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| Name | Changyu Li | ID | 20513997 | Class | C23 |

**Describe two lifestyle practices that can positively affect individual wellbeing**

**Excepting two topic sentences, the information here should be recorded in note-form: the object at this stage is not to write the essay.**

**Ideas should be given in your own words with the corresponding in-text citation recorded e.g. (Mapperley, 2019)**

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| **Introduction** |
| * Pointing out that the sense of wellbeing is decreasing (Anand, 2021). * Make a definition of individual wellbeing: A positive outcome, that influences society (CDC, 2018). * Explain the importance of wellbeing:   1. Although the world is wealthy now, the mood of unhappiness is remaining (Sachs, 2019).   2. Wellbeing is an integration of mental health and physical health (CDC, 2018).   3. Wellbeing can tell how people perceive their life (CDC, 2018). |
| **MBP1** |
| **Topic sentence (full-form):** Nature greatly influences positive wellbeing. Being close to nature is a fast and efficient way to improve wellbeing. |
| * Define nature: green open spaces and water bodies which can support life. * Show the proof that being close to nature can improve wellbeing:   1. “70% of UK adults agreed that being close to nature improves their mood.”(Mental Health Foundation, 2021)   2. The nature experience has a connection with increasing psychological wellbeing (Gregory et al., 2019 cited in Royal Botanic Gardens Victoria, 2021). * Suggestions for getting more benefits from nature: Use the sense organ, appreciate nature, enjoy the positive mood that nature brings (Mental Health Foundation, 2021). |
| **MBP2** |
| **Topic sentence (full-form):** Sleep is a significant part of a natural rhythm. The improvement of sleep can positively affect individual wellbeing well. |
| * According to RSPH (2017), 54% public is suffering from the result of poor sleep. * Explain the reason why sleep can affect wellbeing:   1. A night of good sleep will improve the mood of people, which has a strong positive correlation with wellbeing (Broadbent, 2018).   2. A long term of poor sleep will lead to low mood and feelings of helplessness (RSPH,2017). * Give advice to make sleep better:   1. Adult need 7.5 – 8 hours of sleep every day (Broadbent, 2018).   2. Keep electronic devices away half an hour earlier before sleep. |
| **MBP3 (if needed)** |
| **Topic sentence (full-form):** |
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| **Conclusion** |
| * Conclude the importance of being with nature. * Conclude the importance of having a good sleep. * Recommendation for gov: contribute more green spaces and decrease the overtime working for both students and workers. |

**For the marker’s use only. Do not delete.**

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| Item | | Mark |
| a | Plan submitted on the RWAC IWA planning template **and** labelled Name Class Plan e.g. Jiahua Chen A11 Plan | **1/0** |
| b | Plan made in efficient **note form** | **1/0** |
| c | Student shows evidence of a clear intended structure that introduces two  appropriate measures | **2/0** |
| d | Student shows evidence of having engaged with at least four sources, these drawn ONLY from the Reading List | **4/0** |
| e | Student provides two **full** topic sentences written in a developing academic  style | **2/0** |
| TOTAL before deductions | | **/10** |

**Note: there are no ‘part-marks’: it is the whole mark or zero.**

**Penalties**

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| Infringement | | Penalty |
| g | Submitted after deadline | **-5** |
| h | Evidence of cut and paste from sources | **-5** |
| TOTAL AFTER PENALTY DEDUCTIONS | | **/10** |