

WELL-BEING

Meaning: Well-being refers to a state of being comfortable, healthy, and happy, encompassing physical, mental, and emotional wellness.

1. Investing in mental health resources is crucial for fostering overall well-being in the workplace.
2. The community center offers various programs aimed at enhancing the well-being of its residents.
3. Regular exercise and a balanced diet are essential components of physical well-being.
4. Many studies suggest a strong connection between social relationships and personal well-being.
5. Practicing mindfulness can significantly improve one's emotional well-being and resilience.

Source: sentences.whatistheurl.com

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