

Wellbeing indicators

Psychological wellbeing – positive functioning	Feelings of being in control
	Feelings of being competent (and seen by others to be competent)
	Energetic
	Purposeful
	Developing oneself
	Connecting with others through shared beliefs and outlook
	Secure with personal limitations
Emotional wellbeing	Experiencing positive emotions and moods
	Absence of negative emotions and moods
	Feeling even-tempered
	Relaxed
	Optimistic about the future
Social wellbeing Feelings of being confident	Feelings of being accepted
	Safe and supported within and through social relationships
	Supporting others through social relationships
Physical wellbeing Feelings of physical health	Confidence in and enjoyment of physical activity
	Feelings of physical comfort
Biophilic wellbeing – connection to nature	Feelings of closeness to the natural world
	Being engaged in a relationship with nature