess themselves against non-subjective aspects of life such as their status or what they have achieved.

Occupational functioning: Being able to carry out usually activities, specifically those such as those that are linked to paid and unpaid work (employment, school and housekeeping activities).

Optimism: The tendency to expect positive outcomes in the future, opposed to negative expectations.

P

Pain: The experience of physical bodily distresses.

Parenting: How important a person's role as a parent is to them, and how well they believe they have been raising their children.

Partner relations: Quality of intimate, romantic and sexual relationships with another.

Past life satisfaction: The degree of life satisfaction a person has experienced in the past.

Peace of mind: A peaceful life, and an understanding of its meaning.

Personal fulfilment: Feelings of balance, dignity, experiencing sexuality and the arts.

Personal growth: The process of self-development, realising your own potential and the development of either a boring or interesting life.

Personal growth and autonomy: Confidence making decisions, expressing one's self and being goal-oriented.

Personal safety: How safe an individual feels in their current environmental context.

Philosophy of life: Having a set of guiding values, goals and beliefs.

Physical activity: The extent to which a person physical exerts themselves or is involved in exercise or other high intensity activity.

Physical and mental well-being: An overlapping assessment of both physical and mental functioning, including fitness, energy, mood and self-esteem.

Physical functioning: Vigorous activities, moderate activities, lift, climb, bend, walk, bathe and dress.

Physical senses: The quality of a person's vision, hearing, communication.

Physical well-being (overall): Overall physical health/well-being.

Pleasure: The pursuit or attainment of favourable sensory stimuli, and the maximised enjoyment of experiences.

Positive affect: Positive emotions such as joy and excitement.

Positive readiness and expectancy: A sense of direction, optimism, belief that life has value and the ability to recall positive events.

Praise and Respect from others: The extent to which others recognise and acknowledge a person.

Psychological and Spiritual Well-Being: Satisfaction with self, life in general, achievement of goals, faith in a higher power and peace of mind.

Psychological well-being (eudaimonic): psychological well-being as conceptualised from the perspective of eudaimonic theory, broadly concerning the meaning an individual has in their life.

Psychological well-being (other): Psychological well-being conceptualised as sleep, feelings and pain.

Psychological well-being (overall): Overall mental, cognitive and emotional quality of life.

Psycho-social flourishing: A combination of good quality positive social relationships and living life with purpose.

Purpose in life: The presence of life goals, a direction and the belief that life has meaning.

R

Realizing life potential: How well a person is realising their deepest dreams and desires.

Recreation: A person's experience of leisurely activities.

Regret: How proud, upset, guilty or satisfied a person is when evaluating their past.

Relationship with children: Quality of the relationship you have with your children.

Relationships: The quality of person's social connections.

Relaxation: Whether or not an individual feels calm, confident and at ease.

Religious well-being: The relationship a person has to god.

Resolution and fortitude: The extent to which a person accepts responsibility for their life.

Role: Able to do all the things that make you feel valued.

Role-emotional: The extent to which feelings of sadness, anxiety or depression have limited activities or accomplishments.

Role-physical: How difficult it is to complete physical activities, and the specific limitations and time taken as a result.

S

Satisfaction of material needs: Having enough money to do the things a person wants to do.

Search for meaning: Pursing some form of significance and purpose in life.

Self-confidence during stress: The level of anxiety, frustration and fear that a person experiences when they are under pressure or in difficult situations.

Self-discovery: The depth of inner reflection and a search for meaning in life, in order to discover more about the self, grow and heal.

Self-esteem: The positive and negative feelings a person has about themselves.

Self-regard: Like and respecting yourself.

Self-acceptance: The ability to accept the good and bad qualities of yourself, personal qualities and past events.

Self-care: Ability to look after one's self.

Self-control: Whether a person is emotionally stable and in control of their actions, behaviours and thoughts.

Self-efficacy: The belief in one's capacity to overcome problems.

Self-realisation: The opportunity for an active participation in activities that make a person happy or satisfied.

Self-satisfaction: The degree to which a person has done the things that they have wanted to do.

Sensation seeking: The pursuit of new or novel, and possibly risky experiences.

Seriousness: A frame of mind within which a person is attentive, sober and objective in their perspective, and earnest.

Sex life: Satisfaction in a person's sexual life.

Sleep: The duration and quality of sleep a person has, and how refreshed it leaves them feeling.

Social acceptance: Individuals who illustrate social acceptance trust others, think that others are capable of kindness, and believe that people can be industrious

Social actualisation: The belief in societal progression and potential for continued evolution towards greater progress.

Social and economics: Satisfaction with friends, support network, neighbourhood, home, employment, education and financial needs.

Social closeness: Sociability, socially warm and welcoming of social support.

Social coherence: The ability to make sense of the society we live in and a concern for what goes on within it.

Social commitment: The extent to which a person is committed to the solidarity, harmony, and norms of the group.

Social contribution: The belief that a person is a vital member of society, with something meaningful to contribute to the world.

Social function: The extent to which a person is able to interact in social settings with friends, family and others.

Social integration: The evaluation of the quality of a person's relationship with society and community.

Social isolation: Whether an individual has much social contact with others, any close relationships, and their feelings of loneliness.

Social potency: Enjoying social visibility, being in charge and dominance.

Social service: Pro-social behaviour towards others who would not be classed as friends or relatives.

Social/emotional support: The availability of a trusted network of people able to provide assistance and comfort.

Social well-being (overall): Overall social quality of life, in terms of a person's link to other people and society on the whole.

Somatic symptoms: Soreness, pains, faintness, aches.

Speech: Able to speak normally, without difficulties.

Spiritual fulfilment: Experiences of faith religiosity, and transcendence beyond ordinary material life.

Spiritual symptoms: Harmony, purpose, reason for living, peace of mind, productive life, peaceful, able to reach deep down into yourself for comfort.

Spiritual well-being (overall): An assessment of the overall spiritual quality of a person's life, including their spirituality, peacefulness, faith and the connection they have to some spiritual resource.

Spirituality: Finding comfort in religion or spiritual beliefs, spiritual strength and belief that a higher power looks after you.

Stability: The desire for a sense of continuity in life, in terms of friends, work and location.

Status: The social approval afforded to those with socially desired resources such as money, power and education.

Stimulation: Activation which produces arousal, including mental and sensory stimulation and physical effort.

Stress reaction: Prone to worry and guilt, tense and being easily upset.

Symptoms: A range of symptoms linked to disease conditions, including but not limited to blindness, coughing, sleep problems, and anxiety.

Symptoms of stress: How calm an individual feels, how much energy they have, and their experiences of depression, happiness and pressure.

T

Temporality and future: The presence of goals, a positive outlook on life and feelings about the future.

Traditionalism: Advocating high moral standards and traditional ideals.

Transcendental spiritual: The relationship and faith a person has with some higher power, such as god or some other transcendental idea.

Trust: Trusting in a larger plan, and a belief that things happen as they do for a reason.

U

Usual activities: Able to carry out day to day activities such as work, studying and leisure without difficulty.

V

Vacations: The ability to spend leisurely time away from home.

Vigour-Activity: Feelings of excitement, energy and alertness.

Vision: Able to see normally without difficulty.

Vitality: A person's vigour, energy and liveliness.

W

Well-being (overall): A global assessment of overall quality of life.

Work: Satisfaction with your occupation and the work that you do.

Z

Zest for life: A person's enthusiasm towards activities, other people and ideas.