

Promoting mental wellbeing

Hyrwyddo lles meddyliol

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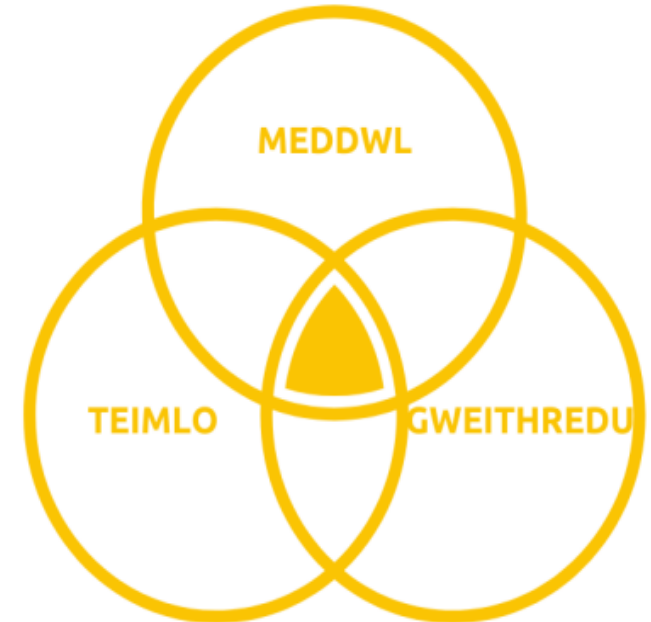
Mental wellbeing

“feeling good and functioning well”

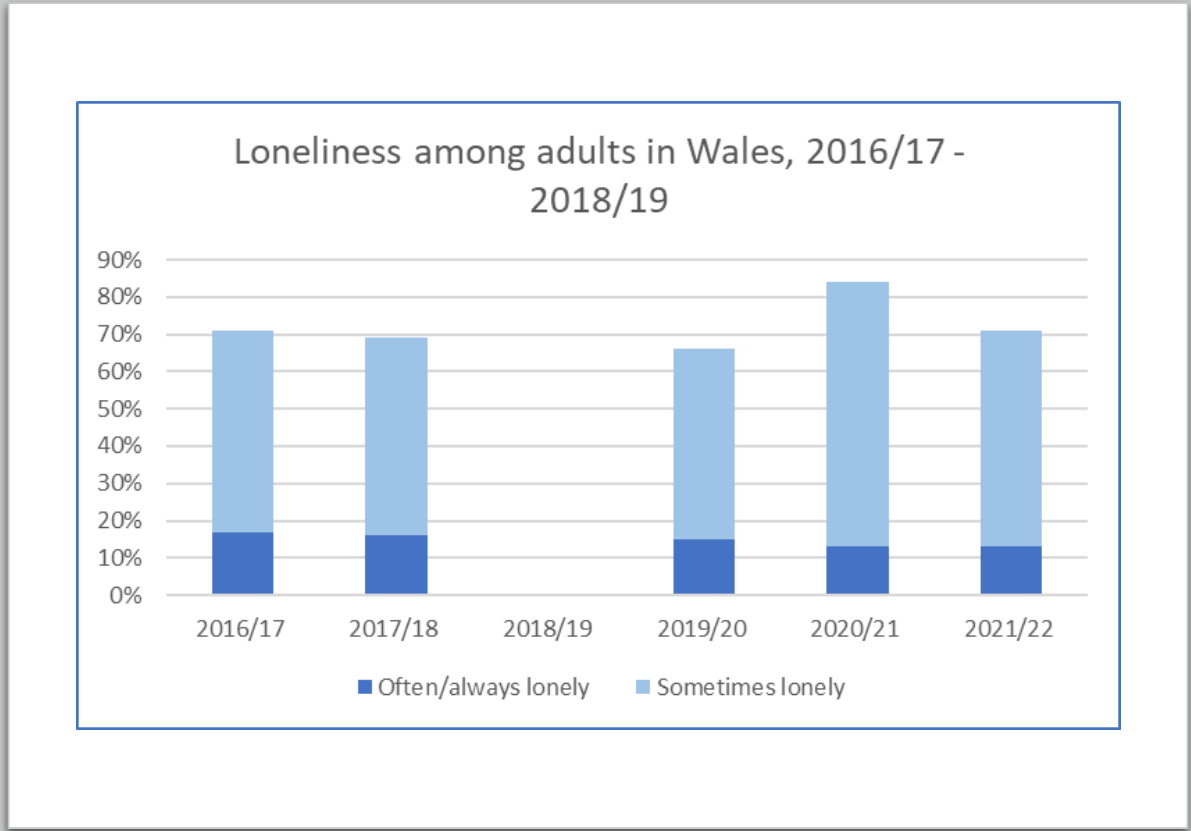
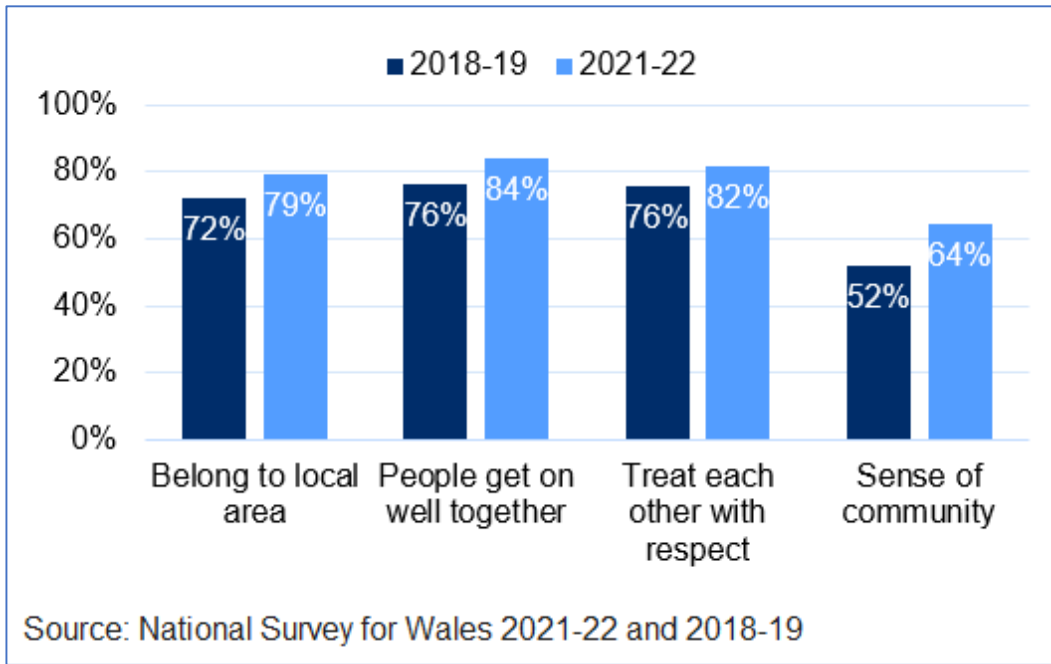


| Lles Meddyliol

“teimol’n dda a gweithredu’n effeithiol”



Mean mental wellbeing (WEMWBS): 2018/19 = 51.0; 2021/22 = 48.9

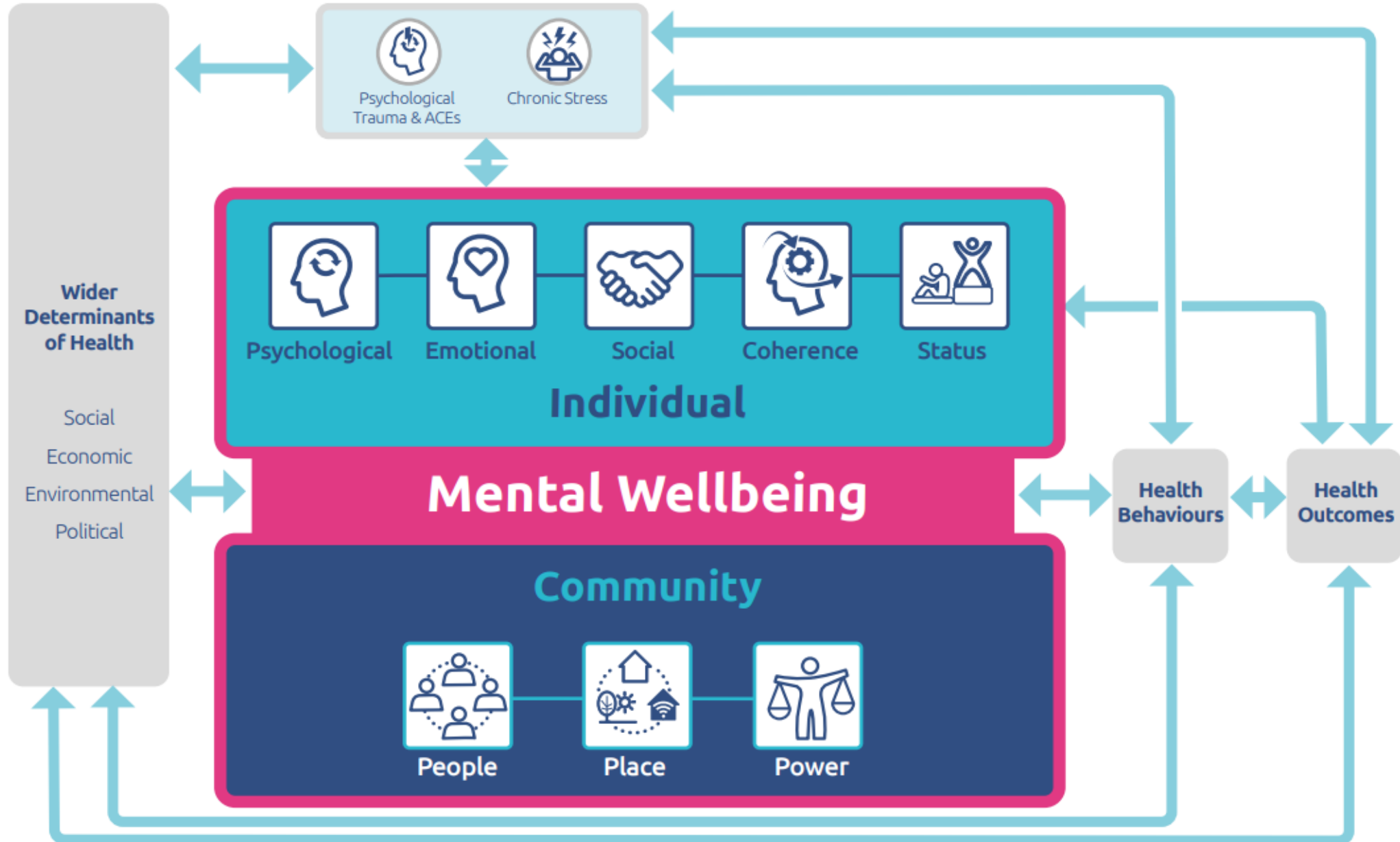


(NI) A sense of community, age-standardised percentage, persons, Wales by deprivation fifth, 2020-2021

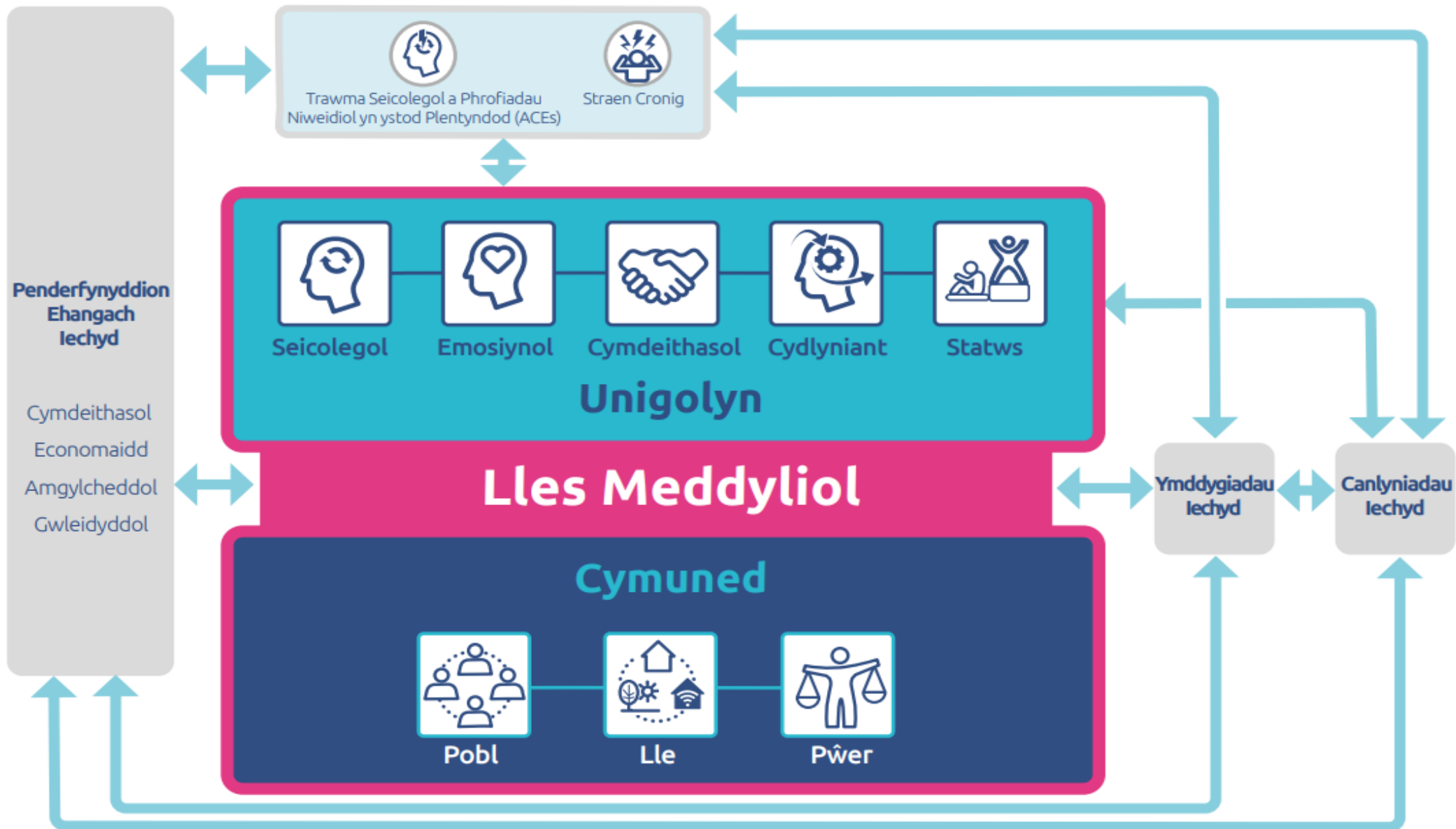
Produced by Public Health Wales Observatory using NSW (WG) & WIMD (2019)



Mental Wellbeing and Health Outcomes

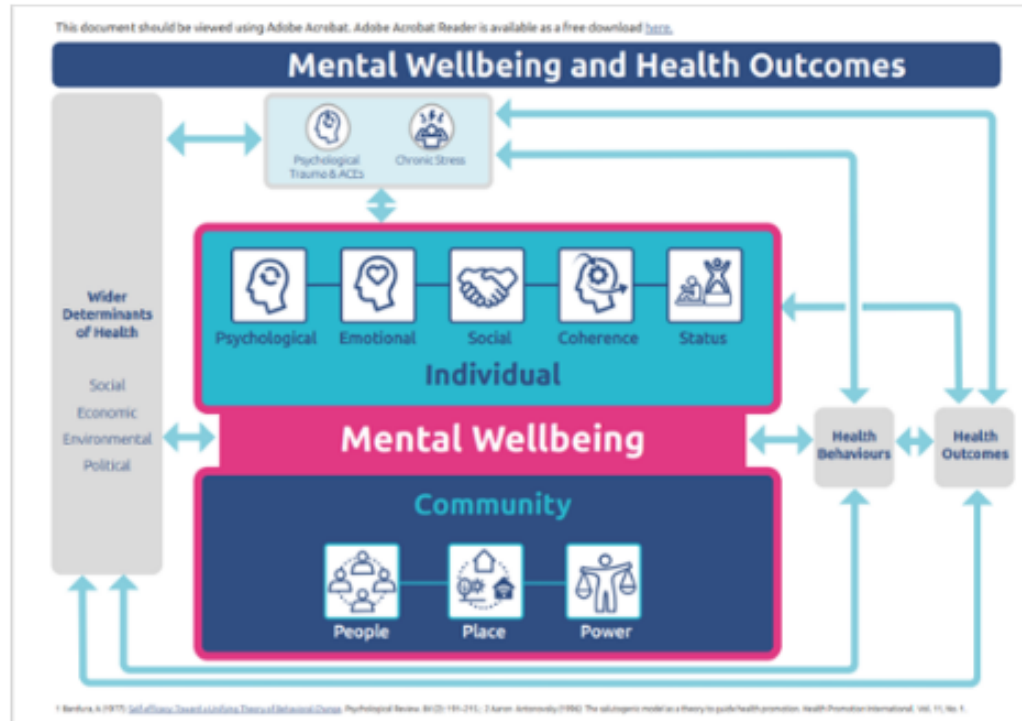


Canlyniadau iechyd a lles meddyliol

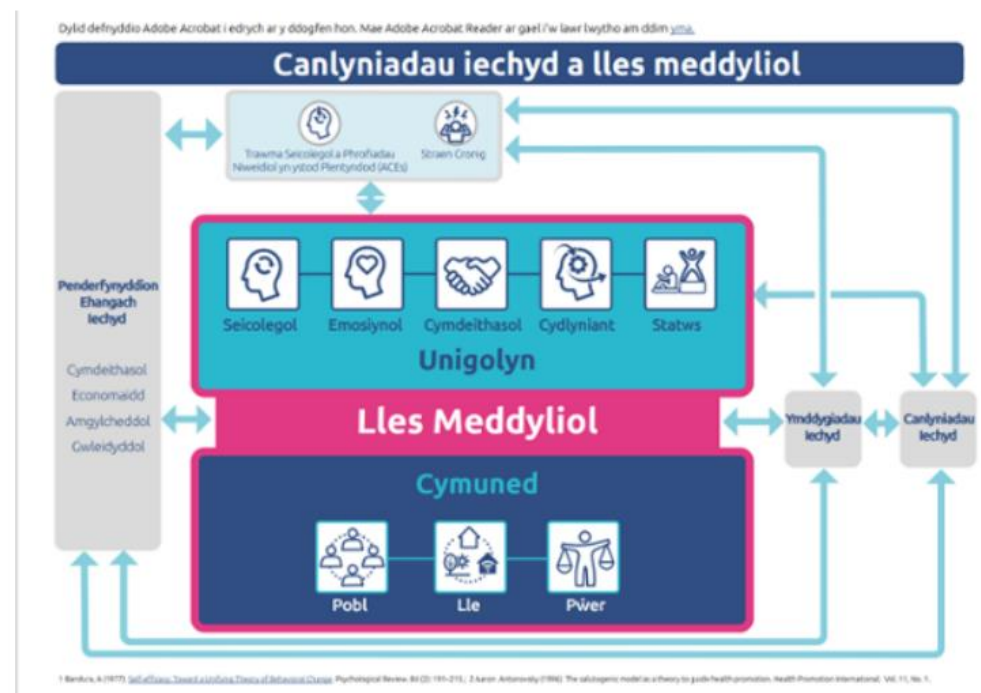


¹ Bandura, A (1977). *Self-efficacy: Toward a Unifying Theory of Behavioral Change*. Psychological Review. 84 (2): 191–215.; ² Aaron Antonovsky (1996) The salutogenic model as a theory to guide health promotion. Health Promotion International. Vol. 11, No. 1.

www.phw.nhs.wales/topics/promoting-individual-and-community-wellbeing



↓ **Mental wellbeing and health outcomes - Conceptual Framework diagram (English) (PDF, 326Kb)**



Canlyniadau Iechyd a Lles Meddyliol - Diagram fframwaith cysniadol (Cymraeg)

Mental wellbeing - Individual

Psychological

- Self efficacy; Self esteem; Locus of control

Emotional

- Emotional intelligence; Self awareness; Self-regulation; Social awareness; Relationship management

Social

- Social integration; Social networks; Relational content

Coherence

- Comprehensibility; Manageability; Meaningfulness

Status

- Perceived place in society

Lles Meddyliol - Unigolyn

Seicolegol

- Hunan-efeithiolrwydd; Hunan-barch; Locws rheolaeth

Emosiynol

- Deallusrwydd emosiynol; Hunan-ymwybyddiaeth; Hunan-reoleiddio; Ymwybyddiaeth gymdeithasol; Rheoli perthnasoedd

Cymdeithasol

- Integreiddi cymdeithasol; Rhwydweithiau cyndeithasol; Cynnwys perthynol

Cydlyniant

- Deall; Rheoli; Ystyr

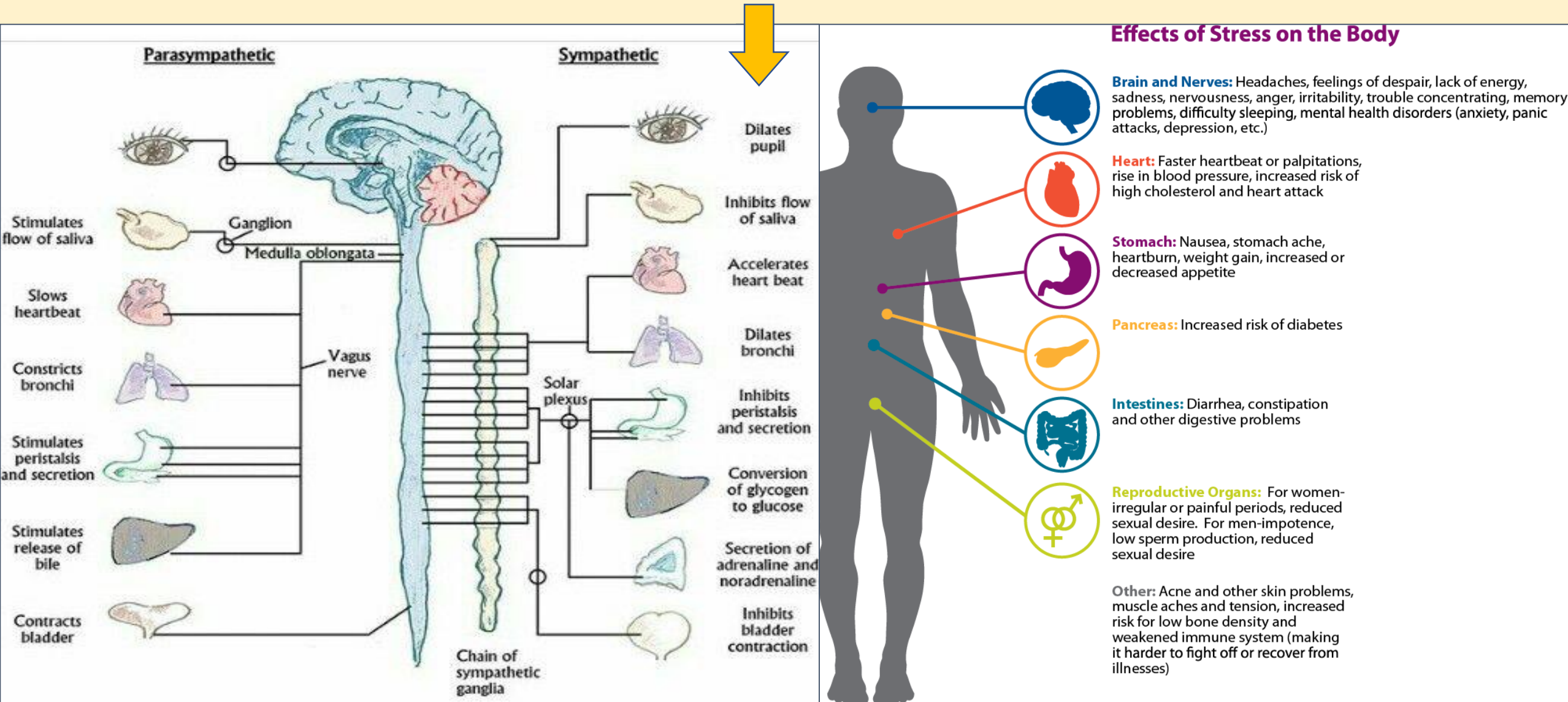
Statws

- Lle canfyddedig mewn cymdeithas



Chronic stress | Straen cronig

fight, flight, freeze | ymladd, hedfan, rhewi



COVID-19 Social Study | COVID-19 Astudiaeth Gymdeithasol

What helped mental wellbeing?

- Social support
- Hobbies
- Leisure activities
- Nature
- Creativity

Beth helpodd lles meddyliol?

- Cymorth cymdeithasol
- Hobïau
- Gweithgareddau hamdden
- Natur
- Creadigrwydd

[COVID-19 Social Study | 70,000-person study based at University College London \(covidsocialstudy.org\)](https://covidsocialstudy.org)

*What works for your
mental wellbeing?*

*Beth sy'n gweithio i'ch
lles meddyliol?*

What works for my mental wellbeing?

Beth sy'n gweithio i fy lles meddyliol?





Diolch



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