

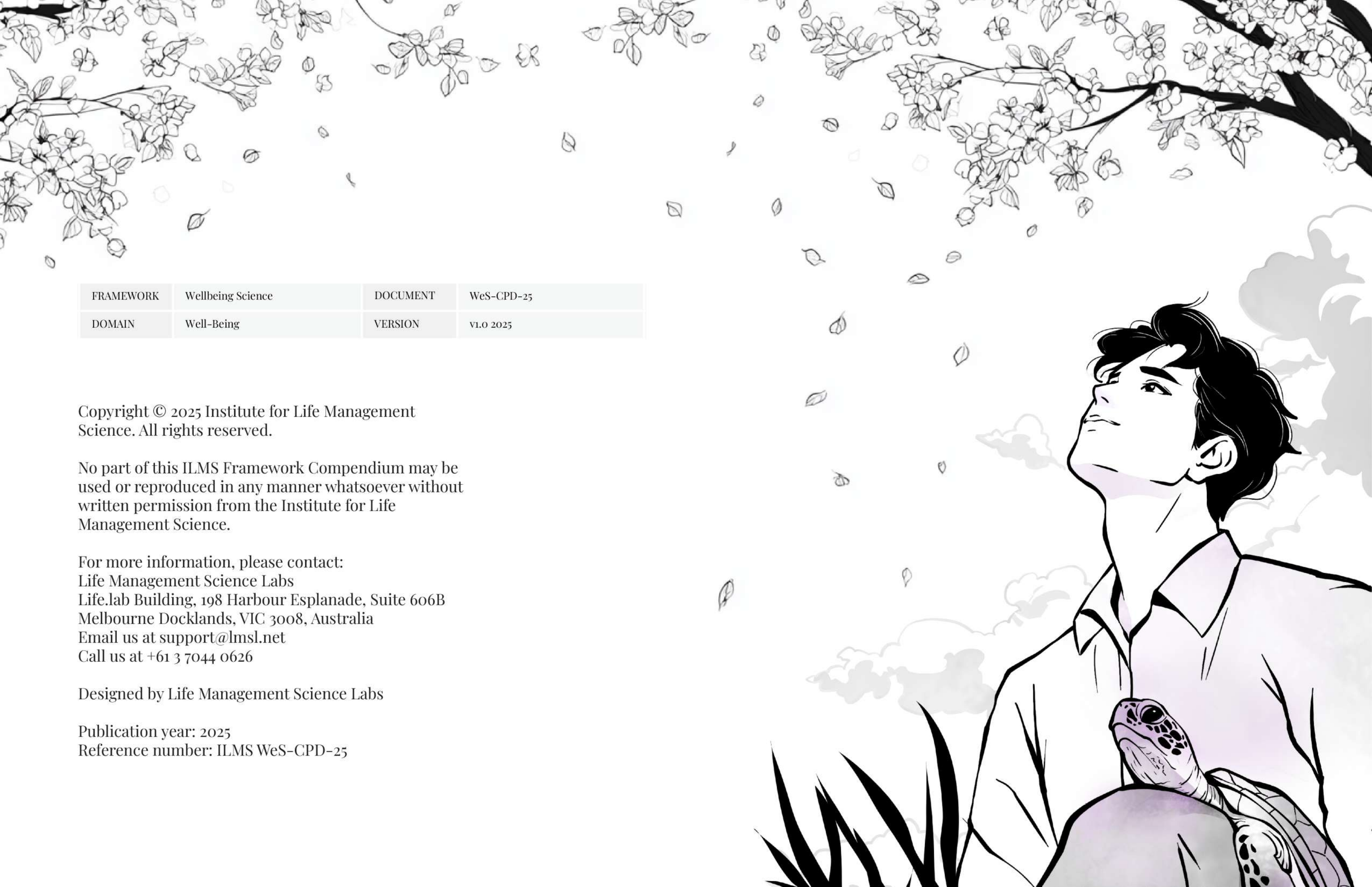
ILMS Framework Compendium

WeS-CPD-25

WELLBEING SCIENCE



Developed by:



FRAMEWORK	Wellbeing Science	DOCUMENT	WeS-CPD-25
DOMAIN	Well-Being	VERSION	v1.0 2025

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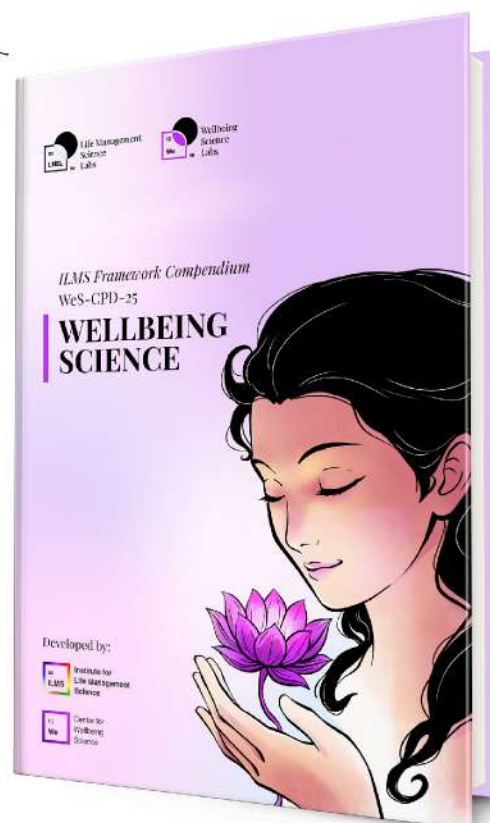
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Overview

This *ILMS Framework Compendium* is a visually rich resource that brings the elements of the Life Management Science Framework to life with stunning images, easy-to-understand facts, and engaging quotes.



About LMSL

LMSL is an **education, lifestyle, and technology ecosystem** operating as a life management enablement platform.

LMSL aims to **empower people all over the world** to improve the way they live their lives through the use of products and services developed based on the original research work of ILMS.

LMSL integrates **art, science, and technology** in a hybrid organizational structure that has 12 labs at its core, each corresponding to a research center operated by ILMS.

About ILMS

ILMS is a research organization dedicated to advancing and standardizing life management science as a standalone discipline. The multidisciplinary approach combines managerial science with social sciences to develop evidence-based practices that enhance people's lives.

Rigorous research and standardization processes are used to ensure the evidence-based, structured, and multidisciplinary nature of these products and services. ILMS specializes in 12 areas of life management science through work across 12 research centers,

working in areas from personal life management, relationships, family, and parenting to home organization, household management, productivity, resilience, happiness, well-being, affluence, and longevity.



About the Wellbeing Science Labs

The Wellbeing Science Labs (WeSL) empowers people to improve the way they understand and enhance their well-being by offering solutions for self-improvement and well-being management.

At the core of our products and services is the well-being science framework and related body of knowledge developed by the Center for Wellbeing Science, operated by the Institute for Life Management Science.

This partnership enables us to provide comprehensive, evidence-based insights and practical tools that enable conscious and informed well-being improvement.

About the Center for Wellbeing Science

The Center for Wellbeing Science (CWeS) operates research in well-being science, having at its core a proprietary framework structured on well-being science domains and elements. On the conceptual foundations provided by the well-being science framework, the Center is building a comprehensive science and practice-driven

body of knowledge to support a better understanding of well-being and enable conscious and informed choices on how to live a comfortable, healthy, and fulfilling life. The concept of well-being implies a broader understanding of human psychological functioning than the absence of ill-being. As part of the positive

psychology tradition, well-being's focus is broader than the weakness-oriented perspectives, and it concerns optimal human functioning in various domains of life. It tackles aspects of individuals' careers, finances, digital and social relationships, lifestyle behaviors, and the interaction with their environment.

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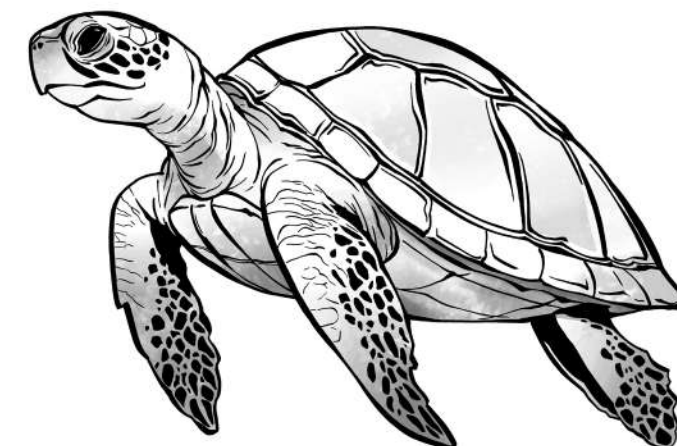


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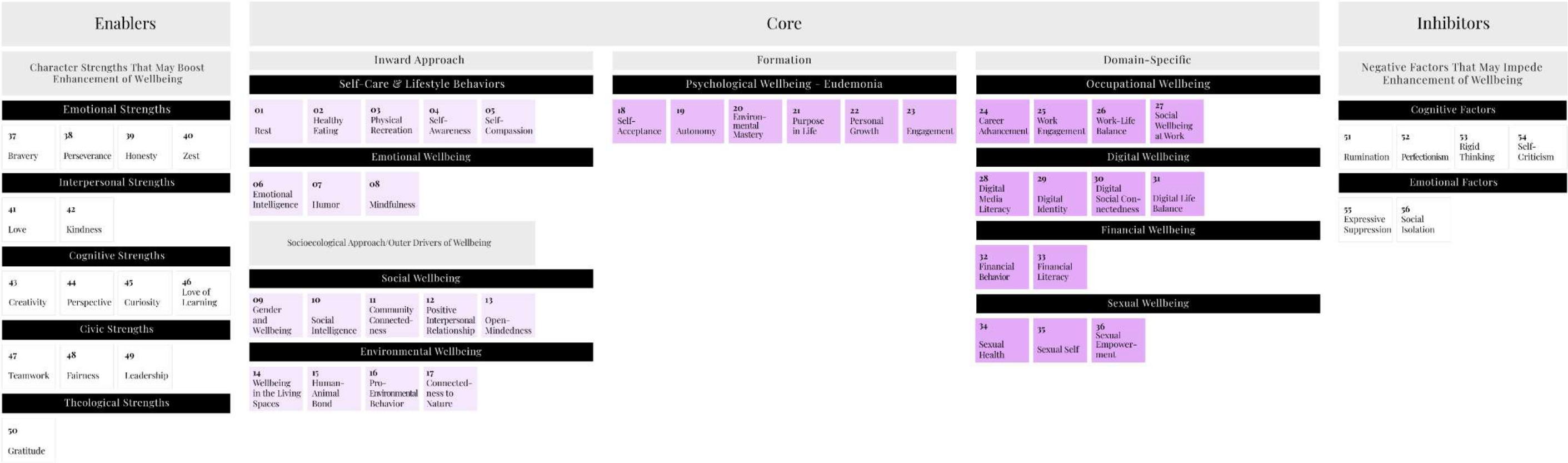
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About the Wellbeing Science Framework



The Wellbeing Science Framework

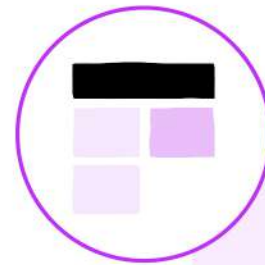


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About the Wellbeing Science Framework

The Wellbeing Science Framework was crafted using multidisciplinary approaches, with psychology as the main source and the main focus on positive psychology. Drawing from various fields such as sociology,

health science, education science, and network science, it explores the diverse interpretation of well-being, aiming to equip individuals with insights and strategies to embark on their personal well-being journey.



This framework comprises

16 domains

56 elements

Core

How to integrate the elements to promote overall well-being?

Enablers

How to harness the elements to enhance individual well-being?

Inhibitors

How to address barriers and challenges to well-being?

Glossary

There are three primary categories based on the function of a framework:

Core: Essential aspects that are central to the center's or lab's purpose.

Enabler: Factors that support or enhance the core components.

Inhibitor: Factors that hinder progress or development.

This classification helps to clarify the fundamental drivers and barriers to achieving the center's or lab's goals.

Each of the three main categories—**Core**, **Enabler**, and **Inhibitor**—can be broken down into subcategories called **Domains (D)**, which are broader groups within each category.

Domains are further divided into **Elements (E)**, which are the specific, actionable components within each domain.

Center or Lab: The overall area of life being addressed.

Domain: Broad aspects/themes within the center.

Element: Specific, actionable components within each domain.

D1

Self-Care & Lifestyle Behaviors



Self-care has been described as a process, an ability, but most often as engagement in particular behaviors that are suggested to promote subjective well-being, a healthy lifestyle, stress relief, and resiliency.

Self-care involves management of vital functions such as sleep, diet, exercise, and rest, also personal, occupational, and spiritual activities.

Rest



Definition

Rest is a conscious decision to pause from demanding activities to restore energy. It is a necessary counterbalance to physical and mental exertion. ¹

This restorative state is characterized by a reduction in physical and mental exertion, allowing the body and mind to recover from fatigue, trauma, or illness. ¹

Statistics

In a **2025** U.S. survey of **2,000** adults:

58% slept 6–7 hours nightly

20% only 4–5 hours nightly

61% said news; especially politics (34%), impacted their sleep,

40% avoiding political news before bed. ²

In **2024** survey of **36,000** individuals from **17** countries:

19% had travelled for a restful holiday, **8%** considered it.

36% tracked sleep via apps/devices, and among trackers, **36%** did so nightly and **31%** most nights. ³

In a **2025** UK survey of **2,000** adults,

slowing down, mindfulness, and outdoor activity were rated as the most effective forms of rest, while bed rotting (54%), phone scrolling (54%), and eating treats (66%) were among the least effective. ⁴

Quotes



“Sleep, rest, and relaxation can all have extensive influence on the betterment of one’s overall health and well-being.”

— Ashley Ngor and Waguih William IsHak, 2020 ⁹

“The most valuable thing we can do for the psyche, occasionally, is to **let it rest.**”

— May Sarton, 2014 ¹⁰

“When things are not happening as planned just stop worrying and take an unplanned break to **regain yourself.**”

— Giridhar Alwar, 2015 ¹¹

Relevant Theories

1 Restoration Theory of Sleep

Dr. Ian Oswald’s Restoration Theory of Sleep asserts that sleep is an active biological process essential for restoring energy, repairing the body, and maintaining overall health and well-being. ^{5,6}

2 Attention Restoration Theory (ART)

Stephen Kaplan’s Attention Restoration Theory proposes that exposure to restorative environments replenishes depleted directed attention through four key elements — being away, extent, fascination, and compatibility — which collectively restore mental focus and reduce fatigue. ⁷

3 Cognitive Function Theory

Sleep is vital for cognition and memory, as deprivation impairs attention, decision-making, and memory recall, with deficits worsening as sleep loss increases. ⁸

Inward Approach				
Self-Care & Lifestyle Behaviors				
01 Rest	02 Healthy Eating	03 Physical Recreation	04 Self-Awareness	05 Self-Compassion



1 Rest is not just about stopping activity. It is a crucial process that allows the bodies and minds to replenish themselves. ¹²

2 While sleep and rest are often used interchangeably, there is a key distinction. Both involve a state of reduced activity, but sleep requires a specific physiological state. People can only fall asleep when they are already somewhat rested. However, rest can come in various forms, like taking a walk or reading a book, without necessarily leading to sleep. ¹²

3 Restful activities can be either active or passive. Active rest involves engaging in activities that promote well-being, like going for a walk. Passive rest focuses on slowing down and allowing the body to recharge, like taking a few minutes for deep breathing exercises. ¹³

Relevant Questions

What are the types of rest?

Rest encompasses more than just sleep. It involves replenishing various energy stores, including physical, mental, emotional, sensory, social, spiritual, and creative. ¹⁴

How to overcome the challenge of not having enough time to rest?

To overcome time constraints and maximize rest, incorporate short, frequent breaks throughout the workday. ^{15, 16}

What are the suitable environment settings to take a rest?

A calm, quiet, and cool space, free from distractions and with clean air, is ideal for promoting restful sleep and relaxation. A suitable environment for rest is crucial for optimal relaxation and rejuvenation. ¹⁷

Practices

Spend time in nature ^{18, 19}

Practice gratitude ^{20, 21}

Take breaks from social media ^{22, 23}

Habits

Maintain a regular sleep hygiene ^{24, 25}

Develop a relaxing bedtime/night time rest routine ²⁶

Maintain a regular physical activity ²⁷



Healthy Eating



Definition

Healthy eating can be defined as a strategically composed nutritional plan prioritizing the proportionate intake of macronutrients (carbohydrates, proteins, and fats) to meet the body's energy demands and maintain optimal physiological function. ¹

Statistics

A 2021 global survey of 18,043 adults across 21 countries found that **25–34-year-olds** were most positive about health.

69% feeling good about maintaining weight and diet, and **61%** confident about exercise.



though women reported lower well-being than men (**52% vs. 60%**). ²

A 2024 Harris Poll of 1,071 U.S. adults found that



63% included "eating better" in their New Year's resolutions, and **51%** were actively making healthier dietary choices by year's end. ³

A 2023 Morning Consult poll of 2,220 U.S. adults found

66% felt knowledgeable about how diet affects mental health and **81%** were willing to change their diet to improve well-being;



commonly reported changes were drinking more water (**66%**), eating more fruits (**50%**), and eating more vegetables (**53%**). ⁴

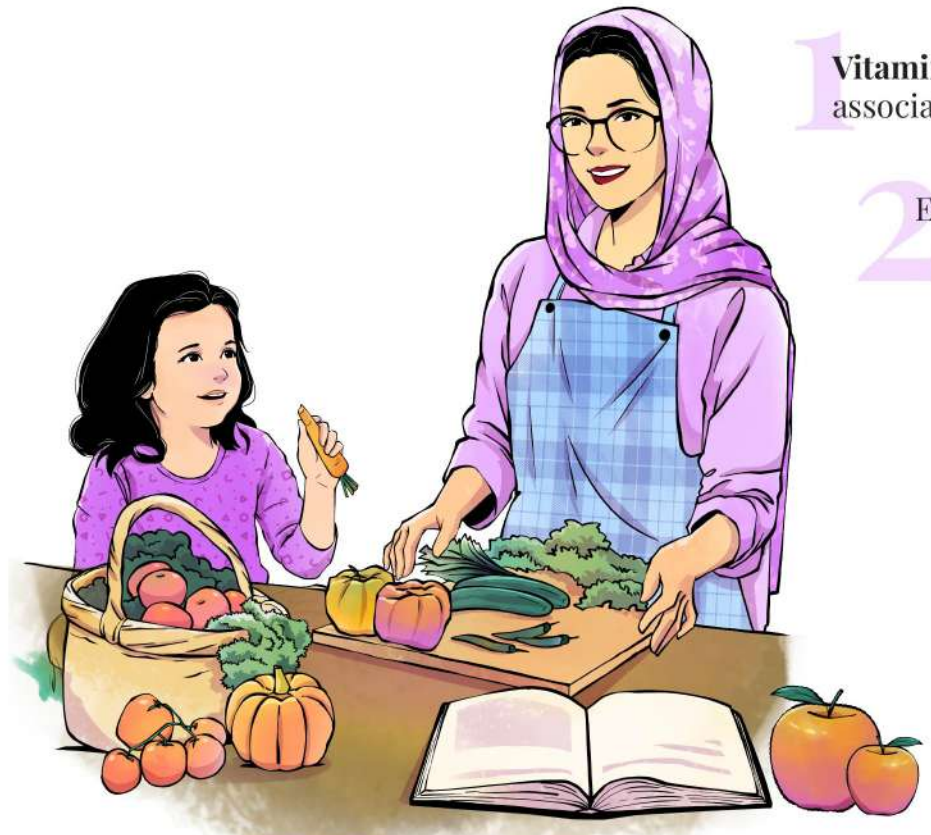
Quotes

- "Each time you honor your hunger, you are reconnecting with your body and rebuilding trust, one bite at a time."
— Evelyn Tribole ¹³
- "It's not just the presence of healthy food but also the absence of unhealthy food that **contributes to a good outcome.**"
— Bonnie Kaplan & Julia J. Rucklidge ¹⁴
- "It makes sense that **what we put in our body would also impact our mental health.** Good health describes a condition of optimal well-being."
— Dr. Deborah Fernandez-Turner ¹⁵

Relevant Theories

- Theory of Planned Behavior (TPB)**
The Theory of Planned Behavior (TPB), developed by Ajzen in 1991, provides insights into the psychological factors that influence health behaviors, particularly in the context of maintaining a healthy diet. ⁵⁻⁹
A core element of TPB is a person's intention to engage in a specific behavior. This intention reflects the motivation behind their actions and indicates how much effort they are willing to invest. Generally, stronger intentions correlate with a higher likelihood of performing the behavior. ⁵⁻⁹
For intentions to translate into actual behavior, individuals must have control over the behavior in question, which can be influenced by external factors such as resources, opportunities, and social support. ⁵⁻⁹
- Theory of Planned Behavior (TPB)**
The Health Belief Model explains how cognitive and motivational factors shape dietary behavior. It emphasizes perceptions of health risks, potential outcomes, benefits of healthy actions, barriers to change, cues to act, and self-efficacy as key influences on eating habits. ¹⁰
By addressing barriers and strengthening self-efficacy, the model guides interventions that promote confidence and commitment to healthier eating patterns. ¹⁰
- Biopsychosocial Model/Framework**
The Biopsychosocial Model, initially proposed by George L. Engel in 1977, provides a comprehensive framework for understanding health and disease as products of the interplay between physiological, psychological, and sociocultural factors. ^{11,12}
The model emphasizes the interconnections between biological, psychological, and social functioning. For instance, psychological factors can influence biological processes, such as hormonal changes and the functioning of the autonomic nervous system. Conversely, biological conditions can impact psychological well-being, potentially leading to issues like depression or cognitive impairments. ^{11,12}

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1 Vitamin D can help reduce symptoms associated with depression ¹⁶

2 Eating fruits and vegetables supports better mental health. ¹⁷

3 The eating environment affects dietary choices. ¹⁸

Relevant Questions



How does healthy eating contribute to overall well-being?
Healthy eating is more than just a dietary choice; it's a comprehensive approach to nutrition that emphasizes providing the body with essential nutrients. This involves a balanced intake of macronutrients — carbohydrates, proteins, and fats — along with micronutrients such as vitamins and minerals that are crucial for various bodily functions. ^{1,19}

How do healthy eating and a balanced diet differ?
Healthy eating is a holistic concept that goes beyond the mere selection of food. It encompasses the recognition that dietary choices are shaped by various factors, including emotions, social influences, and environmental contexts. ²¹⁻²³
On the other hand, a balanced diet specifically refers to the intake of a variety of foods from all essential food groups—fruits, vegetables, proteins, grains, and dairy—in the right proportions. The primary goal of a balanced diet is to supply the body with all necessary nutrients (such as vitamins and minerals) while managing calorie intake to prevent excess. ¹⁹⁻²³

What are the risks of becoming overly obsessed with healthy eating?
While maintaining a healthy diet is vital for well-being, an excessive obsession with it can lead to serious issues, notably orthorexia nervosa (ON). This condition manifests when individuals develop an unhealthy fixation on what they consider "clean" or "correct" eating. ²⁴
Instead of promoting health, this obsession becomes rigid and inflexible, detracting from the benefits of a balanced diet. ²⁴

Practices

- Build a healthy eating habits ^{25, 26}
- Foster a positive eating attitude ^{27, 28}
- Plan adequate nutrient intake ²⁹⁻³¹



Habits

- Avoid distractions at mealtime ^{32, 33}
- Observe personal appetite cues ^{34, 35}
- Keep a food journal ³⁶⁻³⁸



Physical Recreation

Definition

Physical recreation involves engaging in a variety of physical activities and exercises for leisure, enjoyment, and overall well-being.¹ It encompasses sports, exercise routines, outdoor adventures, and other recreational pursuits that promote physical fitness, mental health, and social interaction.¹

Statistics

A 2023 Velotric survey of 1,002 Americans who exercise regularly found

43% preferred exercising at night
36% in the morning
21% in the afternoon

Morning workouts were linked to improved confidence and mental health (51%), energy and motivation (50%), and sleep quality (40%).²

A 2024 PSB Insights survey of 2,000 adults nearing or in retirement found that 70% of happier retirees exercised regularly, compared to only 47% of those who were less happy.³

A UK study on physical activity found that dog owners were 14 times more likely to walk for recreation and walked 39% longer per week than non-owners. Moreover, 87.3% of dog owners met the recommended 150 minutes of weekly activity, compared to 62.7% of non-owners.⁴

Quotes

“A healthy brain is an extension of a healthy body, and a healthy mind is an extension of a healthy brain.”
— Nigel Barber Ph.D, 2024⁹

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it”
— Plato, n.d.¹⁰

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”
— John F. Kennedy, n.d.¹¹

Relevant Theories

1 The Bottom-up Theory of Life Satisfaction

This theory suggests that an individual's overall happiness (subjective well-being) is influenced by how satisfied they feel in specific areas of life: 1. Domain Satisfaction: Fulfillment in health, relationships, work, and leisure boosts happiness; 2. Social Support: Strong connections with friends and family enhance life satisfaction; 3. Major Life Events: Significant changes (like marriage or job loss) can impact happiness; 4. Reference Standards: Benchmarks and comparisons to others influence satisfaction levels.⁵⁻⁷

2 Leisure Time Activities and Subjective Well-being (SWB)

Leisure time activities, especially physical recreation, play a vital role in enhancing SWB. Key insights include: 1. Positive Leisure Experiences: Enjoyable activities increase satisfaction in leisure, which contributes to overall life satisfaction; 2. Role of Sport and Exercise: Engagement in sports and physical activities is a strong predictor of leisure satisfaction. These activities enhance both emotional (affective) and mental (cognitive) well-being.⁶

3 The Sport Commitment Model (SCM)

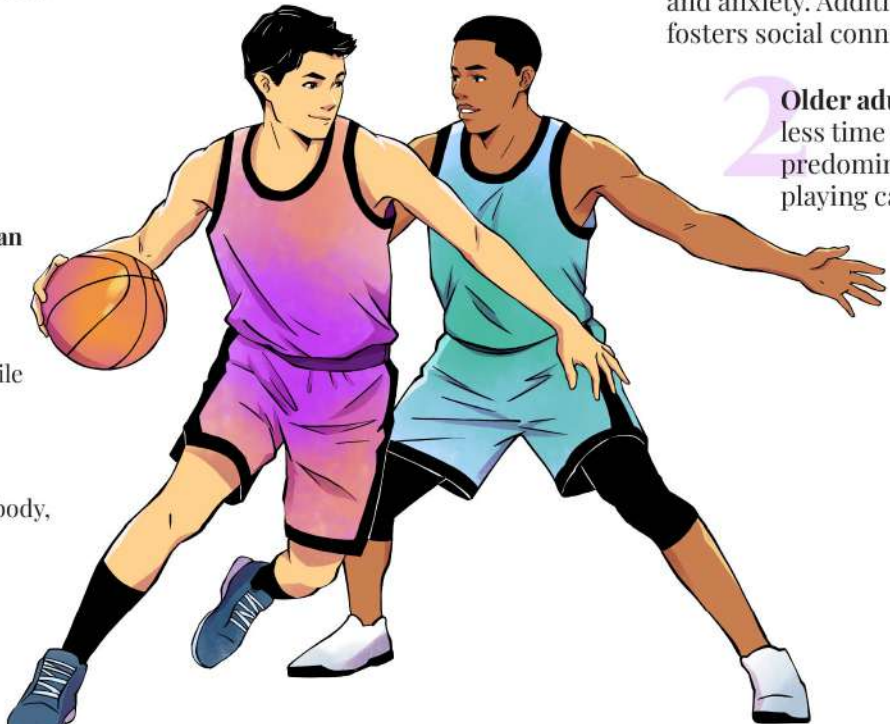
SCM examines what motivates people to stay involved in sports: 1. Enjoyment: Positive feelings about the sport; 2. Involvement Opportunities: The perceived benefits of participating, such as physical, mental, and social gains; 3. Involvement Alternatives: Competing activities that may affect participation decisions; 4. Personal Investments: Time, money, and effort put into sports that can't be recovered if one quits; 5. Social Constraints: Social factors that influence participation; 6. Social Support: The encouragement from others that helps to stay committed.⁸

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1 **Regular participation in Latin dance improves** cardiovascular endurance, muscular strength, flexibility, and balance, while also reducing symptoms of depression and anxiety. Additionally, Latin dance enhances mood, fosters social connections, and boosts cognitive function.¹²

2 **Older adults, specifically those aged 50 and above,** are increasingly spending less time engaging in physical activities during their leisure hours. Instead, they predominantly choose sedentary pastimes, such as watching television or playing cards.¹³

3 **Music not only enhances physical performance** by reducing fatigue but also has the power to stimulate emotions.¹⁴



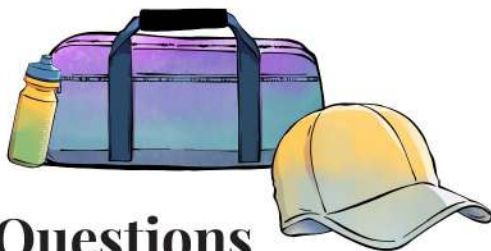
Practices

Practice green exercise^{6,18, 19, 20}
Engage in mindful exercise^{21, 22}
Participate in exergaming^{21, 23}

Habits

Reduce screen time to embrace more active pastimes^{17, 24 - 26}
Prioritize physical activity²⁷
Use fitness applications²⁷

Interesting Facts



Relevant Questions

Why are recreational activities important?

Recreational activities are important because they enhance subjective wellbeing by providing an opportunity to unwind from daily stresses and fulfill psychological needs like autonomy, mastery, and meaning.¹⁵

Is autonomous motivation important for participating in physical activity?

Yes, autonomous motivation is crucial for participating in physical activity. When individuals choose activities that they find enjoyable and personally meaningful, it fosters positive emotions. In contrast, engaging in physical activity due to feelings of guilt, pressure, or coercion can lead to negative emotions.¹⁶

What are the recommended physical activity guidelines for adults?

For individuals aged 18–64 years, the World Health Organization (WHO) advises engaging in a minimum of 150–300 minutes of moderate-intensity aerobic physical activity per week, or 75–150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of both.¹⁷

Adhering to these guidelines is scientifically proven to help prevent and manage noncommunicable diseases such as heart disease, stroke, diabetes, and various cancers.¹⁷



Self-Awareness

Definition

Self-awareness is a continuous and dynamic process of self-discovery that involves the recognition and examination of various internal and external factors. ¹ This includes personal traits, thoughts and cognitions, emotional states, behaviors, biases, as well as environmental context. ¹

Statistics

The research by Helen Rayner and The Myers-Briggs Company involved 937 people revealed that:

 self-awareness helps with improving teamwork (56.16%), stress management (54.07%), and coaching (53.86%). ²

After gaining self-awareness, they reported being:

85% better at using strengths	67% felt more confident at work
64% became better leaders	61% made better decisions. ²

 A 2019 YouGov survey found 55% of Americans often worry about matters beyond their control (women 62%, men 47%).

Millennials 65%, Gen X 58%, Baby Boomers 47%. 61% rated their life complexity 5–10 on a 0–10 scale. ³

According to the 2019 Welfare, Work, and Wealth Survey, those individuals who reported a strong sense of meaning and purpose in their lives exhibited several key characteristics and beliefs:

74% strongly believe that hard work is its own reward,
68% strongly believe in their personal agency,
60% strongly value personal responsibility,
58% identify as very compassionate,
70% are not very envious, and
63% do not harbor resentment toward others. ⁴



Quotes

“When the individual remains undivided and does not become conscious of his inner contradictions, the world must perforce act out the conflict and be torn into opposite halves.”

— C.G. Jung, 1959 ¹¹

“The most important conversations you’ll ever have are the ones you’ll have with yourself.”

— David Goggins, 2018 ¹²

“At the center of your being, you have the answer; you know who you are, and you know what you want.”

— Lao Tzu, n.d. ¹³

Relevant Theories

1 Objective Self-Awareness Theory (OSA Theory)

The theory of objective self-awareness (OSA) posits that directing one’s attention inward leads individuals to view themselves as separate objects. This reflective state fosters self-evaluation and enhances awareness of one’s existence, similar to the way one recognizes environmental stimuli. ^{5,6}

2 Subjective Self-Awareness

Subjective self-awareness is the state of focusing on the external world rather than on oneself. Instead of reflecting on personal thoughts and feelings, individuals engage with their surroundings. ^{7,8}

- External Focus: Engages with surroundings rather than personal thoughts.
- Immersive Experience: Individuals often feel absorbed in their activities.
- Reduced Self-Consciousness: Less anxiety in social situations. ^{7,8}

3 Self-Consciousness Theory

Self-Consciousness Theory explores how self-awareness affects thoughts and interactions, focusing on 2 types: private (internal) and public (external) self-consciousness. ^{9,10}

1. Private Self-Consciousness: Awareness of personal thoughts and feelings.
2. Public Self-Consciousness: Awareness of how one is perceived socially ^{9,10}

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Interesting Facts



1 Social comparisons are a significant way to enhance self-awareness. By evaluating oneself in relation to others, individuals can gain insights into their own attributes, behaviors, and feelings. ¹⁴

2 People generally perceive themselves in 2 main ways: ¹⁵

- a. Self-Enhancing Perception: When individuals view themselves positively, often overestimating their abilities or traits.
- b. Self-Verification Perception: When individuals want to confirm their existing self-image, even if it is negative. They tend to accept feedback that matches their beliefs about themselves and reject anything that contradicts it.

3 Female adolescents are more susceptible to emotional contagion than boys, which can impair their ability to differentiate between their own emotions and those of others. This lack of emotional self-awareness may lead to self-focused and aversive responses when they encounter others’ suffering. ¹⁶

Relevant Questions



At what age does self-awareness typically begin to develop, and what are its key indicators?

Self-awareness generally begins to develop around the age of 2. Children begin to exhibit “self-consciousness,” characterized by the emergence of secondary emotions like pride and embarrassment. ^{17,18}

By ages 2 to 3, toddlers not only recognize themselves but also start to consider the perspectives and feelings of others, which is crucial for social interaction and emotional development. ^{17,18}

What practical approaches can help prevent self-awareness from becoming ruminative?

To prevent self-awareness from spiraling into rumination, individuals can employ psychological approaches that facilitate healthier emotional processing:

1. Firstly, Firstly, adopting a self-distanced perspective—viewing one’s emotions and experiences as if from a third-party viewpoint.
2. Secondly, focus on one’s thoughts, concentrating on the reasons behind emotions (asking “why”) rather than simply the emotions themselves (asking “what”). Reflect on the underlying reasons for emotions from a self-distanced perspective. ¹⁹

How does self-talk contribute to self-awareness?

Self-talk, or engaging in verbal communication with oneself allows for deeper reflection on thoughts, feelings, emotions, fostering a greater understanding of one’s inner experiences. ²⁰

Moreover, self-talk serves as an effective problem-solving tool, which enables individuals to frame challenges by representing the self as the problem and utilizing self-information as potential solutions. ²⁰



Practices

Pursue greater self-knowledge ^{21, 22}
Gather views on personal image ²¹
Develop self-awareness through introspection ^{21, 23}



Habits

Engage in expressive writing and journaling ^{24, 25}
Practice mindfulness meditation ²⁶
Contemplate insights through daily reflections ²²

Self-Compassion

Definition

Self-compassion, as a way of relating to oneself, is a dynamic balance of treating oneself with kindness, recognizing one's struggles as part of the shared human experience, and maintaining mindful awareness of personal suffering without judgment. ¹

Statistics

A **2024** survey across **12 major** U.S. cities found that

- of participants reported below-average self-compassion, with key barriers including low self-esteem (27%)
- guilt over prioritizing oneself (24%), comparison to others (23%),
- feelings of unworthiness (21%), and lack of time for self-care (20%).²

A 2025 nationwide survey of 2,293 U.S. adults found that

59% believe they criticize themselves more than others do

74% hold high self-expectations

(including 26% with very high expectations), and younger adults under 45 (32%) were more likely than older adults (21%) to report such high-self expectations, indicating stronger self-criticism and perfectionism among younger generations. ³

People who show greater self-compassion experience 16% fewer chronic stressors, highlighting how being kind to yourself can protect your well-being over time. ⁴

Quotes

"With self-compassion, we give ourselves the same kindness and support we'd give to a good friend"

— Kristin Neff, n.d. ⁹

"Self-compassion is simply giving the same kindness to ourselves that we would give to others."

— Christopher Germer, n.d. ¹⁰

"When we give ourselves compassion, we are opening our hearts in a way that can transform our lives."

— Kristin Neff, n.d. ¹¹

Relevant Theories

1 Theory of Self-Compassion

Self-compassion theory has its origins both in ancient Buddhist philosophy and in its contemporary psychological formulation. ^{5,6}

The theory of Self-Compassion emphasizes the importance of treating oneself with kindness and understanding in the face of difficulties, failures, and suffering. The key components include:

- a. Self-Kindness vs. Self-Judgment
- b. Common Humanity vs. Isolation
- c. Mindfulness vs. Over-Identification ^{5,6}

2 Processual Model of Self-Compassion

This model outlines self-compassion as a multi-stage, dynamic process consisting of 3 key stages:

- a. Noticing: Mindful awareness of one's own distressing emotions, cognitions, and reactions to stimuli.
- b. Feeling: Fully appreciating and empathizing with one's own pain
- c. Acting: Any response that involves an increase in effort to alleviate pain, thus expanding self-compassionate responses to actions.

This model emphasizes that self-compassion is not a static trait but rather an evolving practice that individuals can engage in, especially during challenging situations. ⁷

3 The Motivational Processing of Compassion

The Motivational Processing of Compassion refers to the cognitive and emotional mechanisms through which individuals recognize distress and take action to alleviate suffering, either in themselves or in others. ⁸

Motivational processing involves two interrelated components: compassionate engagement, which includes noticing and emotionally connecting with suffering, and compassionate action, which involves planning and carrying out responses to alleviate or prevent distress. ⁸

Both components work together, ensuring that compassion is not just an emotional reaction but a purposeful, adaptive behavior. ⁸

Inward Approach				
Self-Care & Lifestyle Behaviors				
01 Rest	02 Healthy Eating	03 Physical Recreation	04 Self-Awareness	05 Self-Compassion

1 Self-compassion fosters greater gratitude by helping individuals appreciate themselves and others, strengthening both personal and interpersonal connections. It is closely linked to increased gratitude and promotes prosocial behaviors toward others. ¹²

2 Participating in a self-compassion course can enhance emotional regulation, boost mental well-being, and foster a greater sense of control over one's life. By learning to treat themselves with kindness, individuals — especially students — can better cope with challenges such as academic setbacks or social exclusion while maintaining motivation and resilience. ¹³

3 Self-kindness is closely linked to positive emotional well-being and can serve as a protective factor during difficult experiences such as bullying. When individuals face mistreatment, self-compassion helps buffer against negative emotions, reducing sadness, anxiety, and self-harming thoughts while supporting better mental health. ¹⁴

Relevant Questions

What is the role of self-compassion in interpersonal relationships?

Self-compassion plays a crucial role in enhancing interpersonal relationships by fostering emotional resilience and healthier interactions. Individuals who practice self-compassion are better equipped to handle difficult social encounters. They tend to respond with greater empathy and understanding, which helps mitigate conflicts and misunderstandings. ¹⁵

How can self-compassion reduce feelings of isolation and loneliness?

Higher levels of self-kindness, recognition of common humanity, and mindfulness are associated with decreased feelings of loneliness. These components of self-compassion help counteract self-judgment and the tendency to isolate oneself. ¹⁶

What distinguishes self-compassion from self-forgiveness?

Self-compassion and self-forgiveness differ primarily in their triggers and focus. Self-forgiveness specifically arises from personal wrongdoing and involves the process of releasing guilt and resentment associated with one's actions.

In contrast, self-compassion addresses a broader spectrum of suffering, which encompasses various challenges and emotional pain, not limited to personal mistakes. ⁷

Practices

Extend kindness to oneself as a friend would ¹⁷

Take a self-compassion break ¹⁸

Change negative self-talk into supportive language ¹⁹

Habits

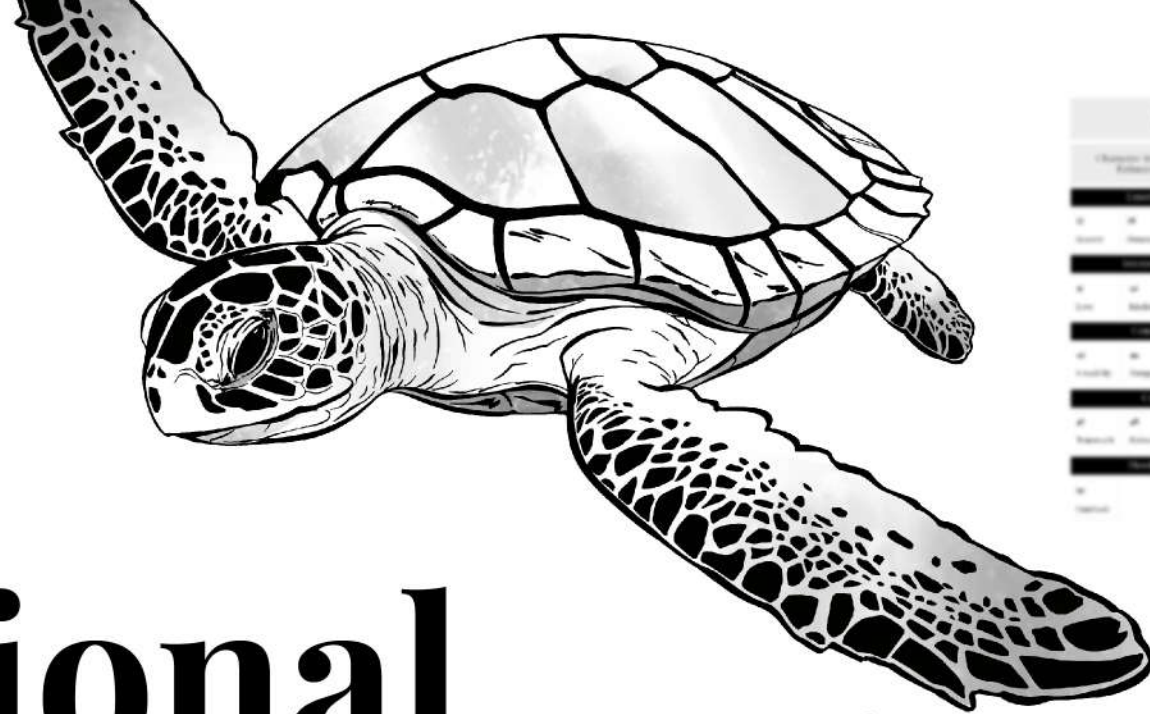
Nurture the body ²⁰

Practice setting personal boundaries ²¹

Keep a daily self-compassion journal ²²

Interesting Facts

D2



Enablers	Core				Inhibitors
Character Strengths That Support Enhancement of Wellbeing	Inward Approach		Outward Approach		Negative Factors That May Impair Enhancement of Wellbeing
Character Strengths	Self-Regulation	Self-Reflection	Relationship Building	Community Building	Character Strengths
1. Curiosity	2. Openness	3. Mindfulness	4. Compassion	5. Generosity	6. Envy
7. Gratitude	8. Humility	9. Transcendental Meditation	10. Kindness	11. Service	12. Anger
13. Hope	14. Resilience	15. Transcendental Meditation	16. Kindness	17. Service	18. Fear
19. Love	20. Transcendental Meditation	21. Transcendental Meditation	22. Kindness	23. Service	24. Sadness
25. Transcendental Meditation	26. Transcendental Meditation	27. Transcendental Meditation	28. Kindness	29. Service	30. Loneliness
31. Transcendental Meditation	32. Transcendental Meditation	33. Transcendental Meditation	34. Kindness	35. Service	36. Isolation
37. Transcendental Meditation	38. Transcendental Meditation	39. Transcendental Meditation	40. Kindness	41. Service	42. Boredom
43. Transcendental Meditation	44. Transcendental Meditation	45. Transcendental Meditation	46. Kindness	47. Service	48. Lack of Purpose
49. Transcendental Meditation	50. Transcendental Meditation	51. Transcendental Meditation	52. Kindness	53. Service	54. Lack of Meaning
55. Transcendental Meditation	56. Transcendental Meditation	57. Transcendental Meditation	58. Kindness	59. Service	60. Lack of Connection
61. Transcendental Meditation	62. Transcendental Meditation	63. Transcendental Meditation	64. Kindness	65. Service	66. Lack of Support
67. Transcendental Meditation	68. Transcendental Meditation	69. Transcendental Meditation	70. Kindness	71. Service	72. Lack of Resources
73. Transcendental Meditation	74. Transcendental Meditation	75. Transcendental Meditation	76. Kindness	77. Service	78. Lack of Skills
79. Transcendental Meditation	80. Transcendental Meditation	81. Transcendental Meditation	82. Kindness	83. Service	84. Lack of Information
85. Transcendental Meditation	86. Transcendental Meditation	87. Transcendental Meditation	88. Kindness	89. Service	90. Lack of Opportunities
91. Transcendental Meditation	92. Transcendental Meditation	93. Transcendental Meditation	94. Kindness	95. Service	96. Lack of Motivation
97. Transcendental Meditation	98. Transcendental Meditation	99. Transcendental Meditation	100. Kindness	101. Service	102. Lack of Energy
103. Transcendental Meditation	104. Transcendental Meditation	105. Transcendental Meditation	106. Kindness	107. Service	108. Lack of Time
109. Transcendental Meditation	110. Transcendental Meditation	111. Transcendental Meditation	112. Kindness	113. Service	114. Lack of Space
115. Transcendental Meditation	116. Transcendental Meditation	117. Transcendental Meditation	118. Kindness	119. Service	120. Lack of Privacy
121. Transcendental Meditation	122. Transcendental Meditation	123. Transcendental Meditation	124. Kindness	125. Service	126. Lack of Safety
127. Transcendental Meditation	128. Transcendental Meditation	129. Transcendental Meditation	130. Kindness	131. Service	132. Lack of Health
133. Transcendental Meditation	134. Transcendental Meditation	135. Transcendental Meditation	136. Kindness	137. Service	138. Lack of Wealth
139. Transcendental Meditation	140. Transcendental Meditation	141. Transcendental Meditation	142. Kindness	143. Service	144. Lack of Power
145. Transcendental Meditation	146. Transcendental Meditation	147. Transcendental Meditation	148. Kindness	149. Service	150. Lack of Influence
151. Transcendental Meditation	152. Transcendental Meditation	153. Transcendental Meditation	154. Kindness	155. Service	156. Lack of Respect
157. Transcendental Meditation	158. Transcendental Meditation	159. Transcendental Meditation	160. Kindness	161. Service	162. Lack of Honor
163. Transcendental Meditation	164. Transcendental Meditation	165. Transcendental Meditation	166. Kindness	167. Service	168. Lack of Dignity
169. Transcendental Meditation	170. Transcendental Meditation	171. Transcendental Meditation	172. Kindness	173. Service	174. Lack of Freedom
175. Transcendental Meditation	176. Transcendental Meditation	177. Transcendental Meditation	178. Kindness	179. Service	180. Lack of Choice
181. Transcendental Meditation	182. Transcendental Meditation	183. Transcendental Meditation	184. Kindness	185. Service	186. Lack of Control
187. Transcendental Meditation	188. Transcendental Meditation	189. Transcendental Meditation	190. Kindness	191. Service	192. Lack of Autonomy
193. Transcendental Meditation	194. Transcendental Meditation	195. Transcendental Meditation	196. Kindness	197. Service	198. Lack of Privacy
199. Transcendental Meditation	200. Transcendental Meditation	201. Transcendental Meditation	202. Kindness	203. Service	204. Lack of Security
205. Transcendental Meditation	206. Transcendental Meditation	207. Transcendental Meditation	208. Kindness	209. Service	210. Lack of Stability
211. Transcendental Meditation	212. Transcendental Meditation	213. Transcendental Meditation	214. Kindness	215. Service	216. Lack of Consistency
217. Transcendental Meditation	218. Transcendental Meditation	219. Transcendental Meditation	220. Kindness	221. Service	222. Lack of Reliability
223. Transcendental Meditation	224. Transcendental Meditation	225. Transcendental Meditation	226. Kindness	227. Service	228. Lack of Trustworthiness
229. Transcendental Meditation	230. Transcendental Meditation	231. Transcendental Meditation	232. Kindness	233. Service	234. Lack of Integrity
235. Transcendental Meditation	236. Transcendental Meditation	237. Transcendental Meditation	238. Kindness	239. Service	240. Lack of Honesty
241. Transcendental Meditation	242. Transcendental Meditation	243. Transcendental Meditation	244. Kindness	245. Service	246. Lack of Transparency
247. Transcendental Meditation	248. Transcendental Meditation	249. Transcendental Meditation	250. Kindness	251. Service	252. Lack of Accountability
253. Transcendental Meditation	254. Transcendental Meditation	255. Transcendental Meditation	256. Kindness	257. Service	258. Lack of Responsibility
259. Transcendental Meditation	260. Transcendental Meditation	261. Transcendental Meditation	262. Kindness	263. Service	264. Lack of Commitment
265. Transcendental Meditation	266. Transcendental Meditation	267. Transcendental Meditation	268. Kindness	269. Service	270. Lack of Dedication
271. Transcendental Meditation	272. Transcendental Meditation	273. Transcendental Meditation	274. Kindness	275. Service	276. Lack of Passion
277. Transcendental Meditation	278. Transcendental Meditation	279. Transcendental Meditation	280. Kindness	281. Service	282. Lack of Enthusiasm
283. Transcendental Meditation	284. Transcendental Meditation	285. Transcendental Meditation	286. Kindness	287. Service	288. Lack of Interest
289. Transcendental Meditation	290. Transcendental Meditation	291. Transcendental Meditation	292. Kindness	293. Service	294. Lack of Curiosity
295. Transcendental Meditation	296. Transcendental Meditation	297. Transcendental Meditation	298. Kindness	299. Service	300. Lack of Openness
301. Transcendental Meditation	302. Transcendental Meditation	303. Transcendental Meditation	304. Kindness	305. Service	306. Lack of Mindfulness
307. Transcendental Meditation	308. Transcendental Meditation	309. Transcendental Meditation	310. Kindness	311. Service	312. Lack of Compassion
313. Transcendental Meditation	314. Transcendental Meditation	315. Transcendental Meditation	316. Kindness	317. Service	318. Lack of Generosity
319. Transcendental Meditation	320. Transcendental Meditation	321. Transcendental Meditation	322. Kindness	323. Service	324. Lack of Kindness
325. Transcendental Meditation	326. Transcendental Meditation	327. Transcendental Meditation	328. Kindness	329. Service	330. Lack of Service
331. Transcendental Meditation	332. Transcendental Meditation	333. Transcendental Meditation	334. Kindness	335. Service	336. Lack of Gratitude
337. Transcendental Meditation	338. Transcendental Meditation	339. Transcendental Meditation	340. Kindness	341. Service	342. Lack of Hope
343. Transcendental Meditation	344. Transcendental Meditation	345. Transcendental Meditation	346. Kindness	347. Service	348. Lack of Resilience
349. Transcendental Meditation	350. Transcendental Meditation	351. Transcendental Meditation	352. Kindness	353. Service	354. Lack of Love
355. Transcendental Meditation	356. Transcendental Meditation	357. Transcendental Meditation	358. Kindness	359. Service	360. Lack of Transcendental Meditation

Emotional Well-Being

Emotional well-being is defined as the balance of frequencies of positive and negative affect/feelings that people experience in life.



Emotional Intelligence

Definition

Emotional Intelligence is a form of intelligence consisting of a set of abilities enabling emotional information processing and use of emotional information in reasoning. ¹

Statistics



According to a survey of **38,075 workers across 20+ countries** in 2025, leaders with high emotional intelligence are **40x more effective** in conflict management,

showing Emotional Quotient (EQ) behaviors like addressing mistakes and understanding others. ²

According to a study of **337 adult males** in Tamil Nadu, India,



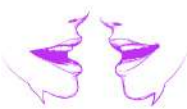
24.3% of the participants was found to have low emotional intelligence.

This low levels of emotional intelligence was significantly associated with higher levels of depression, anxiety, and stress. ³

A cross-cultural study on 22 emotions found that:



25% of expressive behavior varies by cultural dialect, while



50% aligns with universal emotional patterns. ⁴

Quotes

“Anyone can become angry — that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way — this is not easy.”

— Aristotle, 1999 ⁷

“Comfort in expressing your emotions will allow you to share the best of yourself with others, but not being able to control your emotions will reveal your worst.”

— Bryant H. McGill, n. d. ⁸

“In a very real sense we have 2 minds, 1 that thinks and 1 that feels. They are semi-independent faculties.”

— Daniel Goleman, 1995 ⁹

Relevant Theories

1 Salovey and Mayer’s Emotional Intelligence Model

Salovey and Mayer describes emotional intelligence as the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth. ⁵

There are 4 branches within the overall concept of emotional quotient ⁵

- Perceiving Emotions
- Emotional Facilitation of Thought
- The Understanding and Analyzing Emotions
- The Reflective Regulation of Emotion.

2 Goleman’s Emotional Intelligence Model

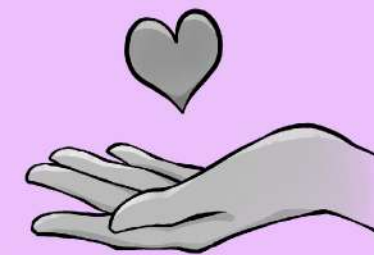
Goleman’s Emotional Intelligence Model is a popular and widely used framework that breaks down emotional intelligence into 5 key components: self-awareness, self-regulation, motivation, empathy, and social skills.

This model provides a practical framework for organizations and individuals to assess and cultivate emotional competencies, making it a valuable tool in leadership training, talent development, and personal growth.

Inward Approach		
Emotional Wellbeing		
14	15	08
Emotional Intelligence	Humor	Mindfulness



Interesting Facts



1 Verbally acknowledging other people’s emotions fosters interpersonal trust. ¹⁰

2 Adolescents with higher emotional intelligence show **lower levels of aggressive behavior.** ¹¹

3 Emotional intelligence at the start of one’s career is an important predictor of **longer-term career success.** ¹²



Relevant Questions

Is empathy another term for emotional intelligence?

Being emotionally intelligent requires more than just being empathetic. Empathy is one of the important emotional intelligence competencies.

Emotional intelligence involves regulation and utilization of emotions that enable people to monitor their own and others’ emotions and feelings, to use emotional information in guiding thinking and problem solving, and to regulate emotions in the self and in others. ¹³

Can emotional intelligence prevent aggression?

Emotional intelligence skills encompass adaptive use of emotions, and thus emotionally intelligent people are more likely to be psychosocially adjusted.

Studies show emotionally intelligent people show less aggressive behaviors compared to those who have lower levels of emotional intelligence. ¹⁴

Does emotional intelligence have an impact on work performance?

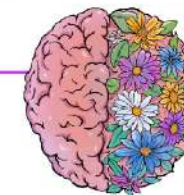
Emotional intelligence in the workplace can foster better decision making, healthy social interactions and enhanced capacity to deal with workplace stress. ¹⁵

Practices

Perform self-introspection ¹⁶

Practice self-awareness ¹⁷

Practice perceptiveness ^{18, 19, 20}



Habits

Read fiction ²¹

Watch TV dramas ^{22, 23}

Identify and label emotions ²⁴



Humor



Definition

Humor is defined as the quality that makes something amusing and the ability to recognize and convey amusement in various situations. ¹

Statistics



A 2023 study of **686 Italian adults (aged 20–76)** found that benevolent humor was linked to lower depression, anxiety, and stress,

while irony, cynicism, and nonsense humor correlated with higher distress — benevolent humor alone explained **4–9% of the variance in mental distress.** ²

A 2023 meta-analysis of 8 studies (315 participants) found that **laughter interventions — like comedy or laughter therapy — reduced cortisol levels** by an average of **32%**, with single sessions up to **37%** and salivary cortisol dropping **44%**.



These results show that **laughter effectively lowers stress** by regulating the HPA axis. ³

A 2024 study using wrist-worn devices to track **9,261 laughter events among 52 adults** found:



Participants had **2.5–5.5 belly laughs per day** and a **fit of laughter every 2–4 days.**

Each belly laugh boosted happiness by **8.6 points**, and a fit of laughter by **12.9 points** on a 0–100 Positive Affect Scale,

confirming **laughter's strong link to immediate emotional uplift.** ⁴

Quotes

“Ten minutes of genuine belly laughter had **an anesthetic effect** and would give me at least **two hours of pain-free sleep.**”

— Norman Cousins, n.d. ¹²

“**The more you laugh for no reason, the more life will give reasons to laugh.**”

— Madan Kataria, 2023 ¹³

“When people think that **levity and humor are desirable in life**, they are more likely to benefit from humor.”

— David Cheng and Lu Wang, 2015 ¹⁴

Relevant Theories

1 The Broaden-and-Build Theory

The Broaden-and-Build Theory proposed by Barbara Fredrickson in 2004 is a psychological framework that explains how positive emotions, such as those elicited by humor, contribute to emotional well-being and resilience. ⁵

The theory posits that experiencing positive emotions broadens an individual's cognitive and behavioral repertoire. This expansion allows individuals to think creatively, explore new ideas, and view challenges from different perspectives. ⁶

2 The Relief Theory of Humor

The Relief Theory of Humor, also known as the Release Theory, suggests that humor serves as a mechanism for alleviating mental tension and stress. The theory posits that humor arises from the release of built-up psychological tension. When individuals encounter stress or anxiety, humor acts as a catalyst for relieving that tension. ^{7, 8, 9}

3 The Superiority Theory of Humor

The Superiority Theory of Humor is one of the oldest conceptualizations of humor, tracing its roots back to philosophers like Aristotle and Plato. This theory posits that humor arises from the feeling of superiority over others, often derived from observing their misfortunes or shortcomings. ¹⁰

According to the superiority theory, humor functions as a means of self-esteem enhancement, resulting from feelings of triumph over the misfortunes of others. This dynamic can create a sense of control and mastery over one's own failures, as laughing at oneself also requires a degree of self-acceptance and resilience. ¹¹

Inward Approach

Emotional Wellbeing

14

Emotional Intelligence

15

Humor

08

Mindfulness



Interesting Facts



Humor has been a part of human behavior for thousands of years, with records from Ancient Greece highlighting jesters and joke books as early forms of comedic expression. ¹⁵

The philosopher Democritus, often referred to as the “laughing philosopher,” exemplified this tradition with his cheerful outlook and propensity to ridicule human folly. ¹⁵

The word “humor” comes from the Latin *humorem*, meaning fluid or liquid, originally referring to bodily fluids. Hippocrates associated these “humors” with health, suggesting that balance among the four bodily fluids — blood, phlegm, black bile, and yellow bile — was essential for well-being. ¹²

Over time, the term evolved beyond its physiological roots to describe psychological traits and moods. ¹⁰



A positive correlation exists between mental rotation time, an ability linked to right-hemisphere functioning, and the perceived funniness of jokes. This suggests that **the right hemisphere plays a key role in humor appreciation.** ¹⁶

Relevant Questions

What are the 4 dimensions of humor use and how do they impact emotional wellbeing?

Humor can be categorized into 4 key dimensions, each influencing emotional wellbeing in distinct ways ¹⁷:

- Affiliative Humor:** Fosters positive social connections by encouraging laughter and shared enjoyment.
- Self-Enhancing Humor:** Focuses on finding joy in life's challenges, promoting resilience and a positive outlook.
- Aggressive Humor:** Involves making jokes at the expense of others.
- Self-Defeating Humor:** Involves self-disparagement as a means to connect with others.

How does humor influence anxiety and psychological well-being?

Humor plays a crucial role in enhancing psychological well-being and reducing anxiety. Engaging in fun and humor is positively correlated with better mental health and negatively correlated with worry, which is characterized by persistent negative thoughts. ¹⁸

Benevolent humor, which embraces life's imperfections with kindness, helps lower worry levels. Additionally, a lighthearted attitude, often expressed through enjoyable social interactions, is associated with reduced anxiety and rumination. ¹⁸

How does humor affect employee well-being and workplace dynamics?

Humor enhances job performance and satisfaction while fostering stronger team cohesion. Moreover, humor contributes to better health and effective coping strategies among employees. ¹⁹

Practices

Use humor with respect and kindness ^{20, 21}

Watch comedy movies ^{22, 23}

Practice laughter yoga ^{24, 25, 26}

Habits

Participate in self-administered humor-based exercises ²⁷

Discover joy in little things ^{28, 29}

Create a laughter basket ³⁰



Mindfulness

Definition

Mindfulness is the process of paying open attention to the present moment. It involves intentionally focusing on experiences such as thoughts, feelings, and physical sensations while adopting a non-judgmental attitude. ¹

Statistics

A 2025 survey of 212 meditators found:

41.7% practiced 10-20 minutes	89.3% used breath awareness
43.2% favored silent methods	40.3% favored guided methods



Emotional balance (81.6%) and stress relief (74.3%) were key motives, while time limits (26.2%) hindered practice. ²

A 2025 survey of 2,000 people found:

77% now prioritize feeling good over looking good, and	30% have adopted mindful health habits.
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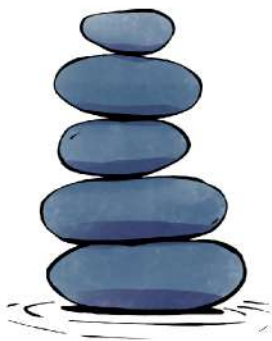
Over a quarter began focusing on inner health, with top acts like sleep (50%), nourishing meals (49%), enjoyable movement (44%), and saying "no" to draining activities (38%). ³

A trial of 474 Chilean physicians found:

an eight-week online mindfulness and compassion program (IBAP) significantly reduced burnout



($d = -0.91$ post; -1.08 follow-up) and improved emotional exhaustion, depersonalization, and accomplishment. Mindfulness and self-compassion explained ~30% of the effect. ⁴



Inward Approach		
Emotional Wellbeing		
14 Emotional Intelligence	15 Humor	08 Mindfulness



Interesting Facts



Quotes

"Don't believe everything you think. Thoughts are just that - thoughts."
— Allan Lokos, 2010 ⁸

"The best way to take care of the future is to take care of the present moment."
— Thich Nhat Hanh, 1997 ⁹

"When we are truly present wherever we are, we bring peace."
— Jack Kornfield, 2002 ¹⁰

Relevant Theories

1 Mindfulness-to-Meaning Theory (MMT)

MMT is a cognitive-emotional process model explaining how mindfulness promotes eudaimonic wellbeing through 2 key mechanisms: cognitive reappraisal and savoring. The theory posits that mindfulness enables individuals to decenter from automatic stress appraisals and enter a metacognitive state characterized by broadened attention. ⁵

Following reappraisal, mindfulness further promotes well-being by enhancing the capacity to savor positive aspects of one's environment, thereby enriching emotional experience and reinforcing values-aligned behavior. ⁵

2 Monitor and Acceptance Theory (MAT)

MAT provides a framework for understanding how mindfulness impacts cognitive and emotional functioning. There are 2 key components of MAT 6:

- 1. Attention Monitoring:** Enhancing awareness of one's experiences through attention monitoring to improve cognitive functioning.
- 2. Acceptance:** Involves modifying one's relationship with monitored experiences, which enables individuals to acknowledge their thoughts and feelings without judgment.

3 Self-Determination Theory (SDT)

SDT posits that mindfulness and autonomous motivation are closely linked. Autonomous motivation is defined as the full and willing engagement of individuals in activities that resonate with their core values and interests

Mindfulness contributes to well-being by strengthening the 3 basic psychological needs: autonomy (acting with self-endorsement), competence (feeling effective), and relatedness (feeling connected with others). ⁷



1 Mindfulness positively influences subjective happiness over time, with hope acting as a crucial mediator. ¹¹

2 Mindfulness practice has been found to lower levels of anxiety and intolerance of uncertainty. ¹²

3 Mindfulness practice can help to reduce stress and prevent burnout, as well as other issues related to stress in the workplace. ¹³

Relevant Questions

How does mindfulness differ from self-awareness and self-focused attention?

Mindfulness and self-awareness are often confused but are fundamentally distinct concepts. Self-awareness involves focusing on one's own thoughts and feelings, which can sometimes lead to a self-centered perspective. ¹⁴

In contrast, mindfulness emphasizes cultivating a non-judgmental and open awareness of present experiences. It encourages observation of thoughts and feelings without becoming entangled in them, and facilitates a clearer understanding of both internal and external environments. ¹⁵

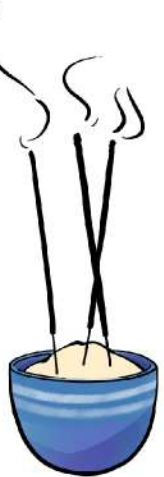
How does mindfulness contribute to self-connection and well-being?

Mindfulness significantly contributes to self-connection and overall well-being by training individuals to focus on their present-moment experiences with intentional, non-judgmental attention. This practice enhances cognitive focus and promotes a deeper awareness of thoughts, emotions, and bodily sensations. ¹⁶

What defines a "mindless state"?

A "mindless state" is characterized by a lack of conscious awareness and engagement in the present moment. In this state, individuals often operate on autopilot, performing routines or tasks without active intention or attention. ¹⁷

Thoughts may wander, leading to preoccupation with past events or future concerns rather than fully experiencing the present. This disengagement can result in decreased attention, reduced cognitive processing, and a weakened sense of connection to oneself and the surrounding environment. ¹⁷



Practices

Practice flow meditation ^{1, 18}

Engage in mindful sitting ¹⁹⁻²¹

Practice mindful walking ¹⁹



Habits

Adopt a mindful diet ^{22, 23}

Practice mindful exercise ²⁴

Make daily use of meditation applications ²⁵⁻²⁷

D3

Social Well-Being



Emotional Wellbeing		
06 Emotional Intelligence	07 Humor	08 Mindfulness

Social well-being consists of the following 5 dimensions: social integration, social contribution, social acceptance, social actualization and social coherence.

Social Intelligence

Definition

Social Intelligence is the ability to be aware of relevant social contexts and effectively address challenges within them. ¹

Statistics

A global survey across 15 countries and multiple industries highlighted key leadership capability priorities for 2024. ²

50%	48%
Connecting employees to the organization's purpose	Emotional and social intelligence
44%	42%
Managing conflict among team members	Handling employee stress and burnout
40%	
Providing clarity and direction in dynamic situations	and so on. ²

A survey on 6,485 U.S. adults in 2021 show that 66% of the women in the past year have thought about the meaning of life and suffering, compared with 55% of men. ²



71% vs. 53%	46% vs. 34%
When seeing or hearing about terrible things happening, women are much more likely than men to say they often feel sad for those suffering.	A larger share of women than men report often feeling the desire to help those suffering. ³

An online survey among 2,000 U.S. adults in 2025 measures the top social interactions that drain Americans' energy. ⁴

15%	11%
said being interrupted was their biggest social battery drainer	awkward small talk
9%	8%
customer service interactions and talking to strangers	unsolicited advice
6%	
office gossip ⁴	

Quotes

"Social intelligence is meant the ability to understand and manage men and women, boys and girls—to act wisely in human relations."

— Edward Thorndike, 1920 ¹¹

"Social intelligence means being smart about relationships. It means being empathetic, sensing what the other person is feeling, understanding their point of view, and ease and facility in having smooth, effective interactions. So it's both knowing what the person is feeling and acting effectively based on that."

— Daniel Goleman, 2006 ¹²

"When I get ready to talk to people, I spend two thirds of the time thinking what they want to hear and one third thinking about what I want to say."

— Abraham Lincoln, n.d. ¹³

Relevant Theories

1 The S.P.A.C.E Formula

This theory explains social intelligence as a set of 5 interrelated skills that determine how effectively an individual interacts in social settings: S – Situational Awareness; P – Presence; A – Authenticity; C – Clarity; E – Empathy. ⁵

2 Multidimensional Approach to Social Intelligence

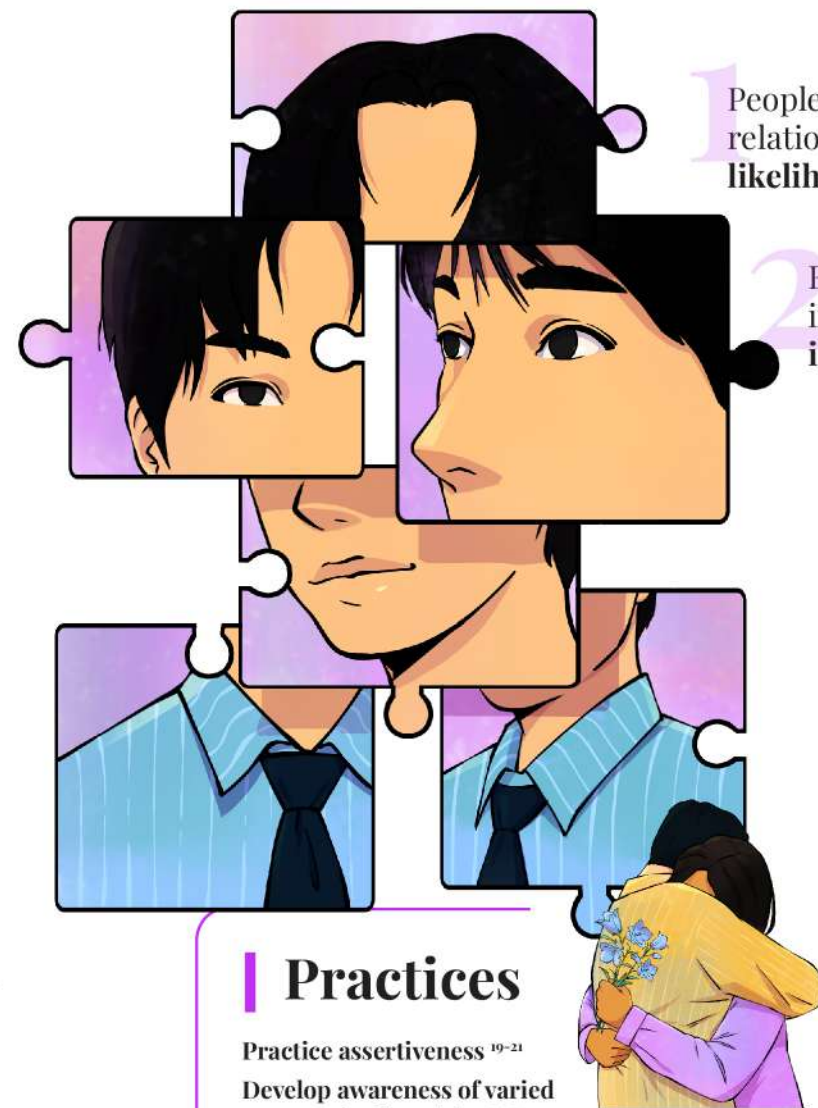
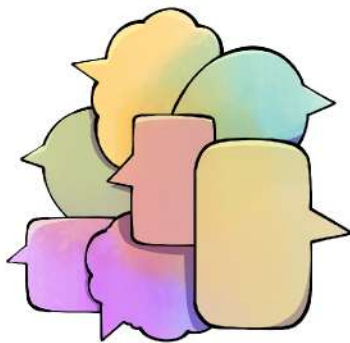
The approach explains that social intelligence consists of several independent components: cognitive understanding, behavioral effectiveness, empathy, and emotional regulation. It views social intelligence as a distinct and multifaceted construct that functions separately from general intelligence. ⁶⁻⁸

3 Bar-On Model of Emotional-Social Intelligence

This model defines emotional-social intelligence as a set of interconnected emotional and social competencies that influence how effectively individuals understand themselves, relate to others, and cope with daily demands. ^{9,10}

This model consists of 5 key components ^{9,10}:

1. The ability to recognize, understand, and express emotions and feelings.
2. The ability to understand others' emotions and build interpersonal relationships.
3. The ability to manage and control one's emotions.
4. The ability to adapt to change and solve personal or social problems.
5. The ability to generate positive emotions and maintain self-motivation.



Socioecological Approach/Outer Drivers of Wellbeing

Social Wellbeing				
09 Gender and Wellbeing	10 Social Intelligence	21 Community Connectedness	22 Positive Interpersonal Relationship	23 Open-Mindedness

Practices

- Practice assertiveness ¹⁹⁻²¹
- Develop awareness of varied communication styles ²²⁻²⁷
- Implement conflict resolution techniques ²⁸⁻³⁰

Habits

- Maintain eye contact during conversations ³¹⁻³⁴
- Engage in active listening ³⁵⁻³⁹
- Reflect on personal experiences ⁴⁰⁻⁴²



1 People with strong social relationships have a 50% increased likelihood of survival. ¹⁴

2 Employees with poorer social intelligence are more likely to be involved in workplace abuse. ¹⁵

3 A person with high social intelligence can be assumed to be an intelligent person in the overall sense. ¹⁶

Relevant Questions

How do Social Intelligence (SI) and Emotional Intelligence (EI) differ, and how do they relate to each other?

SI and EI are distinct dimensions of human competence that are essential for effective interactions. SI pertains to the ability to engage and communicate successfully with others. In contrast, EI focuses on understanding and managing one's own emotions. ¹⁷

These intelligences are interrelated. A lack of development in EI can impede one's SI, as understanding personal emotions is crucial for navigating social situations. Conversely, difficulties in SI can lead to negative social experiences that affect self-esteem, a fundamental aspect of EI. ¹⁷

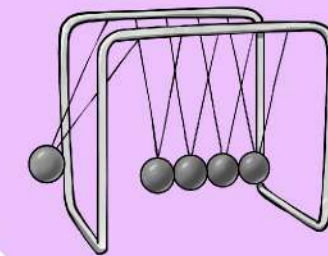
How can social intelligence be developed?

Social intelligence can be developed by paying close attention to one's surroundings, enhancing emotional intelligence, respecting cultural differences, practicing active listening, and valuing meaningful relationships with others. ¹⁸

What are the signs of socially intelligent people?

Socially intelligent people demonstrate effective listening, strong conversational skills, the ability to manage their reputation, and a tendency to avoid unnecessary arguments. ¹⁸

Interesting Facts



Human Animal Bond

Definition

The human-animal bond is a mutually beneficial relationship that positively affects the health and well-being of both people and animals through emotional, psychological, and physical interactions. ¹

Quotes

“I like poring our relationships with animals because they tell a lot about who we are.”
— Amy Johnson & Lynda Bruneau, 2019 ¹⁸

“The object of empathy is understanding. The object of sympathy is the other person's well-being... animal succorance is the functional equivalent of human sympathy, expected only in species that know strong attachment. I am not speaking here of anonymous aggregations of fish or butterflies, but the individualized bonding, affection, and fellowship of many mammals and birds.”
— Frans B. M. de Waal, 1996 ¹⁹

“Such short little lives our pets have to spend with us, and they spend most of it waiting for us to come home each day. It is amazing how much love and laughter they bring into our lives and even how much closer we become with each other because of them.”
— John Grogan, 2008 ²⁰

Relevant Theories

1 Bowlby's Attachment Theory

This theory explains that attachment is an innate system that drives people to seek proximity, protection, and emotional security from an attachment figure. This system influences how bonds form and operate throughout life. The core pillars are: ⁷⁻¹³

- Attachment Behavioral System
- Proximity-Seeking
- Safe Haven
- Secure Base
- Separation Distress
- Internal Working Models

2 Social Support Theory

This theory explains that social support is a protective mechanism that helps individuals handle stress, life changes, and illness, focusing on prevention rather than cure. The theory includes several key components: ^{11, 14-16}

- Perceived Availability of Support
- Support Network Characteristics
- Emotional Support
- Companionship and Social Interaction
- Social Capital

3 Human-Animal Interaction Theory

Human-Animal Interaction Theory explores the exchanges between humans and animals that affect physical and psychological functioning. It includes 3 main types of interaction: ¹⁷

- Affiliative Interactions
- Animal-Assisted Interventions
- Service Animal Interactions

Statistics

A separate survey by the American Psychiatric Association examined the mental health benefits of pets. The results showed that: ²⁻⁴

69% experienced lower stress and anxiety because of their pets, mentioned receiving unconditional love and support from them, considered pets important companions.

66% described pets as calming influences.

63% viewed their pets as true friends.

The Human Animal Bond Research Institute (HABRI) conducted the Benchmark Survey of Pet Owners to evaluate U.S. pet owners' awareness, attitudes, and behaviors about the human-animal bond. This online survey included adults aged 18 and older who owned at least 1 pet. The results showed that: ⁵

76% of pet owners said their health improved because of their pets, up 5% since 2016.

87% reported better mental well-being linked to their pets, an increase of 13% since 2016.



The Human-Animal Bond Research Institute and Mars Petcare conducted U.S. survey with 2,036 adults, including 72% pet owners and 28% non-owners, to explore how human-animal interaction affects loneliness and social isolation. The survey found that ²⁻⁴:

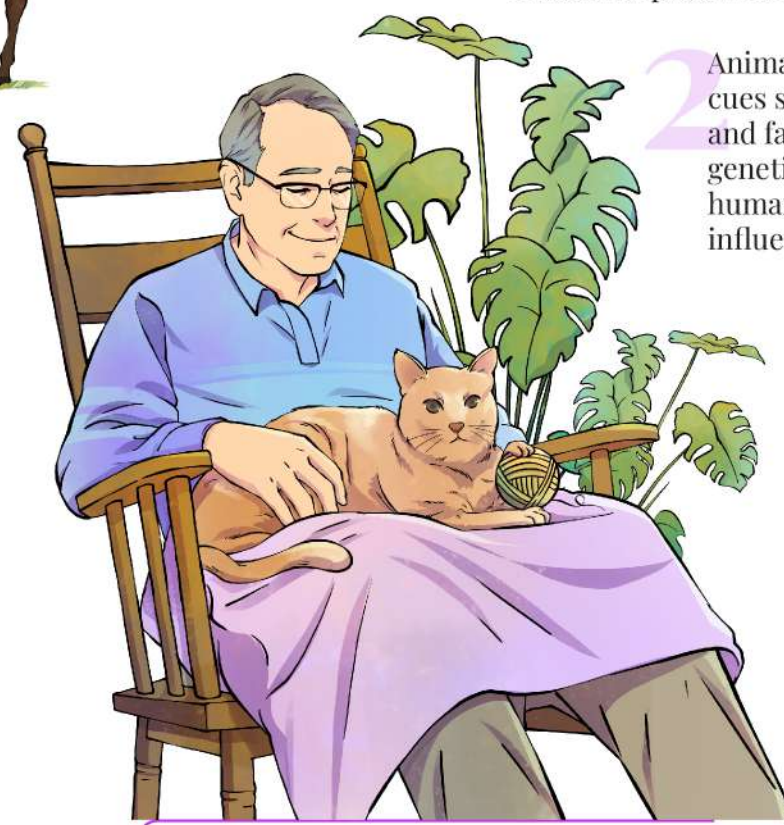
85% said interacting with pets reduces loneliness.

76% believed that human-animal interaction helps reduce social isolation.

72% considered pets important companions.

80% of pet owners felt their pets lessened their loneliness.

54% reported that pets helped them connect with others.



Inward Approach

Enviromental Wellbeing

14 Wellbeing in the Living Spaces

15 Human Animal Bond

16 Pro-Enviromental Behavior

17 Connected-Ness to Nature



Interesting Facts

1 The word “pet” originates from the French term petit, but many experts prefer the term “companion animal” because it highlights the emotional bond and mutual relationship between humans and animals. ²¹

2 Animals can perceive humans in nuanced ways, responding to cues such as body language, tone of voice, emotional expressions, and familiarity. Their perception is shaped by prior experiences, genetic tendencies, and the surrounding environment, while human factors like confidence, predictability, and knowledge also influence the interaction. ²²

3 Positive interaction between humans and animals produces measurable physiological changes, particularly in dogs, affecting blood pressure, heart rate, and several well-being-related hormones such as cortisol, oxytocin, β-endorphin, prolactin, phenylacetic acid, and dopamine. ⁵

Relevant Questions

What is a human-animal bond? ²³

The human-animal bond is a mutually beneficial relationship between people and animals, based on emotional, psychological, and physical interactions that improve well-being. This bond forms through regular interaction and shared environments.



What is the cause behind the human-animal bond? ²⁴⁻²⁵

The human-animal bond develops mainly through:

- Empathy: Fosters emotional connections with animals, influencing care for pets, farm animals, and wildlife.
- Anthropomorphism: Attributing human-like emotions to animals, which helps people understand behavior and form supportive relationships.

Can an attachment to pets become unhealthy? ²⁶⁻²⁷

Yes, those who had trouble forming secure relationships in childhood may become overly attached to pets. This strong attachment can lead to increased depression and loneliness, indicating that relying solely on pets for emotional support may not always be beneficial.

Practices

Engage in physical exercises ²⁸⁻³²

Understand pet's behavioral cues ²¹⁻³³⁻³⁴

Set consistent interactive play sessions ^{29,30,35-36}



Habits

Ensure daily dog walks ^{28,30,32,37}

Maintain clean quarters for pets ³⁸⁻⁴²

Schedule daily playtime ⁴³⁻⁴⁸



Pro-Environmental Behavior



Definition

Pro-environmental behavior is defined as deliberate actions intended to protect and preserve the environment. It encompasses eco-friendly practices which reflect conscious efforts to promote environmental sustainability.¹⁻³

Statistics

A survey of **73,000 people in 77 countries** showed that over half of the people think about climate change weekly or daily, and

53%

are more worried than in 2023.



Extreme weather is affecting major life decisions for **69%** of people.⁴

Globally, **80%** want stronger national climate commitments and more climate education in schools, **79%** support richer countries helping poorer ones, and **72%** want a rapid shift from fossil fuels to renewable energy.⁴



A 2021 study across 31 countries found that older adults exhibit higher pro-environmental behavior scores.⁵

National differences accounted for **18%** of behavioral variance, and aging populations were more likely to engage in sustainable actions driven by self-transcendence, health awareness, and resource conservation.⁵



A study of 27,498 Europeans across 28 countries analyzed environmental concerns, behaviors, and demographics.⁶

Most common actions observed were: recycling (**66%**), avoiding single-use plastics (**45%**), buying local products (**42%**), and reducing energy use (**37%**), while few participated in environmental activities (**7%**).⁶

Quotes



"Pro-environmental practices should not be seen as one entity or well defined set of isolated practices one can either choose to do or not to do, but rather as **part of many other practices and fields in peoples' everyday lives.**"

— Sara Kristine Gløjmar Berthou, 2013.⁷

"We don't inherit the earth from our ancestors, **we borrow it from our children.**"

— Native American Proverb⁸

"The greatest threat to our planet is **the belief that someone else will save it.**"

— Robert Swan⁹

Relevant Theories

1 The 2-Pathway Model of Pro-Environmental Behavior (PEB)

The model expands traditional motivational models by incorporating both a normative pathway and a relational pathway. The normative pathway is based on personal norms stemming from values and moral obligations to engage in environmentally responsible actions. The relational pathway, emphasizes the role of connectedness to nature, empathy, and compassion, fostering motivation for pro-environmental behavior without the prerequisite of moral obligation.⁴

The model highlights that pro-environmental behavior not only fulfills moral responsibility but also enhances well-being by deepening emotional connectedness with nature and others.¹⁰

2 Model of Responsible Environmental Behavior (REB)

REB identifies several key components that consistently influence environmentally responsible actions: knowledge about environmental issues and effective action strategies, attitudes favoring pro-environmental behavior, perceived competence or self-efficacy, locus of control, and behavioral intention.¹¹

The model recognizes that individuals are more likely to act responsibly when they are aware of the consequences of their behavior, feel a personal obligation, believe their actions will be effective, and perceive they have the ability to perform the behavior.¹¹



Inward Approach

Enviromental Wellbeing

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16 Pro-Environmental Behavior

17 Connectedness to Nature



Interesting Facts



Students from Spain, Mexico, and the United States display **different environmental habits** influenced by their cultural backgrounds — recycling is more common among Spanish students, while both Mexican and Spanish students utilize public transportation more frequently than their Americans. These differences highlight how cultural norms and societal structures shape environmental actions across regions.¹²

Altruistic values indirectly influence pro-environmental behavior through perceived consumer effectiveness and environmental concern. These factors positively affect citizenship and purchase behaviors, with perceived effectiveness especially predicting activist behavior.¹³

Historical records, including Sumerian references to Dilmun as a life-sustaining garden and Hippocrates' commentary on air and water quality, reveal an **early awareness of the connection between nature and health.** Such insights established a philosophical foundation for contemporary environmental consciousness and related behavioral research.¹⁴

Relevant Questions



Does pro-environmental behavior help in maintaining a healthy lifestyle?

Yes, pro-environmental behavior contributes to maintaining a healthy lifestyle. Research suggests that individuals' lifestyle choices are not solely driven by nutritional needs but also reflect attitudes toward health and environmental concerns.¹⁵

Does environmental knowledge matter (in predicting pro-environmental behavior)?

Yes, environmental knowledge matters when it comes to predicting pro-environmental behavior. Social factors strongly influence students' environmental knowledge, which in turn significantly predicts their eco-friendly actions/ pro-environmental behavior.¹⁶

Are there gender differences in pro-environmental behavior?



Yes, there are clear gender-based distinctions in pro-environmental behavior. For women, predictors include motivation, subjective and objective knowledge, and perceived consumer effectiveness. For men, the most significant influences are attitudes, motivation, and perceived consumer effectiveness, alongside prior subjective knowledge.⁴

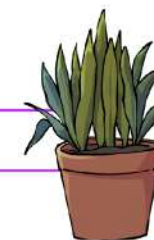
Men also tend to be more responsive to programs aiming to modify their environmental behavior factors.⁴

Practices

Improve knowledge and attitude on sustainable actions¹⁷

Compost food waste^{18, 19}

Spend more time in natural settings²⁰



Habits

Use a smaller plate when eating^{21, 22}

Throw plastic cups in recycling bins^{23, 24}

Watch videos related to environmental protection²⁵

Connectedness to Nature

Definition

Connectedness to nature refers to an individual's sense of belonging to and identification with the natural world.^{1,2}

Statistics

A survey reported that spending time in the countryside and near bodies of water cited by



65% of the respondents as having a positive impact on mental well-being. Daily exposure to nature and park visits have been found to improve mental health, 65% reported experiencing positive emotions such as calmness, joy, excitement, or wonder when in nature,



while 44% indicated that proximity to nature helped to reduce feelings of worry or anxiety.³

Even indirect exposure to nature, such as watching or listening to nature-related media, was perceived as beneficial by nearly one-third of respondents.



The findings of an online survey of 4,274 UK adults showed that

11% of respondents reported difficulty accessing natural environments whenever they wished, while

44% indicated that they were not engaging with nature frequently enough to obtain its associated mental health benefits. In addition,

38% of participants expressed a desire to increase their level of contact with nature.³

An April 2021 online survey of 4,274 UK adults found that 45% used visits to green spaces, such as parks, as a key coping mechanism during the pandemic and related restrictions.³



Quotes

“Man is a part of nature, and his war against nature is inevitably a war against himself.”

— Rachel Carson, n.d.⁷

“Nature holds the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction.”

— E.O. Wilson⁸

“The Truly Healthy environment is not merely safe but stimulating.”

— William H. Stewart, 1968⁹

Relevant Theories

1 The Attention-Restoration Theory (ART)

ART was introduced by Rachel and Stephen Kaplan in the 1980s, which explains how natural settings can help recover mental focus. It suggests that after experiencing mental fatigue from sustained concentration, spending time in nature, which naturally holds our attention without effort, allows cognitive resources to refresh. This process improves both mental clarity and emotional health.⁴

2 Biophilia Hypothesis

The biophilia hypothesis suggests that humans have an innate, evolutionary-based tendency to connect with life and lifelike processes, shaped by both biological and cultural factors. Over time, emotions and behaviors toward the natural world were influenced by both genetics and culture, as people learned to adapt to their environments. In short, human bond with nature is a mix of biological instinct and cultural experience, built over the long course of human development.⁵

Inward Approach

Environmental Wellbeing

14 Wellbeing in the Living Spaces

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Interesting Facts



1 Rural green and coastal environments promote a stronger sense of connection to nature than urban green spaces. Individuals tend to feel more restored in places where they experience greater connectedness. Protected or designated natural areas are especially associated with higher levels of both restoration and nature connection. This tendency highlights the link between environmental quality and emotional well-being.¹⁰

2 Social prescribing enhances contact with and connectedness to nature through activities like park visits, walking groups, and community gardening. These programs improve mental and physical well-being while reaching diverse, high-risk groups — such as young mothers, immigrants, older adults, and socially or economically isolated individuals — who might otherwise have limited access to nature.¹¹

3 The presence of birds boosts mental well-being, especially when individuals see or hear them outdoors. These everyday encounters with birdlife benefit both healthy individuals and those experiencing depression.¹²

Relevant Questions



Is there any difference among age groups regarding their connectedness to nature?

Yes, connectedness to nature can vary according to age group. A survey of more than 1,000 school students in Sydney, Australia, showed that 28% reported feeling deeply connected to nature. Younger children aged 8–11 tended to have a stronger connection than those aged 12–14, and engagement in pro-environmental actions decreased with age.³

Are people who live in rural areas more connected to nature than those who live in urban areas?

Yes. Studies show that people who grew up in or currently live in rural areas tend to have higher levels of nature-relatedness than those in urban settings. Rural environments offer more direct exposure to natural landscapes, however nature exists in cities too — in gardens, balconies, streets, or even creative urban features like green roofs, flowered roundabouts, and wild plants along railways.¹³

Does mobile photography enhance or hinder individuals' connection to nature?

Mobile photography does not seem to hinder individuals' connection to nature — in fact, it may enhance it. Research suggests that using mobile technology, like taking photos outdoors, can encourage young people to engage more actively with the natural world rather than distract them from it.¹⁴

Practices

Improve knowledge and awareness of nature and the environment¹⁵

Get out into nature^{5, 12, 13}

Conserve nature^{14, 15}



Habits

Sense and notice nature^{15–20}

Take simple actions^{17, 21–23}

Set a schedule^{23, 24}



Self-Acceptance

Definition

Self-acceptance, a core element of psychological well-being, involves acknowledging and embracing both the positive and negative aspects of oneself while maintaining a positive regard for one's past. ¹

Statistics

A study identified a significant negative relationship between body image and self-acceptance among **242 female undergraduates**. The findings revealed that:



85% of the participants reported low self-acceptance

67% reported a negative body image ²

A study of **1,438 Chinese college students** found that students who exercised more than once a week and those who spent less than 3 hours per day online showed higher self-acceptance scores compared to less active students and heavy internet users. ³



A study of **2,460 university students in China** found that three components with the strongest impact on overall self-acceptance levels: self-satisfaction, fear of failure, and fear of being looked down on. Targeting these three components in interventions may indirectly reduce social anxiety and build a more optimistic self. ⁴



Quotes



"The desire for others' approval and reassurance creates sensitivity to real or imagined signs of rejection"

— Jennifer Crocker and Lora E. Park, 2004 ¹⁴

"To accept ourselves is to accept the fact that what we think, feel, and do are all expressions of the self at the time they occur."

— Nathaniel Branden, 2011 ¹⁵

"Continually feeding our need for positive self-evaluation is a bit like stuffing ourselves with candy. We get a brief sugar high, then a crash."

— Kristin Neff, 2019 ¹⁶

Relevant Theories

1 Self-acceptance in Positive Psychology and Psychological Well-being

Self-acceptance in positive psychology is a key component of eudaimonic well-being, which focuses on living a meaningful and purposeful life. ⁵

In contemporary frameworks, particularly within Cognitive Behavior Therapy (CBT), self-acceptance is recognized for its role in fostering psychological flexibility and reducing self-criticism. Approaches like Acceptance and Commitment Therapy (ACT) highlight self-acceptance as the ability to engage with and process internal experiences. ⁶

2 Acceptance and Commitment Therapy (ACT) Model

ACT provides a structured model for understanding and enhancing self-acceptance and psychological flexibility by guiding how individuals relate to their thoughts, emotions, and values. ^{7,8}

This flexibility is achieved through 6 interacting processes that cultivate self-acceptance: ^{7,8}

- | | | |
|-----------------------|--------------------|---------------------|
| 1. Acceptance | 3. Being Present | 5. Values |
| 2. Cognitive Defusion | 4. Self as Context | 6. Committed Action |

3 Rational Emotive Behavior Therapy (REBT) Model

REBT Model emphasizes that psychological distress arises from irrational beliefs rather than external events. By challenging these beliefs through and promoting unconditional self-acceptance, individuals can reduce negative emotions and behaviors and improve overall well-being. ⁹⁻¹³

Formation					
Psychological Wellbeing - Eudemonia					
18 Self-Acceptance	19 Autonomy	20 Environ- mental Mastery	21 Purpose in Life	22 Personal Growth	23 Engagement

Interesting Facts



1 A multifaceted view of acceptance distinguishes between recognizing emotions as uncontrollable and practicing self-acceptance of negative emotions. The latter, which involves nonjudgmental acknowledgment of one's feelings, is associated with greater emotional well-being. ¹⁷

2 Practicing self-acceptance has been associated with an increase in life expectancy of up to 3 years. ¹⁸

3 Individuals who enjoy longer and more fulfilling lives tend to cultivate strong social connections, practice self-contentment, maintain healthy lifestyles, and engage in ongoing mental and physical activities that promote overall well-being. ¹⁹



Relevant Questions

What is the relationship between mindfulness and unconditional self-acceptance?

Mindfulness significantly contributes to the development of unconditional self-acceptance. By promoting a flexible and open mindset, mindfulness enables individuals to embrace their true selves without judgment. ²⁰

How do self-compassion and unconditional self-acceptance interrelate?

Self-compassion and unconditional self-acceptance are interrelated concepts that enhance one another. Both emphasize the absence of self-judgment; when individuals practice self-acceptance and extend compassion toward themselves, they avoid negative evaluations of their worth. ^{6, 21}

What distinguishes self-acceptance from self-esteem?

Self-esteem involves evaluating oneself based on perceived abilities, accomplishments, and others' views, whereas self-acceptance is a judgment-free, unconditional embrace of oneself independent of achievements or external validation. ²²



Practices

Engage in genuine self-reflection ^{20, 23}

Move away from narrow self-categorization ^{20, 23}

Be open and curious ^{20, 24}



Habits

Keep a diary of happy memories ²⁰

Practice mindful journaling ²⁰

Exercise body awareness ²⁴⁻²⁷

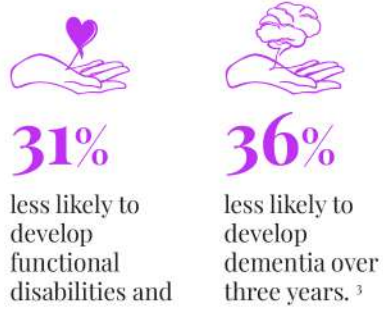
Purpose in Life

Definition

Purpose in life is defined as an individual's perception of having a coherent and clearly defined life direction. This sense of purpose develops through active participation in activities that reflect core values and by pursuing goals that are personally significant.^{1,2}

Statistics

A study of Japanese adults aged 65 and older found that those with a strong sense of **ikigai** were



Having **ikigai** was linked to lower risks of functional disability and dementia, reduced depressive symptoms, greater **well-being**, and enhanced **social engagement**, with stronger effects in men and those with higher socioeconomic status.³



Among 805 older adults in Chicago, **higher purpose in life** was associated with substantially lower risk of hospitalization for **acute coronary syndrome**, with reductions of **58.4%** at baseline and **47.8%** during follow-up.⁴



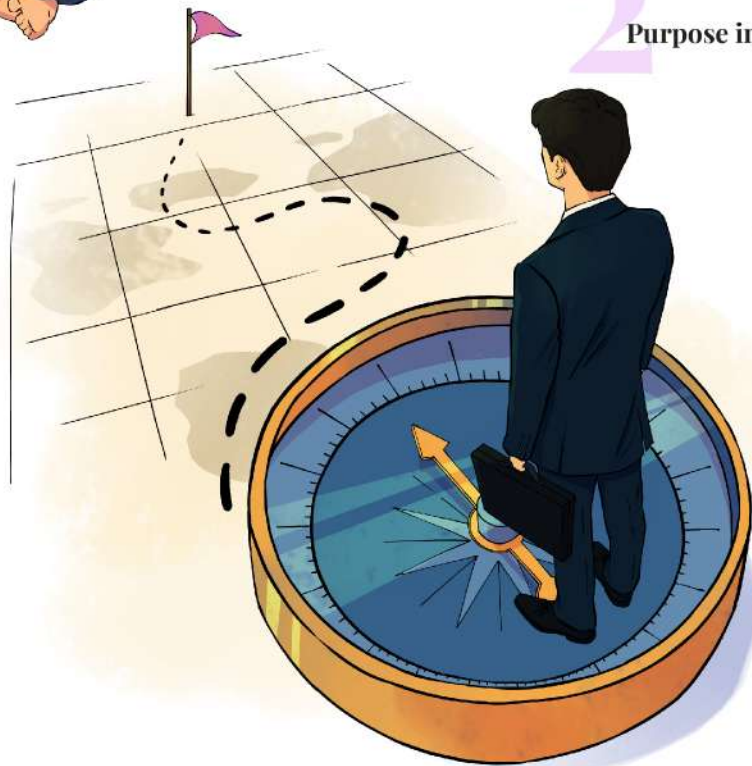
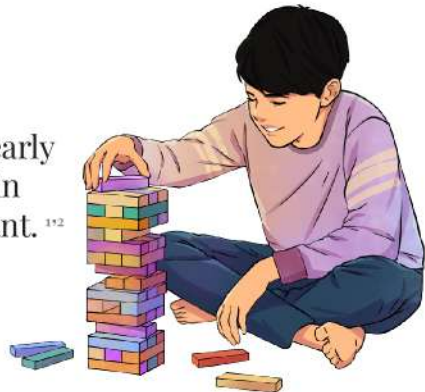
Quotes

- "It is not our purpose to **become each other**; it is to **recognize each other**, to learn to **see the other**..."
— Hermann Hesse, 1962¹¹
- "The purpose of human life is to serve, and to show compassion and the will to help others."
— Albert Schweitzer, 1965¹¹
- "There is one quality which one must possess to win, and that is **definiteness of purpose, the knowledge of what one wants**..."
— Napoleon Hill, 1970¹²

Relevant Theories

- 1 Psychological Well-being Model**
The psychological well-being model is based on Aristotle's idea of eudaimonia, which focuses on living a virtuous and meaningful life. Drawing from this philosophy, the model also includes insights from developmental and clinical psychology, as well as mental health research. It highlights six key dimensions that contribute to a fulfilling human experience: self-acceptance, personal growth, purpose in life, positive relationships, environmental mastery, and autonomy.⁷⁻⁵
- 2 Frankl's Meaning-Seeking Model**
SFrankl suggested that individuals can find meaning in life through 3 main avenues:
- Creative Endeavors: Engaging in creative activities or achieving significant tasks.
 - Life Experiences: Fully experiencing life, including forming deep connections and expressing love.
 - Attitude Toward Suffering: Cultivating meaning by maintaining a purposeful and constructive attitude in response to unavoidable suffering. [8]⁸

- 3 Modernism**
Modernism emerged in the late nineteenth and early twentieth centuries as a transformative movement that redefined understandings of life and meaning by emphasizing reason, logic, and innovation over mystical beliefs. In response to rapid social and scientific change, modernism encouraged individuals to question traditional assumptions and to view meaning as something constructed through personal experience and self-exploration rather than derived from a higher authority.^{9,10}



Practices

- Cultivate growth mindset²³
- Ask and listen to feedback²⁴

Habits

- Practice regular self-reflection²⁶
- Practice regular mindfulness meditation²⁷



Formation					
Psychological Wellbeing - Eudemonia					
18 Self-Acceptance	19 Autonomy	20 Environmental Mastery	21 Purpose in Life	22 Personal Growth	23 Engagement

Interesting Facts



- 1** A strong sense of purpose has been widely recognized as a fundamental aspect of **psychological well-being** and a key factor in developing the **resilience necessary to navigate life's challenges**.¹³
- 2** Purpose in life can be considered a fundamental human need.⁷
- 3** Individuals with a **stronger sense of purpose** exhibited lower levels of certain immune markers, such as **neutrophils, C-reactive protein, and Interleukin-6**, suggesting a healthier inflammatory response.¹⁴



Relevant Questions

What is the definition of purpose in life from an existentialist perspective?

From an existentialist standpoint, purpose in life is viewed as a highly personal and subjective construct. It involves the individual's quest for meaning and significance within their own existence, accomplished through reflection on personal values and the establishment of goals. These goals not only promote self-fulfillment but also contribute to broader societal or human concerns.^{15,16}

What are the differences between purpose (in life) and life goals?

Purpose in life and life goals both guide and motivate behavior, but they differ in scope and abstraction. Life goals are concrete outcomes representing the "how" of achievement, while purpose in life is a broader concept—the "why" behind these goals—providing meaning and direction. Purpose inspires goal setting based on personal values, without needing a specific endpoint. Life goals can be intrinsic, promoting personal growth and contribution, or extrinsic, driven by external validation. Intrinsic goals are more closely linked to long-term well-being.¹⁷⁻²⁰

What is the relationship between purpose in life and meaning in life?

Meaning in life is a multidimensional construct encompassing coherence, purpose, and significance. Purpose, as a sense of direction and future-oriented goals, constitutes a central component of meaning. A meaningful life integrates clear goals and direction with an understanding of one's existence and value within a broader context, with purpose providing direction and fulfillment within this framework.^{21,22}

Personal Growth

Definition

Personal growth is characterized by the systematic enhancement of self-awareness and reflective capacity, the formulation of clearly defined objectives, and the deliberate implementation of actions aligned with those objectives. It further involves the development of emotional intelligence, psychological resilience, and the ability to effectively manage stress and adversity.¹

Statistics

In a 2023 survey of 94,219 Chinese youths (ages 13–23),



1 in 5 chose personal growth as their top life purpose, showing a strong self-driven focus



despite **42.4%** prioritizing family.²

In a survey of **Gen Z employees** by Udem Business, **65%** prioritize personal and professional growth, focusing on top areas such as



30% communication



26% critical thinking/ problem-solving



and **22%** creativity/ innovation.³

Psychological well-being was found to positively predict personal growth initiative among **265 thesis-completing university students in Indonesia**, accounting for **19.4%** of the variance. Higher psychological well-being was associated with greater personal growth initiative, whereas lower well-being was associated with reduced initiative.⁴



Quotes

“Do the best you can until you know better. Then when you know better, do better.”

— *Maya Angelou, 2011*¹⁰

“The swiftest way to triple your success is to double your investment in personal development.”

— *Robin Sharma, 2025*¹¹

“You must have a level of discontent to feel the urge to want to grow.”

— *Idowu Koyenikan, n.d*¹²

Relevant Theories

1 Theory of Needs

According to Maslow's hierarchy of needsm there are 5 main categories of human needs organized in a hierarchical structure of significance. Upon the fulfillment of a certain set of needs, it no longer serves as a motivating factor, and the subsequent set in the hierarchy has priority. This hierarchy resembles a pyramid, with fundamental and universal needs at the base, succeeded by additional categories of needs in ascending order of importance.^{5,6}

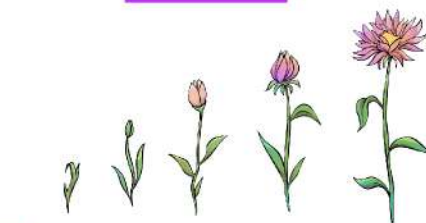
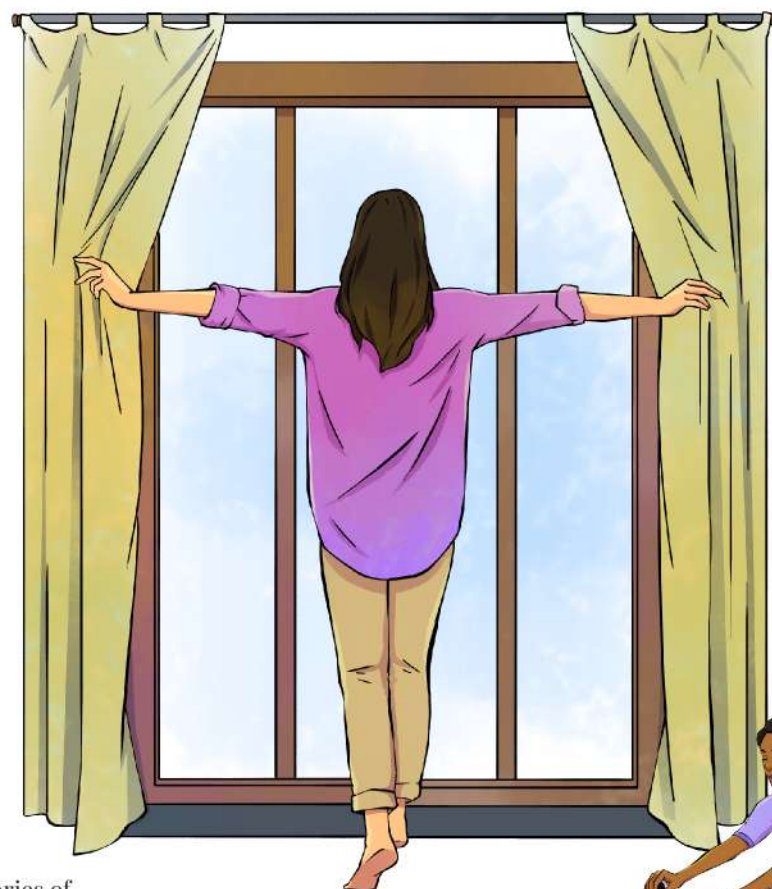
2 Personal Growth Process Model

The Personal Growth Process (PGP) model describes personal growth as a long-term, sociocognitive embodied process involving mental shifts — such as self-awareness, openness, courage, autonomy, responsibility, and compassion — that collectively promote well-being, authenticity, and life satisfaction.⁷

3 Broaden-and-Build Theory

Positive emotions promote personal development above immediate survival, expanding transient perspectives and encouraging behaviors that equip persons for forthcoming challenges. Despite their ephemeral nature, these emotions can yield enduring consequences by broadening attention and cognition, as well as facilitating the emergence of novel ideas, activities, and social relationships.^{8,9}

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1 **Traveling can be viewed as a means of seeking personal development**, not primarily because it exposes individuals to novel experiences, but rather due to the opportunities it provides to cultivate courage and embrace uncertainty.¹³

2 Prioritizing the development of strengths, rather than focusing on weaknesses, **has proven more effective for fostering personal growth**. Focusing on strengths allows individuals to build on their existing talents and abilities, leading to greater overall development and fulfillment.¹⁴

3 **Higher personal growth scores were associated with increased sick leave**, potentially reflecting a tendency, aligned with harmonious passion, to prioritize well-being over work by disengaging from activities perceived as detrimental when unwell.¹⁵

Relevant Questions

What are the key components to foster personal growth?¹⁶

There are 10 key components: growth mindset, planfulness, creating a life vision, setting the performance measurement, self-assessment, reflection, self-challenge, mentoring, grit, and passion.¹⁶

What are the dimensions of personal growth initiative?^{7,17}

Personal Growth Initiative (PGI) consists of both cognitive (readiness for change and planfulness) and behavioral components (using resources and intentional behavior)^{7,17}

What are the commonly known types of personal growth?¹⁸

Personal growth covers various aspects and activities that contribute to the overall personal growth of an individual, which includes physical, mental, social, emotional, and spiritual growth.¹⁸

Practices

Attend therapy sessions¹⁹

Practice problem-focused coping technique^{20–22}

Do prosocial-oriented activities^{23, 24}

Habits

Meet new people^{25, 26}

Experience flow²⁷

Cultivate self-reflection^{16, 28}



Interesting Facts



Engagement

Definition

Engagement can be conceptualized as a complex and dynamic relational construct that integrates both psychological and behavioral dimensions, encompassing individuals' connection, interaction, active participation, and overall involvement. ¹

Statistics

Among 2,713 Chinese older adults in Chicago, **engagement in reading and social activities** and living in cohesive neighborhoods were linked to **better cognitive function, with social activity partially mediating the positive effects of neighborhood cohesion.** ²



Time-use diary studies, originating in the US in 1975, have tracked **enjoyment alongside activities,**

consistently showing that **outdoor leisure and family activities are most enjoyed. Women generally reporting higher enjoyment than men** and socioeconomic differences having minimal effect on activity preferences. ³

During the 2020 pandemic, U.S. workers at home doubled to **42%** with daily leisure and sports time increasing by **32 minutes** due to reduced commuting and work hours. ⁴



Quotes

- "The pursuit of engagement and the pursuit of pleasure are often solitary, solipsistic endeavors. Human beings, ineluctably, want meaning and purpose in life."
— Martin Seligman, 2011 ¹⁵
- "Take the Initiative. Be proactive. If you want to rock your relationship results, it is going to take action, effort, initiative, and choosing to get in the game — so, step up, step out, and show up!"
— Susan Young, 2017 ¹⁶
- "When the Circle is strong and that feeling of belonging is ubiquitous, collaboration, trust and innovation result."
— Julie Nyquist, 2015 ¹⁷

Relevant Theories

- The PERMA Model of Well-being**
Within the PERMA model, engagement is highlighted as the degree to which individuals become deeply absorbed in activities that challenge their skills and capture their attention, fostering a sense of flow that not only enhances personal satisfaction but also contributes significantly to overall human flourishing. ^{5,7}
- Acceptance and Commitment Therapy (Engaged Living)**
Acceptance and Commitment Therapy (ACT), formulated by Steven C. Hayes in 1986, is grounded in his study on the influence of language and cognition on internal experiences. Hayes contested the notion that suffering must invariably be evaded, presenting it instead as an unavoidable facet of human existence that, when faced, might promote personal development and fulfillment.
Engaged living, as conceptualized in Acceptance and Commitment Therapy (ACT), entails actively participating in life in accordance with one's values and objectives, while simultaneously embracing and accepting all thoughts, emotions, and sensations that emerge, irrespective of their pleasant or unpleasant nature. ⁸⁻¹²
- Activity Engagement Theory**
People's motivational responses and affective or inferential reactions to an input are shaped by a dynamic and multifaceted engagement process, where traditional intrinsic-extrinsic distinctions provide a starting framework, but individuals' orientations are more fluid, influenced both by the types of needs or incentives and by the inferences they make about their participation in activities. ^{13,14}



Problem-focused engagement coping techniques are associated with lower negative mood and quality of daily life. ¹⁰

Leisure activities may contribute to individuals' engagement in life. ¹¹

Individuals with particular strengths are more likely to engage in life. ¹⁸



Relevant Questions

Why is engagement important for organization? ¹⁹
The establishment of worker engagement based on our results necessitates consideration of a system of contextual variables that, when addressed, eventually produces the financial and customer metrics performance sought by most firms. Addressing this broader organizational-level system of contextual variables will be challenging; yet, it holds the potential to generate considerable competitive advantage for firms. ¹⁹

How does engagement contribute to well-being? ²⁰
Engagement plays a crucial part in enhancing psychological well-being, serving as a significant predictor of subjective well-being, positive emotions, and life satisfaction. ²⁰

Is engagement the same as mindfulness? ²¹
Mindfulness is a condition of non-judgmental awareness characterized by diminished connection to thoughts and emotions. In contrast, a psychological state resulting from deeply engaging activities involves total immersion; it is marked by intense concentration, a lack of self-awareness and temporal perception, a feeling of control, and the inherent gratification derived from the action. ²¹

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Practices

- Identify and cultivate character strengths ²²⁻²⁵
- Cultivate creativity ^{27, 28}
- Learn something new ²⁸



Habits

- Get good quality sleep ²⁹⁻³³
- Cultivate gratitude ³³⁻³⁵
- Volunteer ³⁶⁻³⁸



Interesting Facts



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