

Wellbeing Literacy defined and Wellbeing Literacy Resources Mapping Sentence.

Wellbeing Literacy can be defined as the ability to aid recognition, and advance the development and intentional use of characteristics, practices and tools for and about wellbeing.

Wellbeing literacy includes knowledge and skills, self-regulation (awareness, attention, emotions and behaviours), energy and aliveness, and mindsets and values that support personal, societal and environmental wellbeing.

A **Wellbeing Literacy Resource (WLR)** is a characteristic, practice or tool of an individual, group, community or society that is effective in shifting and sustaining personal, societal or environmental wellbeing at more desirable levels.

