



ABSOLUTE
HEALTH SERVICE

WHY IS THE ABSENCE OF DISEASE NOT ENOUGH TO ACHIEVE WELLBEING?

Think of disease, injury or illness as golf balls in a jar.

You seek treatment, and eventually, hopefully, the *golf balls* are removed. Whether treatment is medication, surgery, dietary changes, exercise etc., they serve to 'remove' the *golf balls*.

What are you left with?



An empty jar.

The empty vessel alone does not equal wellbeing.

You now need to re-fill the jar with key elements to achieve wellbeing.

According to Martin Seligman, those key elements are:

- Positive emotion
- Engagement
- Positive relationships
- Meaning/purpose
- Positive accomplishment

The World Health Organisation (WHO) defines "health" as

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

So, if you are sitting about and feeling empty, perhaps you should re-examine whether you remembered to fill your jar.....



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