

# Biology Bricks Keywords

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## What This is About

Please use this document to help further your knowledge, by printing out the keywords associated with the relevant page.

This document is set up for you to cut out the keywords (and laminate them if you think it will help), to be used as a quick guide reference for the subject matter that is included.

## Warning

**Please note:** the keywords included in this document are those that link with the page subject matter. They may relate to other pages as well, but they are meant for the page that the link is provided from. Use them as a resource as you so wish.

## Printing

Please feel free **not** to print this page of the document, it is merely a reference and information page.

## Well-being

The emotional, social, psychological and physical state of your body.



## Social

A social aspect of your well-being is where you have enough contact with other people.



## Environment

The environment you work and live in attributes to your well-being.



## Psychology

A study of the mind, psychology is part of your well-being. If you have issues with your psyche, your well-being might be affected.



## Psychological

Your psychological well-being affects your everyday life. Including your emotions, your psyche needs to be attended to for you to have good well-being.



## Emotions

Emotions are a major factor in your well-being. If you are unhappy with any aspect of your life, you can make changes to support and improve it.



## Feelings

Feelings are part of well-being, and they should be positive in order for your well-being to be complete.



## Depression

Depression is a state of mind that many people can have. It can limit your feelings and your actions drastically.



## Happiness

A positive state of mind where you are able to improve your well-being.



## Detriment

Something that sets you back. In terms of your well-being, it could be depression, or negative thoughts.



## Professional Help

There are many places to go for professional help. Just search for some in a search engine, and you can find help, even via a telephone call.

