



WHAT LEADS TO WELLBEING? FOR YOU IN JULIE'S VIEW



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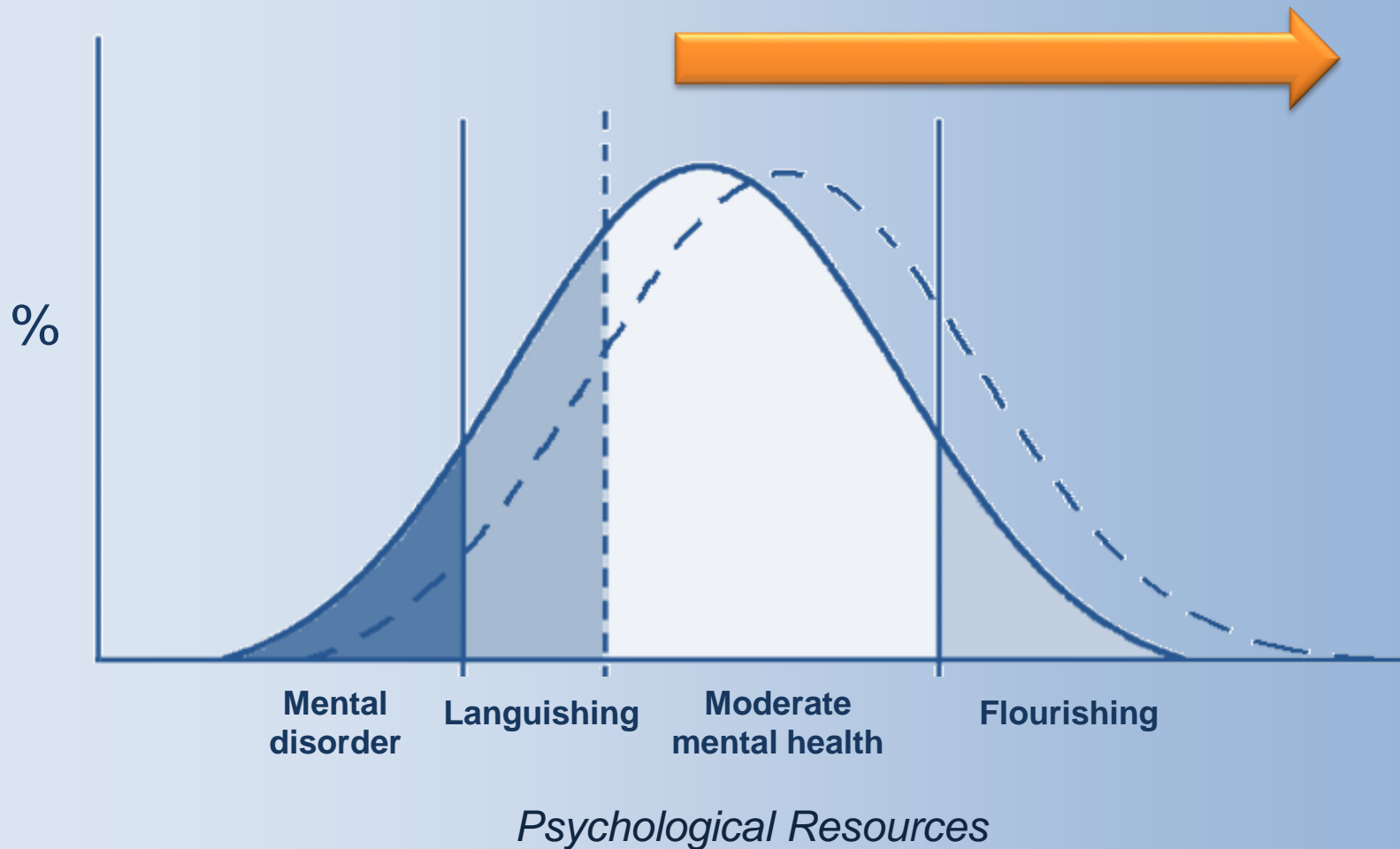
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Study by Huppert on the evidence regarding psychological wellbeing **CAUSES & CONSEQUENCES**



Huppert, F. A. (2009). Psychological Well-being: Evidence Regarding its Causes and Consequences. *Applied Psychology: Health & Well-Being*, 1(2), 137-164.



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Positive Emotion	General tendency toward feeling contentment and joy.
Engagement	Psychological absorption, interest and involvement in the world.
Relationships	Feeling loved, supported, and valued by others.
Meaning	Having a sense of direction in life, feel life is worthwhile.
Accomplishment	Subjective sense of mastery and achievement.



Carol Ryff: Psychological Wellbeing



**SHOULD WELLBEING BE THE
PRIMARY AIM/ OUTCOME?**



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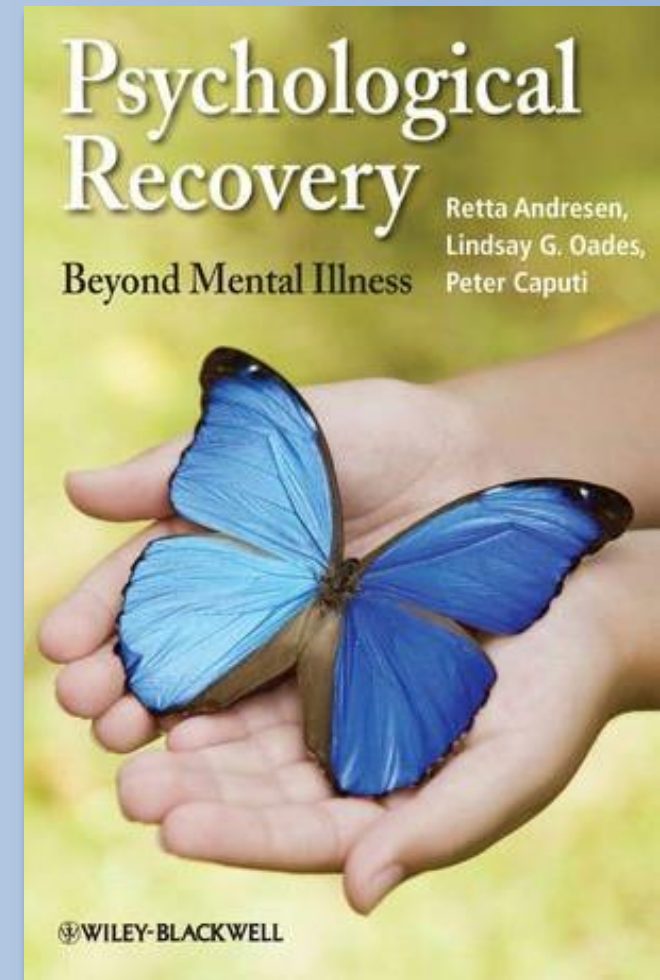


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The lived experience of **RECOVERY** includes themes investigated by **WELLBEING** researchers

- Hope
- Meaning
- Identity
- Responsibility
- Growth
- Recovery defined by person



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The **RECOVERY** movement is a debate about **WHAT CONSTITUTES** an **OUTCOME** and **WHO DECIDES**

- The term “recovery” has been reclaimed by people with lived experience of illness- leading to major changes in policy in the English speaking world
- Focus on approaching wellbeing as opposed to escaping symptoms
- Should we have wellbeing measures instead of recovery measures?

Slade, M., Oades, L.G. Jarden, A. (Eds.) (2016) Wellbeing, recovery and mental health. Cambridge: Cambridge University Press.



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The Pursuit of **HAPPINESS**: A New **AMBITION** for our Mental Health (2014).



- Commission of mental health experts
- Vision for the future of better mental health in England
- *Recommendations:*
 1. £1 billion increase in budget over 10 years
 2. Wellbeing to be measured and prioritised as a goal of government
 3. Primary care to be equipped to meet mental health needs
 4. Priority given to wellbeing and mental health of children and the young



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