

How are you?

Check out the themes also at www.omahyte.fi



Exercise, nature and hiking

Do you enjoy exercising?
Have you considered trying out a sport?
Do you relax in nature?
What kind of natural sites do you like?



Creativity, art and culture

Are you interested in music, books, movies, games, theater, museums, crafts? Do you do something creative?



Mental well-being and sobriety

Do you have any hobbies or activities that you enjoy? Have there been any big changes in your life lately?



Nutrition and sleep

Do you sleep enough?
Do you eat a varied diet?



Safety

Have you experienced any threat or sense of insecurity? Are you worried about falling?



Social and healthcare guidance, counseling and support services

Do you need support or help in your everyday life? Have you tried digital self-care materials?



Livelihood, work, learning and living

Are you concerned about your livelihood or employment? Do you need support for housing issues?



Community spirit, influencing and social relations

Would you like to belong to a community or a group? Do you have people you can talk to? Are you in a relationship?



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This card helps you to think about your well-being.

The card is divided into themes affecting well-being and health. Questions have been added below the themes to make it easier to assess your overall well-being.

The card serves as a tool for initiating conversations and providing guidance for all professionals on matters related to the promotion of well-being and health.

Based on your conversation, the professional can select a theme appropriate for your situation.

Find support for your well-being

www.omahyte.fi



A computer or a mobile device is available in libraries and self-care centers.

The card has been produced as part of the 'Sustainable Well-being for Northern Savonia' project, which is part of Finland's Sustainable Growth Program (funding Next Generation EU). The card can be used by all well-being and health promoters.

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