

How Are You?

This card invites you to reflect on different aspects of health & well-being.



Movement & Nature

- Does movement play a role in your life?
- What type of movement do you enjoy?
- Do you spend time in nature?
- Is anything preventing you from exercising?



Home & Livelihood

- Can you take care of yourself and your home?
- How well do you handle responsibilities beyond household tasks?
- Do you have financial worries?



Rest & Relaxation

- How well do you sleep?
- How do you relax?



Nutrition & Food

- Do you have a balanced, varied diet?
- How often do you eat?



Mental Well-Being & Relationships

- Do you have close friends or family members you can talk to?
- How would you describe your mood?
- Are you afraid of something?



Culture, Art, & Meaning

- Do you have hobbies or activities that you enjoy?
- Have you explored what your local library has to offer?
- What kinds of art and culture do you like?



Substance Use & Addictions

- Are you concerned about your use of nicotine products or other substances?
- Are you worried about a loved one's substance use or addictions?

Länsi-Uudenmaan hyvinvointialue
Västra Nylands välfärdsområde
Western Uusimaa Wellbeing Services County



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Energy from Wellbeing Services

Discover information, events, and self-care programs designed to support your well-being.

The Wellbeing Services website and search engine is a service provided by the Western Uusimaa Wellbeing Services County, where you can easily find services provided by municipalities, organizations, parishes, and private providers in your area using the search engine. The service is available in Finnish, Swedish and English.

Try now:

luvn.fi/en/wellbeing-services

