

Carmel Contemplations...

This week, we've gone GREEK!
We're exploring the Greek word

Eudaimonia

'the state of having a good
indwelling spirit';

'human flourishing'

'well-being'



monday meaning

“Feeling good physically and emotionally. Feeling good about life in general and about yourself.”

*Izzy,
Student*

What does the word '**WELL-BEING**' mean to you?

“Kind of like the word reversed: Being Well - physically, mentally, spiritually”

Dan, Student

“Being in tune with yourself and the world around you. I think it involves self-acceptance and self-care.”

**Mike,
YO student**