Wellbeing

Scholars from psychology, sociology, health sciences, and economics contribute to evolving definition, aiming to understand how wellbeing can be measured, enhanced, and sustained across diverse populations and contexts.

Dimensions of Wellbeing

Several major dimensions are commonly discussed in the literature on wellbeing, including:

1. **Physical Wellbeing** – Encompasses physical health, such as the absence of disease, physical fitness, and overall bodily functioning. Physical wellbeing is often supported by regular exercise, adequate sleep, a balanced diet, and healthcare access (Diener, Suh, Lucas, & Smith, 1999).
2. **Mental and Emotional Wellbeing** – Refers to a positive mental state and emotional stability, which includes feelings of happiness, life satisfaction, and the ability to manage stress. Positive mental health is linked to personal resilience, self-esteem, and emotional regulation (Ryff, 1989).
3. **Social Wellbeing** – Involves healthy interpersonal relationships and a sense of community. Humans have an inherent need for social connection, which affects their mental and emotional health. Social wellbeing is fostered through relationships with family, friends, colleagues, and other support systems (Keyes, 1998).
4. **Economic and Financial Wellbeing** – The ability to meet one's financial needs and have a sense of financial security contributes significantly to wellbeing. Economic stability is associated with lower stress, access to opportunities, and improved life satisfaction (Dolan, Peasgood, & White, 2008).
5. **Purpose and Meaning** – Often associated with having goals, a sense of purpose, and values that guide one's life. Eudaimonic theories of wellbeing emphasize this dimension, suggesting that individuals find true fulfillment when they engage in meaningful activities aligned with their values (Ryff & Singer, 1998).
6. **Environmental Well-being**. This aspect refers to the connection with and influence of

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one's surroundings on personal well-being. A healthy environment, access to clean air and water, and safe neighborhoods all contribute to an individual's quality of life. Environmental well- being also includes awareness of ecological impacts and efforts toward sustainability, as people generally report higher satisfaction in aesthetically pleasing and healthy environments.

Wellbeing in Theory and Practice

Two prominent theoretical frameworks for understanding wellbeing are *hedonic wellbeing* and *eudaimonic wellbeing.*

- **Hedonic Wellbeing** emphasizes pleasure attainment and pain avoidance, focusing on life satisfaction, happiness, and the balance of positive over negative emotions (Kahneman, Diener, & Schwarz, 1999).
- **Eudaimonic Wellbeing** involves the realization of personal potential and meaningful engagement with life. This approach focuses on personal growth, purpose, autonomy, and self-acceptance, as outlined by Carol Ryff's Psychological Wellbeing model (Ryff, 1989).

Socrates changes somewhat the interpretation of the meaning of a happy life by saying that man can be educated for a happy life, man can be educated from childhood to appreciate the beauty of nature and people, and this will bring him in adulthood the love of knowledge and wisdom. Aristotle, like Socrates, retains the idea that happiness is something you can attain, something you can seek. But he appreciates that many other external factors contribute to a happy life, for example, good friends, good health, other material resources that should be accessible.

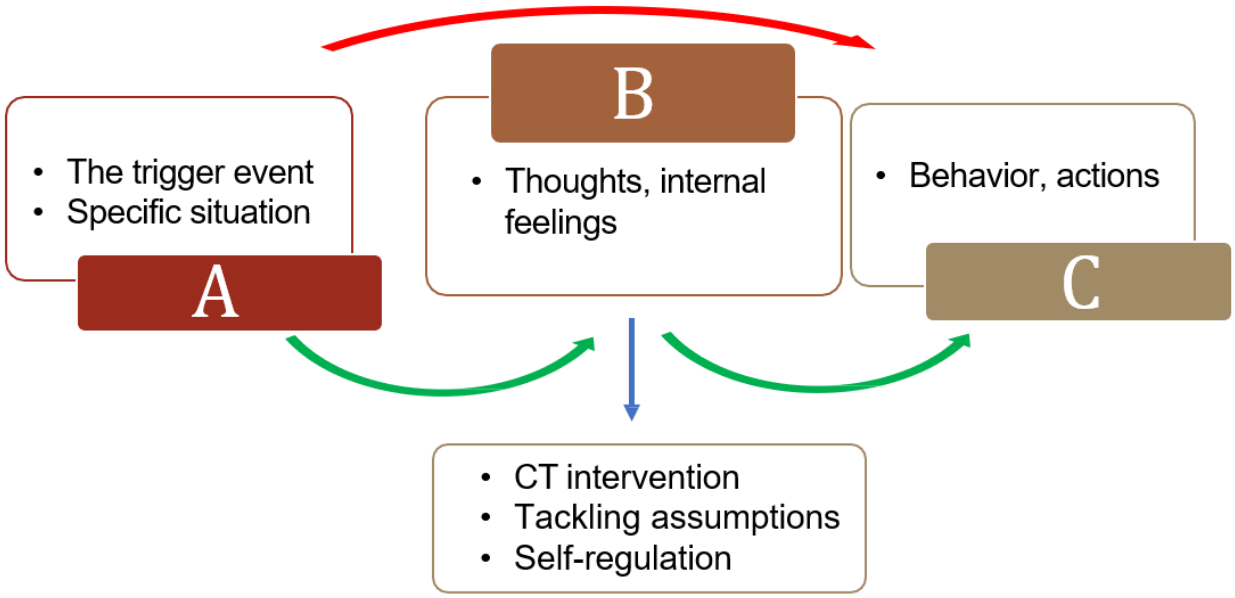
If we think of King Priam, he lived a virtuous life, he was happy according to Socrates or Plato, but he was not happy if we believe Aristotle, because he lost his status, his family, his home and his friends because of war.

Today, in Western culture, led with aplomb by the United States of America, people believe that happiness is something subjective, under the total control of the person, it can be achieved, pursued, and in fact that is the whole purpose of life, the achievement of happiness. That means there are as many happiness's as there are people on earth.

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How a person interprets an event can determine how stressful it is (basic postulate of rational-emotive theory, adapted after Albert Ellis, 1967).

Ellis's reinterpreted diagram: the installation of wellbeing depends on the use of critical thinking between a triggering event and the subject's actual behavior.

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