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Well-being BRIDGE

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Health and well-being

*“Health is a state of complete **physical, mental and social well-being** and not merely the absence of disease or infirmity”*

WHO, New York 1948



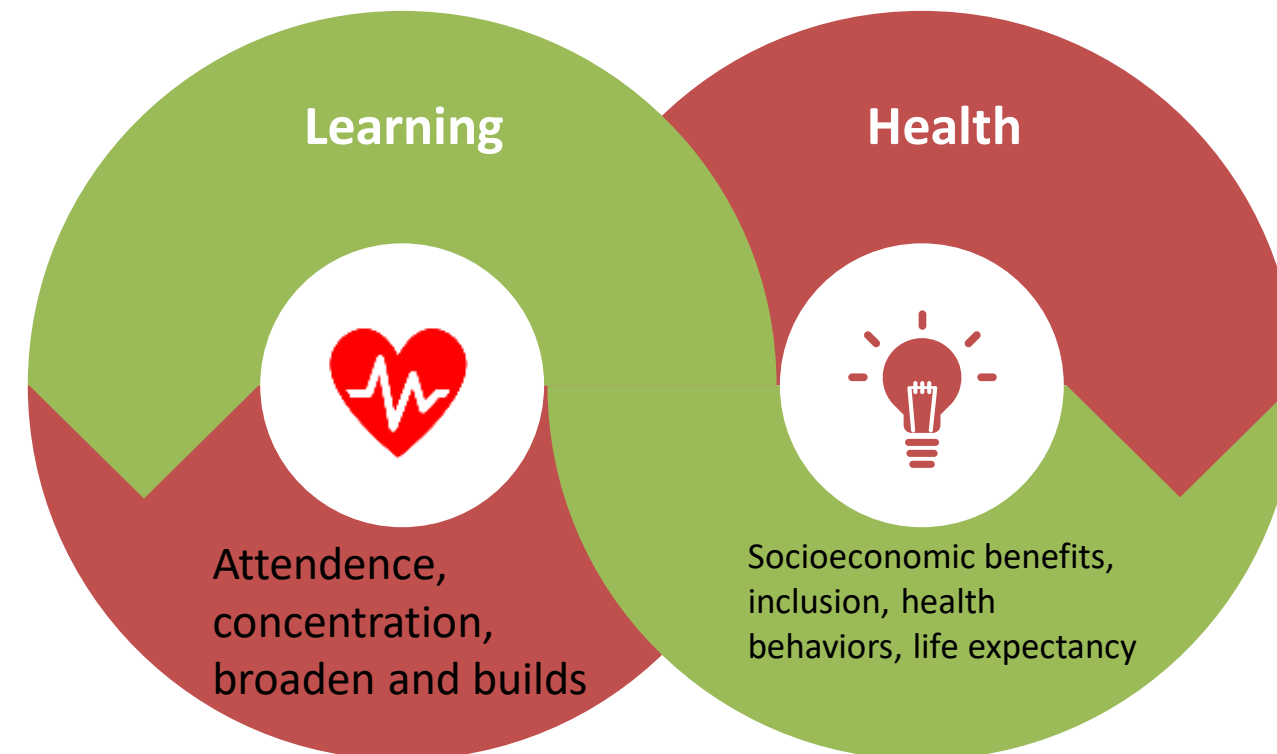
Why well-being?

Health for learning – learning for health

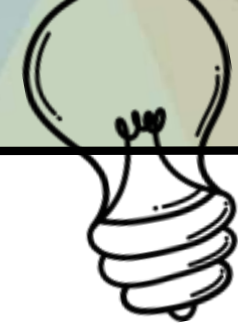
- Learning → better health
- Health → better conditions for achieving the learning objectives.



“Things that happen in the home can definitely affect a child being able to even concentrate in the classroom. ... If you're hungry, you can't learn with your belly growling. ... If you're worried about your mom being safe while you're at school, you're not going to be able to pay attention.” —Chimere



“Definitely having a good education and a good paying job can relieve a lot of mental stress.”
—Chimere



Wellbeing - workshop with pictures

Choose 2 pictures from the cards:

- one that represents what is well-being to you?
- one that represents what you think is well-being for children?

Share with your group what pictures you chose and why?

The harvest

Was there similarities in your answers?

Was there differences/similarities between the cards you chose for yourself and for children?



According to a research at Cambridge University, it doesn't matter in what order the letters in a word are, the only important thing is that the first and last letter be at the right place. The rest can be a total mess and you can still read it without problem. This is because the human mind does not read every letter by itself, but the word as a whole.

Why pictures?

- Can you read the text?
- Why?
- First and last
- Brain ♥ pictures

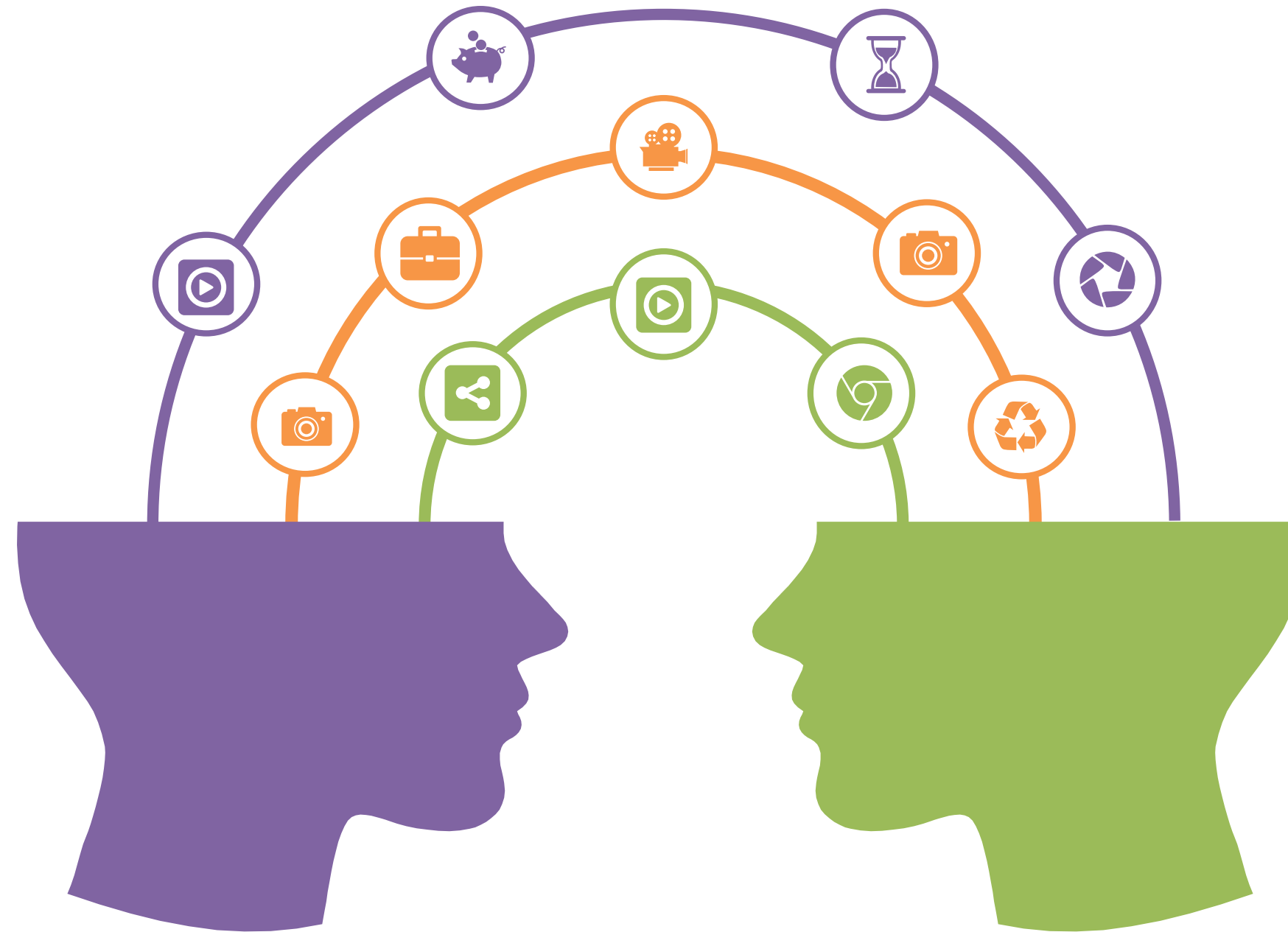
Our brain loves pictures



- 90 %
- 13 milliseconds
- 60,000
- evolutionarily older
- a deeper awareness

Conecting 'lifeworlds' trogh pictures

Pictures a conversation tool



- Deeper awareness
- Mutual understanding
- Explaining the “unexplainable” as well-being

Pictures and well-being

Communication

- ✓ Self-expression- when communicating complex ideas, as health or well-being

Social connections

- ✓ Relationships and listening

Emotion processing (drawings)

- ✓ Self understanding and self-regulation.

Focus

- ✓ Flow and recall



Thank you!



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