

Question 18 (7 marks)

Explain a range of factors that can impact on health and wellbeing.

7

A persons health and wellbeing ~~it~~ has many factors. They include a persons physical, mental, social, emotional and cultural/spiritual wellbeing. Each of these factors can all interrelate with each other. If a persons physical health is not very good, this could affect their mobility. Not being able to move around and walk affects a persons emotional health. They are feeling depressed and feel as though they have lost their independence. This affects their social health by withdrawing from family and friends, and not attending any social activities. Without having a social life and feeling emotionally and physically drained all the time, could affect their mental state by developing serious depression and suicide thoughts. This affects their cultural and spiritual health by giving up on what they believe in.