

Living Standards



Transportation to work and access to home internet are all considered in Living Standards – including whether or not housing, food bills, and other things are affordable.

Adequate living standards are important to our overall well being. Feeling in control of factors in our lives such as the type of work we do, our safety, and the ability to pay rent all contribute to quality of life.





Think about ...

What does a healthy work-life balance look like to you? How does having, or not having, home internet access affect you?

This is one of eight resources inspired by the 8 domain framework created by the Canadian Index of Wellbeing. To learn more visit: https://uwaterloo.ca/canadian-index-wellbeing/