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MELBOURNE GRADUATE
SCHOOL OF EDUCATION

Shaping minds, shaping the world



Wellbeing, Recovery & Mental Health

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A clear glass filled with water, with the word "Gratitude" written in blue marker on the front. The glass is placed on a light-colored surface, and the background is dark and out of focus.

Gratitude

Outline

OUTLINE

- Wellbeing and Recovery- friend or foe
- Definitions of wellbeing
 - Your personal definition
 - The literature
- What leads to wellbeing?
 - Your personal experience
 - The literature
- Should wellbeing be the primary aim/outcome?
 - Framing the debate
 - Your view



WHAT IS WELLBEING?



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EVALUATE your DEFINITION – use this set of questions to help you

- (1) Did your definition assume more pleasure/ positive emotions or purpose/meaning?
- (2) Does your definition have multiple parts?
- (3) Does your definition avoid defining the absence of illness?



WELLBEING DEFINITIONS in the literature

Wellbeing can be understood as how people feel and how they function on a personal and social level, and how they evaluate their lives as a whole (nef, 2012)

How well someone's life is going *for them* (Crisp, 2014).



WELLBEING DEFINITIONS from philosophy

Eudaimonic wellbeing focuses on meaning and self-realization and defines well-being in terms of the degree to which a person is fully-**functioning**

Hedonic wellbeing focuses on maximising **pleasure** and minimising pain.

