

2.3.4. (a) Holistic health, development and well-being across the life cycle

The Welsh Government aims to make the health and social care, and childcare system in Wales sustainable through a holistic health approach.

Holistic health

- Rather than focusing on illness or specific parts of the body, this approach to health considers the whole person and how they interact with their environment. It considers the connection of mind, body and spirit.
- Individuals accept responsibility for their own level of well-being, and everyday choices are used to take charge of one's own health.

A holistic health approach to life forms the basis of the health and social care, and childcare provision in Wales.

The WHO's definition of holistic health

A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

Physical health is linked to general fitness levels and being able to do physical tasks, being active, and having plenty of strength, endurance and flexibility, balance, agility and co-ordination. It also means having fewer illnesses, injuries and diseases.

Emotional health is linked to personal well-being. Being emotionally/mentally healthy is about having good self-esteem and self-respect, being able to express feelings and manage emotions and generally feeling positive and happy.

Social health contributes to well-being and it is about the ability of individuals to interact with others, having a sense of belonging, having respect and empathy for others, managing emotions in different situations, recognising and managing the effects of certain actions on others and being aware of their own rights and responsibilities.

