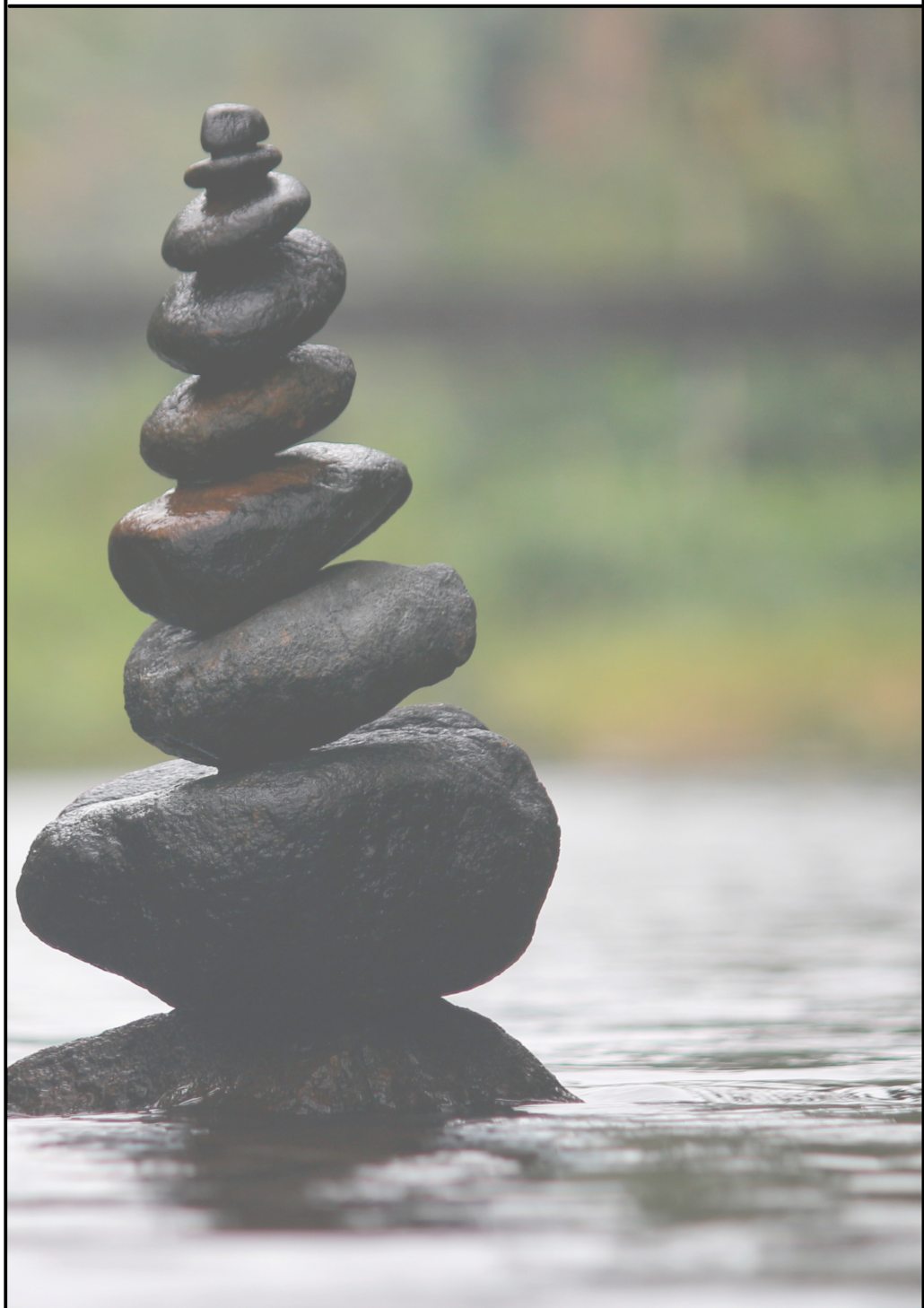


THE NATURE OF WELL-BEING

THIS RESEARCH PROJECT FOCUSES ON THE NATURE AND CAUSES OF WELL-BEING. THOUGH THE STUDY OF WELL-BEING HAS PROLIFERATED IN RECENT YEARS, THE NATURE AND CAUSES OF WELL-BEING ARE DIFFICULT TO DISCERN. THIS RESEARCH AIMS TO GAIN CLARITY BY APPEALING TO THE DISCIPLINES OF PHILOSOPHY AND PSYCHOLOGY.

<p>OBJECTIVE</p> <p>To examine the nature and causes of well-being. We ask the questions, What does well-being consist of? How should we define and conceptualize the construct of well-being across disciplines?</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>10 REGULATION AND SUBJECTIVE WELL-BEING (SWB)</p> <p>Mindfulness: eastern of idea of mindful awareness Emotional regulation: ability to regulate one's own emotional states</p> <ul style="list-style-type: none"> both are associated with SWB, comprised of <ul style="list-style-type: none"> Frequent positive + infrequent negative affect Life satisfaction </div> <div style="width: 35%; text-align: center;"> <p>1 THE CHALLENGE OF DEFINING WELL-BEING</p> <p>Stable well-being = a balance between psychological/physical/social challenges and psychological/physical/social resources</p> </div> <div style="width: 30%;"> <p>2 HAPPINESS ≠ WELL-BEING</p> <ul style="list-style-type: none"> Psychologists believe that well-being is more than happiness agential flourishing: individual seen as a flourishing agent realizing and pursuing values </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 30%;"> <p>9 THE WELL-BEING OF PEOPLE OF COLOR</p> <ul style="list-style-type: none"> Racism-related stress and trauma impacts well-being Racism can affect well-being through adaptational outcomes among physical, psychological, social, functional, and spiritual domains. </div> <div style="width: 35%; text-align: center;"> <p>THE PSYCHOLOGY OF WELL-BEING</p> </div> <div style="width: 30%;"> <p>3 CAROL RYFF'S PSYCHOLOGICAL WELL-BEING (PWB)</p> <ul style="list-style-type: none"> Self-acceptance Positive relations Environmental mastery Autonomy Purpose in life Personal growth. </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 30%;"> <p>8 THE ENGINE MODEL</p> <p>Well-being consists of</p> <ul style="list-style-type: none"> Inputs: resources that enable well-being Processes: internal states influencing individuals Outcomes: behaviors that characterize well-being </div> <div style="width: 35%; text-align: center;"> <p>4 SECOND WAVE POSITIVE PSYCHOLOGY (SWPP)</p> <p>The dialectical nature of wellbeing: wellbeing involves a complex and dynamic interplay of opposing experiences and dual emotions</p> </div> <div style="width: 30%;"> <p>5 SELIGMAN'S WELL-BEING THEORY (WBT)</p> <p>Positive emotion Engagement Relationships Meaning Accomplishment</p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 30%;"> <p>7 WHAT MAKES A GOOD LIFE? THE LONGEST STUDY ON HAPPINESS</p> <p>Harvard researchers studying hundreds of men over eighty years to analyze the components and determinants of a good life concluded that the quality of relationships is the strongest determinant of one's well-being.</p> </div> <div style="width: 35%; text-align: center;"> <p>6 INTEGRATING HEDONISM AND EUDAIMONISM</p> <p>Eudaimonism views well-being as the pursuit of purpose and meaning, whereas hedonism equates well-being with pleasure.</p> <p>Theories of well-being are moving towards integrating the two different accounts. These theories include:</p> <ul style="list-style-type: none"> Well-being as positive feelings + positive functioning Seligman's full life theory = hedonia and eudaimonia Ryan and Deci Self Determination Theory (SDT) </div> </div>	
<p>METHODOLOGY</p> <ul style="list-style-type: none"> Conducted a literature review of the psychology of well-being. Consulted philosophy to understand the philosophical conceptions of well-being. Then aimed to clarify the relationship between the philosophy and psychology of well-being. Investigated further areas of study that may benefit from exposure to recent work on well-being. Identified community partners and organizations that advocate for well-being. <p>CONCLUSIONS</p> <p>Well-being is a multi-dimensional construct and has been philosophized and theorized by many scholars and thought leaders throughout history. This research aggregates a multitude of theories, approaches, and philosophies to explain the nature of well-being.</p> <p>Psychologists created SWPP, SWB, lifespan research, emotional regulation and mindfulness theory, PWB, and WBT to understand well-being. Additionally, they identified that trauma and adversity, racism, marginalization and inequality have negative impacts on well-being.</p> <p>Philosophy proposed principles of pleasure versus pain (hedonism), desire fulfillment, and the possession of certain goods (objective list theories) as the theories of well-being.</p> <p>Examining both philosophical and psychological accounts expands current understandings of well-being and offers insights only discovered through cross disciplinary investigation.</p> <p>Well-being is both psychological and philosophical in nature; it goes beyond simplistic ideas of happiness. Instead, conceptions of well-being extend to consider meaning-making, relationships, pain and challenges, desires, values and accomplishments, and more.</p> <p>A multidimensional review of the literature on well-being offers a complex understanding of the construct in current times.</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>HEDONISM</p> <ul style="list-style-type: none"> Well-being consists in the greatest balance of pleasure over pain. The degree to which we are well is related to the degree to which we feel pleasure. Hedonism is often contrasted by eudaemonism, which states that well-being goes beyond pleasure and is defined by the pursuit of meaningful goals or human excellence. </div> <div style="width: 35%; text-align: center;"> <p>THE PHILOSOPHY OF WELL-BEING</p> </div> <div style="width: 30%;"> <p>OBJECTIVE LIST THEORIES</p> <ul style="list-style-type: none"> Well-being is defined by the possession of certain goods. These theories propose a list of items that constitute well-being such as friendship, knowledge, autonomy, or positive emotion. The constituents of well-being are determined by the theory. Different theories propose different components. </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 30%;"> <p>DESIRE THEORIES</p> <ul style="list-style-type: none"> Well-being is the overall level of desire-satisfaction an individual experiences. A person is well to the extent that their current desires are fulfilled. </div> </div>	
	<p>FURTHER DOMAINS OF STUDY</p> <p>Current issues that we can consider alongside well-being.</p> <p>Well-being and...</p> <ul style="list-style-type: none"> Sexuality <ul style="list-style-type: none"> Gender based sexual violence, and the #MeToo movement Sexual empowerment, sexual wellness Issues of consent, sexual safety, and bodily autonomy Social Media <ul style="list-style-type: none"> Comparison, bullying, and cancel culture Environment <ul style="list-style-type: none"> Climate anxiety and transgenerational responsibilities Interactions between the self and the environment Mental Health <ul style="list-style-type: none"> Helping individuals be aware of and track their own well-being Restoring well-being after adversity and trauma Social Justice <ul style="list-style-type: none"> The well-being of minorities and marginalized groups Access to resources and equitable care Well-being for Indigenous peoples, healing and reconciliation Privilege and visibility, bodily autonomy, equal rights LGBTTIQQ2SA+ <ul style="list-style-type: none"> Supporting the well-being of individuals navigating gender identity, sexual identity, and trans experiences 	<p>COMMUNITY PARTNERS</p> <p>Organizations that promote and protect the well-being of individuals living in London, Ontario and across Canada. These are potential community partners for which the study of well-being is relevant.</p> <ul style="list-style-type: none"> Thames Valley District School Board <ul style="list-style-type: none"> Programs and resources to support student mental health and well-being Atlohsa Family Healing Services <ul style="list-style-type: none"> Indigenous-led programs that offer holistic healing and wellness Western University <ul style="list-style-type: none"> Health and wellness supports + gender based violence supports Anova: A Future Without Violence <ul style="list-style-type: none"> Supporting survivors of gender based violence London Environmental Network <ul style="list-style-type: none"> Protecting the environment and building a sustainable community Canadian Mental Health Association Middlesex <ul style="list-style-type: none"> Community-based supports for the mental health and wellbeing of all London Multicultural Community Association <ul style="list-style-type: none"> Promoting multiculturalism and inclusiveness within the local community Black Youth Helpline <ul style="list-style-type: none"> Black youth specific service, providing support and access to care Life Spin <ul style="list-style-type: none"> Providing programs and resources to low-income families
<p>I would like to thank Dr. Anthony Skelton for supervising my research, Dr. Barbara Bruce and Dr. Aara Suksi from the School for Advanced Studies in the Arts and Humanities for introducing me to this opportunity, and to Western Research, Western Libraries, and the Undergraduate Student Internship Program for the continued support.</p>	<p>Delle Fave, A., Massimini F., Bassi, M. (2011). Hedonism and eudaimonism in positive psychology. <i>Psychological Selection and Optimal Experience Across Cultures</i>, 2, 3-18.</p> <p>Dodge, R., Daly, A., Huyton, J., & Sanders, L. (2012). The challenge of defining wellbeing. <i>International Journal of Wellbeing</i>, 2(3), 222-235.</p> <p>Harrell, S. P. (2000). A multidimensional conceptualization of racism-related stress: Implications for the well-being of people of color. <i>American Journal of Orthopsychiatry</i>, 70(1), 42-57.</p> <p>Jayawickreme, E., Forgeard, M., Seligman, M. (2012). The engine of well-being. <i>Review of General Psychology</i>, 16(4), 327-342.</p> <p>Lomas, T., & Ivtzan, I. (2015). Second Wave Positive Psychology: Exploring the Positive-Negative Dialectics of Wellbeing. <i>Journal of Happiness Studies</i>, 17(4), 1753-1768.</p> <p>Mandal, S. P., Arya, Y. K., Pandey, R. (2011). Mindfulness, emotion regulation and subjective well-being. <i>Indian Journal of Social Science Research</i>, 8(1-2), 159-167.</p> <p>Mineo, L. (2017, April 11). Good genes are nice, but joy is better. <i>The Harvard Gazette</i>.</p> <p>Raibley, J. R. (2012). Happiness is not well-being. <i>Journal of Happiness Studies</i>, 13(6), 505-522.</p> <p>Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. <i>Journal of Personality and Social Psychology</i>, 57(6), 1069-1081.</p> <p>Seligman, M. (2018). PERMA and the building blocks of well-being. <i>The Journal of Positive Psychology</i>, 13(4), 333-335.</p>	