


**Social interaction**      Between family–friends–work colleagues–school friends.



Reacting to people through communication & relationships

*Integration* – when people feel they belong to a group  
*Isolation* - when people do not have contact with others.  
 Due to: staying in, physical illness, reduced mobility or unemployment, mental illness, a condition such as autism

	Positive relationships	Negative relationships
<b>P</b>	Day to day care & practical assistance	Peer pressure/Poor lifestyle choices (drinking)
<b>I</b>	Shared experiences, supported learning & thinking	Less support with learning, conversation
<b>E</b>	Unconditional love, security, contentment, self concept, independence & confidence	Loneliness,, insecurity, anxiety, depression,
<b>S</b>	Companionship, social interactions	Relationship difficulties

**Relationship breakdown**  
**Can lead to:**  
 Anxiety, stress, depression insecurity, loss of confidence, poor lifestyle choices, more pressure on finances, new home etc


**Topics**

- Social interaction
- Stress
- Economic/financial
- Life events
- Environment & Living Conditions
- Willingness to seek help or access services



**Stress**      Feelings of mental & emotional tension.

Occurs when the body responds to demand  
 The hormone adrenaline is released  
 Trigger 'fight or flight' response  
 – so you respond instantly in life or death situations  
 BUT an overreaction to non life threatening situation can cause negative stress.




**Causes of stress**  
 Pressures at work  
 Exams  
 Financial difficulties  
 Life events  
 (illness, relationship changes, moving home, bereavement)


**Effect on health & wellbeing**

<p><b>Physical</b>  <b>Short Term:</b>                  -Tense muscles                  -Fast breathing                  -Dry mouth                  -Faster heartbeat                  -Butterflies                  -Urge to pass water (urine)                  -Diarrhoea                  -Sweaty hands</p>	<p><b>Physical:</b>  <b>Long term:</b>                  -Sleeplessness                  -High blood pressure                  -Irritability                  -Loss of appetite                  -Heart disease                  -Headaches                  -Poor sex life                  -Anxiety                  -Mood swings</p>
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**Intellectual**  
 Forgetfulness  
 Poor concentration  
 Difficulty in making decisions




**Emotional**  
 Difficulty controlling emotions – crying, angry  
 Feeling insecure  
 Negative self concept  
 Feeling anxious



**Social**  
 Difficulty making friends/building relationships  
 Breakdown of close relationships  
 Loss of confidence  
 Social isolation

**Willingness to seek help or access services**

**Asking for help**  
 People need to seek help from health & social services at various stages. Being reluctant can lead to negative effects



**Barrier 1: Gender**  
 Men are less likely to access as they are often less open & avoid looking vulnerable

**Barrier 2: Education**  
 More educated are more likely to seek help  
 They are more likely to:  
 Research symptoms and know when help is needed  
 Understand importance of early diagnosis & treatment  
 Know how and where to access services

**Barrier 3: Culture**  
 Social behaviour, value, tradition, customs and beliefs of communities. E.g.  
 - discriminated against when accessing services  
 - not speaking English well enough to discuss issues  
 - some cultures require women to see women  
 - Some cultures use 'alternative therapy'  
 - stigma (feel ashamed)of conditions e.g., depression


**Environmental & Living conditions**

**Environmental** – Air, water and land around us.  
**Pollution** - Contamination of the environment & living organisms by harmful chemicals.

**Examples**  
 Outdoor air – Chemicals from factories, exhausts  
 Indoor air – Aerosols, mould, cigarette smoke, carbon monoxide from heating  
 Water– Farm fertilisers/pesticides, waste, sewage  
 Food pollutants – chemicals in food production  
 Noise – Machinery and traffic music, loud neighbours  
 Light – Excess lighting, street lights

**Housing**  
**Good living conditions**  
 Less polluted areas, quiet, safe, spacious, warm, dry, safe outdoor space  
**Poor living conditions**  
 - Overcrowding – anxiety & depression, sleeplessness, difficulty concentrating & studying  
 - Lack of open space – less exercise & physical play  
 - Pests - Rats carry disease, bugs carry disease  
 - Damp & mould - Respiratory problems (asthma)  
 - Poor heating – poor health (cold, flu) heart disease

Air – water – noise – light – housing - area



**Impact of pollutants**

- Lung problems (*Bronchitis, asthma, lung cancer*)
- Heart damage (*disease, stroke*)
- Reduction of brain function (*thinking and memory*)
- Low birth weight or premature births

**City**  
 Better transport links  
 Close to facilities i.e. Shops, gym, entertainment, health services  
 Easy access to social events  
 BUT pollution problems

**Rural**  
 Sense of community  
 Access to outdoors & less polluted  
 BUT commute, difficult to access services, isolation


**Economic**      Relate to a persons employment situation & financial resources. Effects lifestyle, health & wellbeing

**Factors**

<p><b>2) Occupation</b> - Job role &amp; status (i.e. level of responsibility, salary)</p> <p><b>3) Employment/unemployment</b>                  - Part time                  - Self employed                  - Not being able to find work (due to being disabled, made redundant, or being reliant on state benefits)</p>	<p><b>1) Wealth</b>                  -Level of income                  - Amount of personal wealth, including non-essential, valuable material possessions (jewellery, cars &amp; property)</p>	<p><b>Adequate income:</b>                  Pay for rent/mortgage – Pay bills (heating etc.)                  - Afford luxuries, clothing, holidays, car, house with a garden – Eat a balanced diet – Socialise with friends - Afford travel to leisure/health services – Live in suburbs /countryside</p>
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**Relative Poverty** - Can only afford the essentials. (reduced financial resources)  
 Life choices will be limited -more likely to:  
 - suffer ill health  
 - lack personal development (*i.e. school trips, warm clothes, doing well at school*)

**Absolute Poverty** -Not enough money to meet basic needs (food, clothing, housing) even with benefits.



	Positive	Negative
<b>P</b>	Good housing conditions Healthy diet Manual jobs can improve muscle tone & stamina	Poor housing conditions Poor diet Manual jobs - muscular/skeletal problems Desk jobs - less activity and weight gain
<b>I</b>	Opportunity to access intellectual activities Work, education & training helps to develop problem-solving & thinking skills	Long hours -less leisure time & reduced learning opportunities Being unemployed can result in poor mental health
<b>E</b>	A well paid job gives a feeling of security and less stress/worry over housing etc. Affording to socialise =positive self concept	Financial worries - stress & breakdown of relationships Not affording to go out and socialise =depression Unemployment of a low status job =low self concept
<b>S</b>	Better financial resources =opportunities to socialise Socialise with colleagues	ask of financial resources reduces opportunities for socialising Reduced opportunities for relationships = social isolation Financial worries = stress & breakdown of relationships

**Life events**      Events can change life circumstances in positive & negative ways

<p><b>Expected</b>                  These can be predicted. They are easier to plan for &amp; manage the effects                  -Leaving school                  -Starting school                  -Moving house                  -Starting work                  -Living with a partner                  -Marriage/civil partnership                  -Retirement</p>	<p><b>Unexpected</b>                  Cannot be predicted and cannot prepare.– has a greater impact                  e.g. Redundancy, imprisonment, exclusion, sudden death of someone close (bereavement) and ill health, accident or injury</p>
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**Effects on health & wellbeing:**  
 P – High blood pressure  
 I – Depression, difficulty thinking & decision making, memory  
 E – Difficulty sleeping, grief, insecurity, stress and anxiety  
 S – Isolation, loss of friends  
**Some positives**– catalyst for change of behaviours, opportunities for new study or training, support for emotional, diet etc

**Effects on health & wellbeing:**  
**Positives:**  
 New friends, learning, skills, independence, excitement, confidence  
**Negatives:**  
 Anxiety, insecurity, stress, unhappiness about loss of 'old' life, change in lifestyle



**Key Words**      

**Health & Wellbeing** – how physically fit and mentally stable a person is (not just absence of disease) Linked to PIES.

**Social integration** – When people feel they belong to a group

**Social Isolation** - When people do not have contact with others.

**Social interaction** Acting/reacting to people through communication & relationships

**Stress** - Feelings of mental & emotional tension.

**Adrenaline** – a hormone released when the body responds to a demand which can lead to stress.

**Economic** - Relate to a persons employment situation & financial resources

**Income** – money people receive from work, savings pensions or benefits.

**Expected life events** – can be predicted e.g. Leaving school

**Unexpected life event** – cannot be predicted i.e. Bereavement

**Environmental** – The air, water and land around us.

**Pollution** - contamination of environment & living organisms by harmful chemicals.