

## Areas that Influence Wellbeing

Below you will find *our proposed 10 Areas to Cultivate Wellbeing*. These are the result of research, synthesis and integration of a few models including, Manfred Max-Neef's fundamental human needs model, NVW's Integral Coaching framework, Ken Wilber's Integral Theory, Luzette Jaimes' MSc research on Happiness, as well as the somatic framework of self & sites of change. While we list these aspects of wellbeing as separate dimensions, it is important to remember that these dimensions are inter-dependent and inter-connected.



**PHYSICAL:** When we talk about physical wellbeing, we are looking at understanding the biology of our body, how it influences our behaviors, and what helps the body be healthy. In many cases, we look at the importance of exercise, of a good diet, of having good sleeping patterns, and a good balance between rest and activity.



**EMOTIONAL:** Here we are looking at the question: "how can I experience, accept and acknowledge a wide range of emotions, but not get taken over by them in a way that negatively affects my life."



**MENTAL:** This refers to our worldviews, belief systems, and values, and how they shape our behaviors, how we show up in the world and how we experience life. Here we're talking about perception and perspectives, and the narratives and stories we believe about ourselves and lives.

An important question in this dimension is: Do my worldviews, belief systems, and values contribute to my individual wellbeing and that of the collective?



**MEANING:** This refers to our ability to express ourselves or work in a way that connects with something larger than ourselves. Some people call it the spiritual or transcendence dimension. When we have meaning in our lives we experience a sense of fulfillment and feeling alive.



**CONTRIBUTION:** This connects us with purpose, with a sense that we have a function. Research shows that volunteering and giving to others have positive effects in our health. In many cases, contribution also helps us connect with meaning. However, we need to be alert and notice that sometimes the HOW we do “contribution”, may not connect us with meaning. This happens a lot for leaders that are creating a lot of impact in the world but have a sense of feeling disconnected or empty inside. At that moment, it’s key to look at what is really missing, that is not allowing the connection with meaning or the type of life that one desires.



**RELATIONSHIPS & COMMUNITY:** This refers to our capacity to have healthy relationships, cultivate a sense of connection and belonging. Human beings are social beings. We exist in relationship to others.



**LIVELIHOOD:** This refers to our ability to generate income and access resources that allows us to meet all our basic needs and more.



**NATURE:** Our relationship with nature. Recognizing that as human beings we are part of nature, we are part of an ecosystem. Having a way of living that allows us to feel connected with our planet and the nature around us.



**SOCIAL, CULTURAL CONTEXT:** This refers to inhabiting a space with social and cultural norms that cultivate everyone’s wellbeing and respect everyone’s full uniqueness.



**SPATIAL/PLACE:** The quality of the geography and the places where I live, work, spend my time in. Are these spaces safe, clean, conducive to health? The places where we are can influence how we feel.