Health sheet

1. What does health mean to me?

Choose the definition that feels best for you. Put an X against one or write your own definition.

• Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (WHO)

• Health is feeling well and having the personal resources to meet the demands of the day and to be able to achieve your personal objectives.

• Health is the ability to achieve what is a high priority in your life. (Nordenfelt, philosopher)

• Being healthy means being able to do all the good things in life. (Freely after Margareta Krook)

2. What promotes health?

Discuss in the group: Which factors promote health?

Write down what feels most important, 3-10 factors.

3. Happy at work?

What’s the most important factor in terms of being happy at work? Feel free to discuss and agree on the 3-5 most important factors. Circle them. Feel free to make additions and add comments.

Responsibility

Working hours

Colleagues

Tasks at work

Pay

Managers

Involvement

Sharing of experience

Feedback

Keep-fit activities

Fellowship

Job satisfaction

Health checks

Information

Communication

Sense of meaning

Employee appraisals

Clarity of objectives

Reflection

Results

Collaboration

Support

Time

Pleasant environment

Development

Other:

4. How would I like to work (ideal situation)?

Describe how you’d like your workplace to be to make you feel

as well as possible.

5. What’s it like at your workplace right now?

Compare this with how you’d like it to be.

6. What do we need to do to move closer to our ideal situation?

Objectives and activities