Well Now

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Worksheet F

The Well Now Table for Untangling Health Behaviours, Respect, Weight, Wellbeing and Social Factors

Health Condition	Could this have any impact?				
	Eating Well	Being Active	Mindfulness	SDH* Respect	Does it harm?
Diabetes					
Heart disease					
Joint problems					
Depression					

* SDH* social determinants of health. Respect is a SDH, so non-judgment fosters wellbeing. Size stigma is a health hazard.

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