

How are you?



Exercise

Is exercise a part of your life? Do you enjoy exercising? Have you considered trying a sport?



Nature and activities in nearby nature

Do you relax in nature? What kind of natural attractions do you like the most?



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?



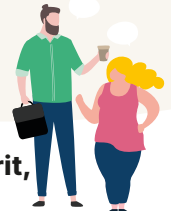
Social and healthcare guidance, counseling and support services

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?

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 also serves as a tool for initiating conversations and providing guidance for social and healthcare 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.tarmoa.fi



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