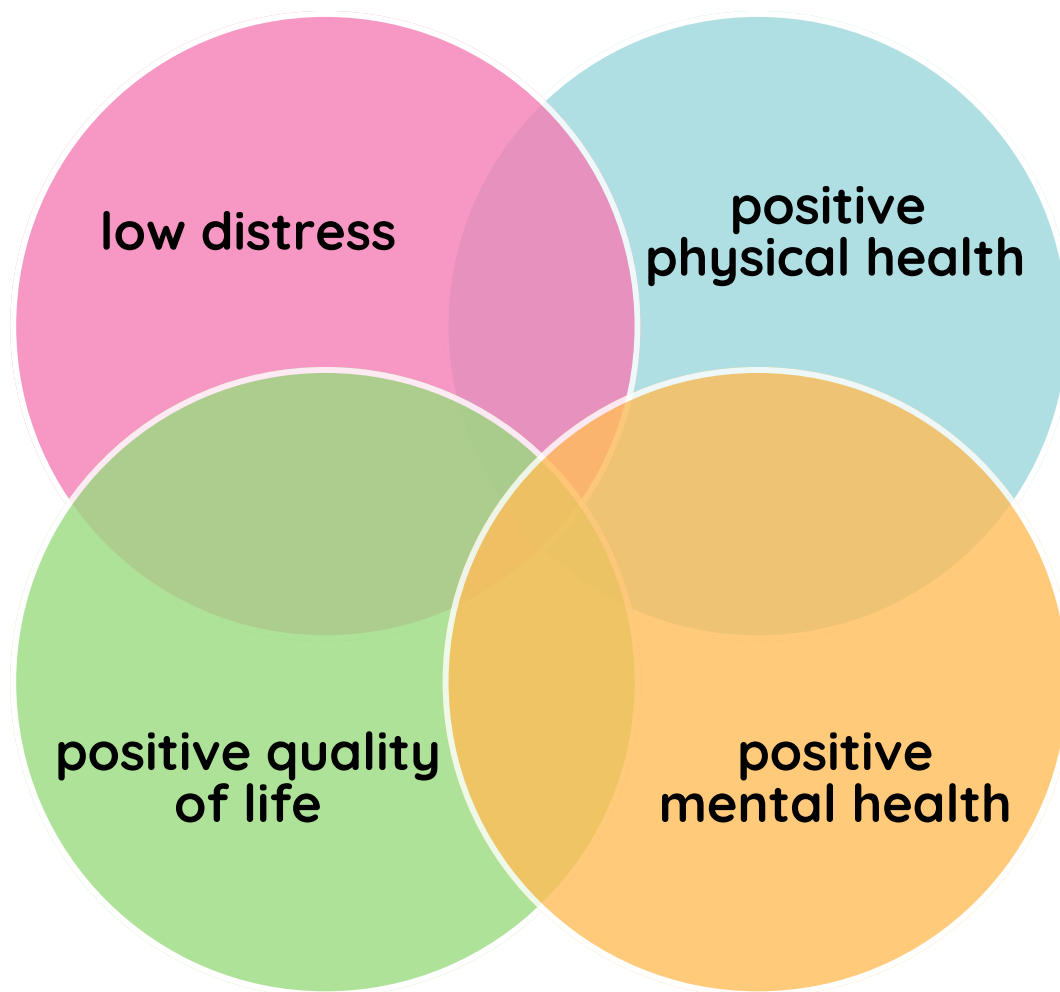




What is
Wellbeing



“a state of happiness and contentment, with low levels of distress, overall good physical and mental health and outlook, or good quality of life.”¹