

A1: FACTORS AFFECTING HEALTH AND WELLBEING

Health is a combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness.

Physical factors	Effects on physical health and wellbeing			Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Inherited conditions	Cycle cell disease <ul style="list-style-type: none"> Frequent and ongoing pain and discomfort due to red blood cells clumping together and blocking blood vessels Tiredness due to low red blood cell count and low haemoglobin levels Increased likelihood of infections Damage to organs like the spleen, kidneys and lungs 	Cystic fibrosis <ul style="list-style-type: none"> Frequent lung infections and difficulty breathing Coughing and wheezing Poor weight gain and growth Digestive problems and nutritional deficiencies Tiredness and reduced stamina 		<ul style="list-style-type: none"> Difficulty concentrating Frequent absences from school or work impacting on academic and professional attainment Challenges in learning new information and skills 	<ul style="list-style-type: none"> Anxiety and stress related to managing the condition Depression Feelings of isolation Fear of worsening symptoms Negative emotional impact of frequent hospitalisations Body image concerns Self-esteem negatively impacted 	<ul style="list-style-type: none"> Limited energy and ability to take part in social activities leading to social isolation Reduced time for social interactions due to medical treatments and interventions leading to social isolation Challenges in maintaining friendships and relationships due to health needs
Physical ill health	Cardiovascular disease <ul style="list-style-type: none"> Chest pain Shortness of breath Tiredness Limited mobility Risk of heart attack Risk of stroke 	Obesity <ul style="list-style-type: none"> Increased risk of chronic conditions like heart disease, type 2 diabetes and high blood pressure Painful joints Difficulty with physical activities Reduced mobility Breathing difficulties during sleep Tiredness and low energy levels Higher risk of certain cancers like breast, colon and kidney cancer 	Type 2 diabetes <ul style="list-style-type: none"> Tiredness and low energy levels Frequent urination and increased thirst Slow wound healing Increased risk of infection Vision problems and increased risk of blindness Weight loss without treatment Weight gain with treatment Increased risk of heart disease, stroke and high blood pressure 	<ul style="list-style-type: none"> Reduced cognitive function Memory problems Difficulty concentrating Difficulty processing information and therefore making effective decisions Increased risk of developing dementia 	<ul style="list-style-type: none"> Anxiety and stress related to managing the condition Depression Fear of worsening symptoms or health decline Negative emotional impact of physical limitations 	<ul style="list-style-type: none"> Limited energy and ability to take part in social activities leading to social isolation Reduced time for social interactions due to medical treatments and interventions leading to social isolation Challenges in maintaining friendships and relationships due to health needs Stigma associated with obesity may lead to social withdrawal Obesity can impact on romantic relationships and sexual wellbeing significantly Obesity has a potential influence on family and partners who may also adopt unhealthy eating behaviours
Mental ill health	Anxiety and stress <ul style="list-style-type: none"> Headaches Muscle tension Disturbed sleep leading to tiredness Digestive problems Weakened immune system Increased heart rate and blood pressure 			<ul style="list-style-type: none"> Difficulty concentrating affecting learning Poor memory and recall Reduced creativity Impaired decision making Decreased problem solving Slower cognitive processing 	<ul style="list-style-type: none"> Mood swings Irritability Feeling overwhelmed Persistent worrying Decreased self-esteem Anxiety and panic attacks 	<ul style="list-style-type: none"> Withdrawal from social activities Decreased social interaction Conflict in relationships Difficulty forming new relationships Isolation Communication problems

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Define this key term: **Health**

Physical factors	Effects on physical health and wellbeing			Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Inherited conditions	Cystic fibrosis	Sickle cell disease				
Physical ill health	Cardiovascular disease	Obesity	Type 2 diabetes			
Mental ill health	Anxiety and stress					

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Physical factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Physical abilities	<ul style="list-style-type: none"> Limited mobility Reduced strength, stamina and suppleness Increased chance of obesity Physical dependence on others 	<ul style="list-style-type: none"> Access to educational facilities may be affected by physical barriers, impacting on intellectual development negatively 	<ul style="list-style-type: none"> Negative emotional impact of physical limitations Depression and anxiety Feelings of isolation Body image concerns Self-esteem negatively impacted 	<ul style="list-style-type: none"> Socialising may be affected by physical barriers Stigma of disability may lead to feelings of isolation and social withdrawal Disability can impact on romantic relationships and sexual wellbeing
Sensory impairments	<ul style="list-style-type: none"> Difficulties in mobility, balance and coordination Increased danger of accidents and injury due to problems detecting danger in the environment 	<ul style="list-style-type: none"> May impact negatively on language development Difficulties accessing visual and auditory information may affect cognitive development 	<ul style="list-style-type: none"> Negative emotional impact of sensory limitations Feelings of isolation Self-esteem negatively impacted 	<ul style="list-style-type: none"> Socialising may be affected by sensory barriers Stigma of disability may lead to feelings of isolation and social withdrawal
Lifestyle factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Nutrition	<p>Malnutrition</p> <ul style="list-style-type: none"> Weight loss, muscle weakness and anaemia Weakened immune system Weakened bones Reduced energy and tiredness <p>Overnutrition</p> <ul style="list-style-type: none"> Risk of obesity Higher risk of type 2 diabetes Higher risk of cardiovascular disease Joint problems Respiratory problems <p>Good nutrition</p> <ul style="list-style-type: none"> High levels of energy Improved immune system Healthy weight maintenance Lower risk of illness and disease 	<p>Malnutrition</p> <ul style="list-style-type: none"> Poor cognitive function including memory, attention and problem solving Affects intellectual development significantly in children Poor focus and attention <p>Overnutrition</p> <ul style="list-style-type: none"> Increased risk of dementia Poor focus and attention <p>Good nutrition</p> <ul style="list-style-type: none"> Improved cognitive function including concentration, memory and learning Increased levels of alertness Reduced risk of dementia 	<p>Malnutrition</p> <ul style="list-style-type: none"> Mood swings Irritability Susceptibility to stress Depression and anxiety <p>Overnutrition</p> <ul style="list-style-type: none"> Negative affect on self-image and self-esteem Depression and anxiety Emotional eating <p>Good nutrition</p> <ul style="list-style-type: none"> Enhanced mood and emotional wellbeing Reduced risk of mental illness 	<p>Malnutrition</p> <ul style="list-style-type: none"> Social isolation and withdrawal due to low energy Emotional effects may strain relationships <p>Overnutrition</p> <ul style="list-style-type: none"> May suffer stigma, discrimination and prejudice due to weight Social isolation and withdrawal due to poor body image Emotional effects may strain relationships <p>Good nutrition</p> <ul style="list-style-type: none"> Enhanced productivity and performance Positive role modelling sets a positive example for others, encouraging them to adopt healthier lifestyles Enhanced social interactions and positive relationships due to emotional effects
Physical activity	<ul style="list-style-type: none"> Improves stamina, suppleness and strength Helps with weight management Lowers risk of chronic illness such as heart disease, Type 2 diabetes, cancer and high blood pressure Improved immune system 	<ul style="list-style-type: none"> Improves blood flow to the brain which affects memory and attention positively Improves concentration which affects learning and academic performance positively Reduced risk of dementia 	<ul style="list-style-type: none"> Increased levels of endorphins means lowered stress and reduced symptoms of depression and anxiety Improves self-confidence and self-esteem by promoting a sense of accomplishment and improved body image Improved sleep quality 	<ul style="list-style-type: none"> Increased social interaction as team sports and fitness classes provide opportunities for social interaction, fostering friendships and a sense of community Enhanced teamwork and cooperation skills Positive role modelling sets an example for others, encouraging them to adopt healthier lifestyles

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Physical factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Physical abilities				
Sensory impairments				
Lifestyle factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Physical abilities	Malnutrition Overnutrition Good nutrition	Malnutrition Overnutrition Good nutrition	Malnutrition Overnutrition Good nutrition	Malnutrition Overnutrition Good nutrition
Physical activity				

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Lifestyle factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Smoking	<ul style="list-style-type: none"> • Reduced lung function negatively affecting the ability to exercise • Higher susceptibility to respiratory diseases, high blood pressure, lung disease, heart disease, stroke and cancer • Weakened immune system • Premature ageing of skin, teeth and nails • Fertility problems • Nicotine dependency 	<ul style="list-style-type: none"> • Impaired cognitive function including memory loss • Reduced attention span due to unfulfilled cravings • Higher risk of dementia 	<ul style="list-style-type: none"> • Irritability and anxiety when craving nicotine • Self-image and self-esteem issues due to effect on skin, teeth and smell • Negative effect of stigma on self-esteem 	<ul style="list-style-type: none"> • Social stigma • Passive smoking can affect friends and family • Smoking can strain relationships with non-smokers
Alcohol	<ul style="list-style-type: none"> • Impaired coordination and motor skills, affecting balance, reaction time and fine motor skills, making it difficult to perform tasks • Increased risk of accidents, falls and injuries due to impaired coordination and judgement • Slurred speech • Digestive issues such as nausea, vomiting and diarrhoea • Liver damage including conditions like fatty liver, hepatitis and cirrhosis • Dehydration • Increased risk of addiction 	<ul style="list-style-type: none"> • Impaired cognitive abilities such as memory, attention and problem-solving skills • Reduced concentration leading to decreased productivity and performance • Impaired judgement can lead to impulsive decision-making and risky behaviour 	<ul style="list-style-type: none"> • Mood swings • Worsening of existing emotional issues • Increased risk of developing mental health problems • Emotional instability as alcohol can affect emotional regulation negatively 	<ul style="list-style-type: none"> • Negatively affects communication skills, leading to difficulties in expressing oneself clearly or understanding others • Can strain relationships with family, friends and romantic partners due to impaired judgement, unpredictable behaviour and increased conflict • Isolation and social withdrawal as individuals may prioritise drinking over socialising
Substance misuse	<ul style="list-style-type: none"> • Increased risk of addiction • Increased risk of accidents, falls and injuries due to impaired coordination and judgement • Higher susceptibility to physical health problems such as liver damage, heart disease, respiratory issues • Organ failure • Weakened immune system and increased risk of infections • General deterioration of physical wellbeing 	<ul style="list-style-type: none"> • Prolonged substance misuse can impair cognitive functions including memory, attention, concentration, problem-solving skills and decision-making abilities • Impaired educational progress can lead to difficulties in gaining new knowledge and skills • Reduced concentration leading to decreased productivity and performance • Many substances impair judgement, and this can lead to impulsive decision-making and risky behaviour 	<ul style="list-style-type: none"> • Increased risk of development or worsening of mood disorders such as depression, anxiety, bipolar disorder and increased risk of suicide • Emotional instability including mood swings, irritability and increased aggression • Decreased emotional wellbeing as it can disrupt the brain's natural reward system, leading to a reduced ability to experience pleasure 	<ul style="list-style-type: none"> • Can strain relationships with family, friends and romantic partners due to behavioural changes, unreliability, increased conflicts and trust issues • Isolation and social withdrawal as individuals may prioritise drugs over socialising • Involvement in illegal activities and a criminal record, impacting employment prospects and overall social standing • Financial strain due to excessive spending on substances, job loss, or reduced work productivity

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Lifestyle factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Smoking				
Alcohol				
Substance misuse				

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Other factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Social factors: - Supportive relationships - Social inclusion	<ul style="list-style-type: none"> Provides emotional comfort, reducing stress Strengthens immune system Improves self-care as supportive partners, friends, or family members can encourage and motivate individuals to take care of their physical wellbeing 	<ul style="list-style-type: none"> Provides security for people to explore further education or occupational opportunities Creates a safe space where individuals can explore new ideas, take risks and learn from their experiences without fear of judgment 	<ul style="list-style-type: none"> Reduces the risk of mental health problems Provides validation, acceptance and reassurance, helping individuals develop a positive self-image and increased self-worth Increased happiness and life satisfaction Provides a buffer against stress, providing comfort, empathy and understanding during challenging times 	<ul style="list-style-type: none"> Increased sense of belonging Improves social skills
Social factors: - Unsupportive relationships - Social exclusion	<ul style="list-style-type: none"> Increased stress levels Neglect of self-care Potential for abuse resulting in physical harm Childhood neglect could lead to malnutrition or poor hygiene. There may also be an increased risk of injuries and accidents, due to a lack of parental supervision 	<ul style="list-style-type: none"> Negatively effects development and creativity due to effects on self-confidence Impaired decision making Limited opportunities for intellectual growth 	<ul style="list-style-type: none"> Self-esteem and self-image are affected significantly by the way they are treated by others Increases the risk of mental health problems Fosters emotional instability 	<ul style="list-style-type: none"> Difficulties forming and maintaining relationships Reduced social skills and confidence Limited social support network
Social factors: - Bullying - Discrimination	<ul style="list-style-type: none"> Bullying can cause physical injuries such as bruises, cuts and broken bones Negative treatment by others can also cause a range of physical symptoms including inability to sleep, fatigue and headaches Stress and anxiety from bullying and discrimination can weaken the immune system 	<ul style="list-style-type: none"> Bullying at school or in the workplace can lead to an inability to concentrate affecting work and having a negative impact on academic performance Discrimination can lead to reduced access to education and employment opportunities for some people 	<ul style="list-style-type: none"> Self-esteem and self-image are affected significantly by the way they are treated by others Increased risk of mental health problems 	<ul style="list-style-type: none"> Bullying can lead to social isolation due to the individual withdrawing from others Discrimination can lead to social exclusion and marginalisation as opportunities for social interaction and community involvement are reduced. This can, in turn, impact on social identity and cultural belonging
Cultural factors: - Religion	<ul style="list-style-type: none"> Cultural differences in diet could affect growth and development, also making individuals from some cultures more prone to illnesses affected by diet Some beliefs and practices may impact on access to healthcare and affect lifestyle, which can affect physical health 	<ul style="list-style-type: none"> Cultural differences can affect language skills and literacy and therefore, educational attainment Differences in knowledge and understanding of cultural history, heritage and traditions can affect an individual's view of the world and their understanding of the world around them 	<ul style="list-style-type: none"> An individual's culture can affect their self-concept. It can affect their identity, self-esteem and self-image both positively and negatively Sometimes when people experience a culture clash between the culture that they are living in and that of their family, it can cause anxiety and stress, affecting their emotional wellbeing negatively 	<ul style="list-style-type: none"> Cultural differences can affect social interactions, including the ability to communicate and connect with others from different cultural backgrounds Differing beliefs about family structures, gender roles, values and social norms can affect relationships
Cultural factors: - Gender roles & expectations - Gender identity - Sexual orientation	<ul style="list-style-type: none"> Gender roles can impose expectations related to physical appearance. The pressure to conform to specific body ideals can lead to eating disorders or other unhealthy eating habits Individuals whose gender identity doesn't align with their assigned sex at birth may face challenges accessing appropriate healthcare Discrimination or stigmatisation based on sexual orientation can create barriers to accessing healthcare services, affecting diagnosis and treatment of illnesses Stress and anxiety caused by confusion over gender identity and sexual orientation can weaken the immune system 	<ul style="list-style-type: none"> Gender stereotypes can limit educational opportunities and career choices affecting intellectual development and personal fulfilment Distress resulting from a disconnect between gender identity and assigned sex, can impact concentration and overall cognitive functioning, affecting learning Stigma and discrimination can lead to distress, impacting cognitive processes such as memory, attention and decision-making 	<ul style="list-style-type: none"> Expectations of traditional gender roles can suppress emotional expression, especially in men, which can lead to mental health challenges Individuals who are still working out their identity and sexuality may experience anxiety, depression and increased risk of self-harm 	<ul style="list-style-type: none"> Traditional gender roles can perpetuate inequality and limit social opportunities Discrimination and lack of acceptance can lead to social isolation and exclusion for transgender and gender non-conforming individuals, negatively impacting their social wellbeing Prejudice, discrimination and rejection based on sexual orientation can result in social exclusion, strained relationships with family and friends and reduced access to supportive communities Individuals can feel connected and supported by the LGBTQ+ community

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Other factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Social factors: <ul style="list-style-type: none">- Supportive relationships- Social inclusion				
Social factors: <ul style="list-style-type: none">- Unsupportive relationships- Social exclusion				
Social factors: <ul style="list-style-type: none">- Bullying- Discrimination				
Cultural factors: <ul style="list-style-type: none">- Religion				
Cultural factors: <ul style="list-style-type: none">- Gender roles & expectations- Gender identity- Sexual orientation				

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Other factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Cultural factors: - Community participation	<ul style="list-style-type: none"> • Often involves physical activities which can improve general fitness and reduce the chance of illness • Can provide access to facilities like parks, recreation centres and sports clubs, enabling individuals to engage in physical activities that contribute to their wellbeing 	<ul style="list-style-type: none"> • Offers opportunities for continuous learning, enhances problem-solving skills, expands knowledge and creativity • Encourages knowledge sharing and exchange of ideas among individuals, increasing intellectual stimulation and personal development 	<ul style="list-style-type: none"> • Increases feelings of belonging and reduces feelings of isolation • Increases self-esteem and boosts self-confidence • Sharing experiences and promoting meaningful relationships can enhance emotional wellbeing 	<ul style="list-style-type: none"> • Facilitates social interactions and inclusion • Encourages social cohesion by bringing people together from diverse backgrounds • Encourages new friendships • Develops social skills • Contributes to social support, reducing social isolation • Fosters a sense of ownership, pride and responsibility for the community, leading to greater social wellbeing
Economic factors:	<ul style="list-style-type: none"> • Poverty can lead to malnutrition • Poor living conditions can increase the risk of illness and injury • Stress and anxiety about money can weaken the immune system and may lead to frequent illnesses • High socioeconomic status by contrast can affect physical health positively due to good nutrition and more opportunities for physical activities 	<ul style="list-style-type: none"> • Children and young people from deprived backgrounds can be affected by limited access to education and learning opportunities and materials, such as lack of access to books and internet • Adults can experience reduced career development opportunities if funding for courses is unavailable, affecting skill development and limiting career prospects • Older adults may find opportunities for new hobbies and lifelong learning reduced by lack of funds • High socioeconomic status can enhance intellectual development from the opportunities it affords the individual 	<ul style="list-style-type: none"> • Low socioeconomic status can cause low self-esteem and poor self-image especially during the teenage years • Anxiety and depression can be caused by worrying about paying bills and maintaining housing conditions to a good standard • High socioeconomic status can affect self-concept positively 	<ul style="list-style-type: none"> • Poverty can cause strained relationship with family and friends. Arguments can often arise over lack of money • Social isolation, reduced social networks, limited opportunities for socialising with others can occur due to the cost • High socioeconomic status can lead to plentiful opportunities for networking and socialising
Environmental factors	<ul style="list-style-type: none"> • Exposure to environmental pollutants can have adverse effects on physical health causing and worsening lung conditions including asthma • Noise pollution can cause stress, weakening the immune system 	<ul style="list-style-type: none"> • A stimulating and supportive environment promotes cognitive development • Environmental toxins and hazards can negatively impact cognitive functions and academic performance 	<ul style="list-style-type: none"> • An unhealthy environment can result in emotional distress and mental health problems • Noise and overcrowding have been shown to negatively affect stress and anxiety significantly 	<ul style="list-style-type: none"> • The environment can influence social interactions and participation both positively and negatively • The threat of exposure to environmental hazards, including crime and disorder can impact on opportunities for social engagement
Life events: - Physical events	<ul style="list-style-type: none"> • Chronic pain and physical disability such as limited mobility can result from some life events including illness or accidents • Chronic stress caused by ongoing life events may have a negative impact on the body including increasing the risk of high blood pressure, heart disease and weakened immune systems • Difficulty sleeping, which can affect overall physical health 	<ul style="list-style-type: none"> • Long periods of time where the individual is unable to attend school or work may affect intellectual development and limit career prospects • Difficulty maintaining focus and retaining information due to pain and discomfort • Accidents and injuries that affect the brain can cause a variety of cognitive impairments affecting memory and speech 	<ul style="list-style-type: none"> • Overcoming a challenge, such as an accident or illness can bring a sense of relief, gratitude and renewed appreciation for life • Life-limiting illness and life-changing injuries can lead to stress, anxiety and depression • Life-changing injury or disability can lead to a negative effect on an individual's self-image 	<ul style="list-style-type: none"> • Overcoming challenges can bring people closer together, as family, friends and healthcare providers may offer support and encouragement during the recovery process • Chronic illness or disability resulting from some life events can limit social activities and lead to feelings of exclusion and marginalisation from society, resulting in a sense of isolation and disconnection from others

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Other factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Cultural factors: - Community participation				
Economic factors				
Environmental factors				
Life Events: - Physical events				

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Other factors	Effects on physical health and wellbeing	Effects on intellectual health and wellbeing	Effects on emotional health and wellbeing	Effects on social health and wellbeing
Life events: - Relationship changes	<ul style="list-style-type: none"> Increased fitness levels as couples often engage in physical activities together such as going for walks, hikes, or sports Improved nutrition as starting a new relationship or getting married can lead to changes in standards of living and improved dietary habits Increased motivation to make positive lifestyle changes such as losing weight, improving fitness, reducing alcohol use and stopping smoking Chronic stress caused by relationship breakdowns which has a negative impact on the body including high blood pressure, heart disease and weakened immune systems. It can also impact sleep patterns, resulting in insomnia or sleep deprivation, which can affect overall physical health 	<ul style="list-style-type: none"> Taking on new responsibilities, such as in a marriage or partnership, caring for a child, gaining a promotion at work or after a bereavement of a partner, can improve a person's problem-solving abilities and develop their decision-making skills Stress and anxiety caused by relationship problems can affect decision-making abilities and problem-solving skills negatively 	<ul style="list-style-type: none"> New relationships also have very positive emotional effects, such as parenthood can bring happiness through the forming of new attachments and bonds with the child Marriage or committing to a long-term relationship with someone can bring a sense of security, companionship and happiness to individuals Relationship problems and break-ups can lead to anxiety, stress and depression Relationships can affect self-esteem both positively and negatively 	<ul style="list-style-type: none"> Starting a new relationship or getting married, can introduce an individual to new social networks and provide opportunities for social interaction. This can lead to increased social support, better communication skills and a stronger sense of belonging Life events can also bring extended family members together, as they celebrate marriages Relationship breakdown can lead to isolation and disconnection with previously close friends and family
Life events: - Life circumstances	<ul style="list-style-type: none"> Some events can reduce stress levels and promote relaxation. This can lead to improved sleep, better digestion and a healthier immune system Improved nutrition. For example, starting a new job can lead to changes in standards of living which can lead to improved dietary habits Stress caused by ongoing life events which can have negative impact on the body including high blood pressure, heart disease, and weakened immune systems. Stress can also impact sleep patterns, resulting in insomnia or sleep deprivation, which can affect overall physical health 	<ul style="list-style-type: none"> Improvements to cognitive functioning and memory. For example, learning a new skill or taking up a hobby can provide mental stimulation and improve cognitive functioning Learning a new skill or hobby can help to develop new neural connections in the brain and this is a feature of life events at all life stages, from a child starting school to a newly retired individual taking up a new hobby or the educational opportunities offered to inmates in the prison system Unexpected life events can have a negative effect on attention and concentration, making it difficult for an individual to focus and retain information. This can have a significant impact on academic and professional performance 	<ul style="list-style-type: none"> Improvements to emotional health, by promoting feelings of happiness, contentment and fulfilment Better coping skills and a more positive outlook on life Unexpected life events can lead to anxiety, stress and depression A change in life circumstance can affect self-esteem positively and negatively 	<ul style="list-style-type: none"> Life events can improve social health. For example, moving house, retiring, starting a new school, college or job and having a child can introduce an individual to new social networks and provide opportunities for social interaction. This can lead to increased social support Connecting with others, such as parents who also have young children, either through parenting groups, playdates, or social media Financial difficulties arising from events like retirement, redundancy, divorce and bereavement can lead to social isolation May have a negative impact an individual's ability to participate in social activities and events, leading to feelings of exclusion

Apply it:

Explain two negative effects of unsupportive relationships on an individual's physical health (4 marks)

Unsupportive relationships can cause an individual to suffer from stress. This can weaken the immune system, leaving them susceptible to frequent illness. Unsupportive relationships sometimes also feature neglect. When a parent neglects their child, it can lead to poor hygiene, malnutrition and risk of physical harm from injury.

Apply it:

Explain two negative effects that mental ill health can have on social and emotional health (4 marks)

One effect of mental health problems on social health is that people can withdraw from social activities. They may not feel like socialising which can lead to reduced friendship groups and few opportunities for making new friends. One effect on emotional health is that having mental health problems can negatively affect self-esteem as the person can lose self-confidence in their own abilities.

Apply it:

State two positive effects of having a high income on an individual's health and wellbeing (2 marks)

- No stress or anxiety about paying bills and money
- Can afford to eat good quality, healthy food to ensure a balanced diet

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Life events: - Relationship changes				
Life events: - Life circumstances				
Apply it: Explain two negative effects of unsupportive relationships on an individual's physical health (4 marks)		Apply it: Explain two negative effects that mental ill health can have on social and emotional health (4 marks)		Apply it: State two positive effects of having a high income on an individual's health and wellbeing (2 marks)