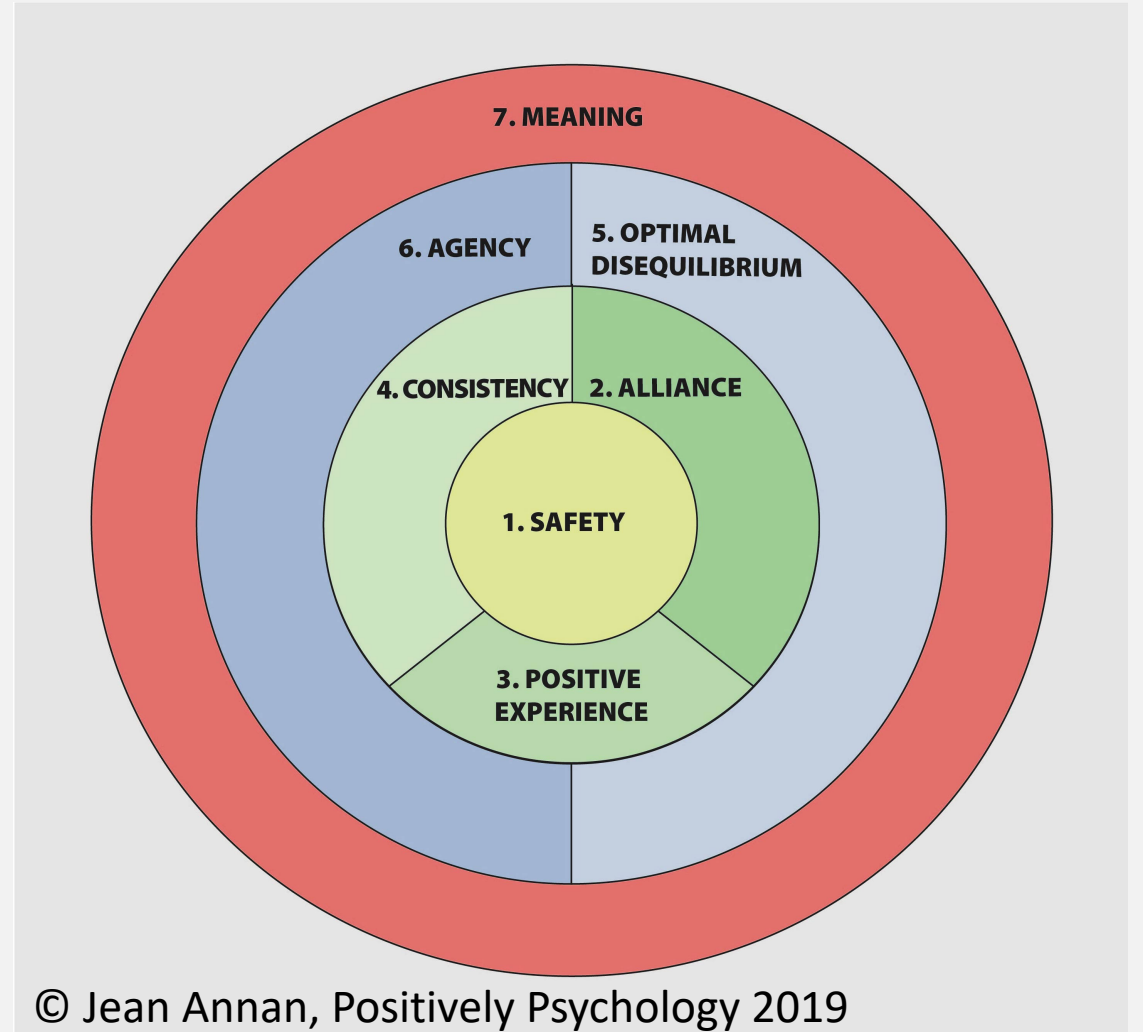
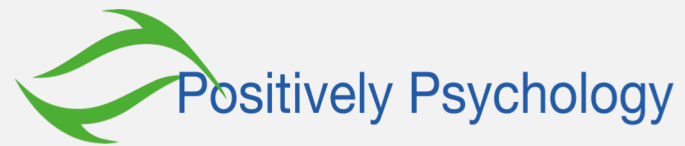


DIMENSIONS OF WELL-BEING



7 Dimensions of Well-being



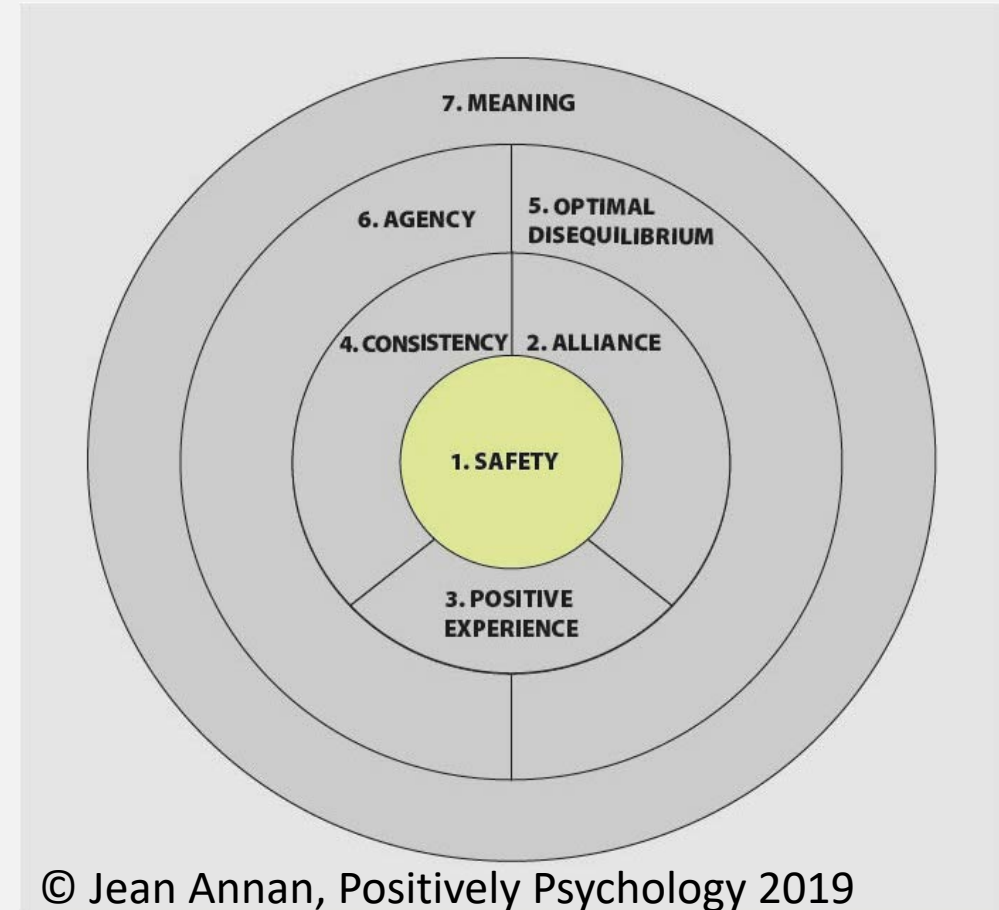
© Jean Annan, Positively Psychology 2019

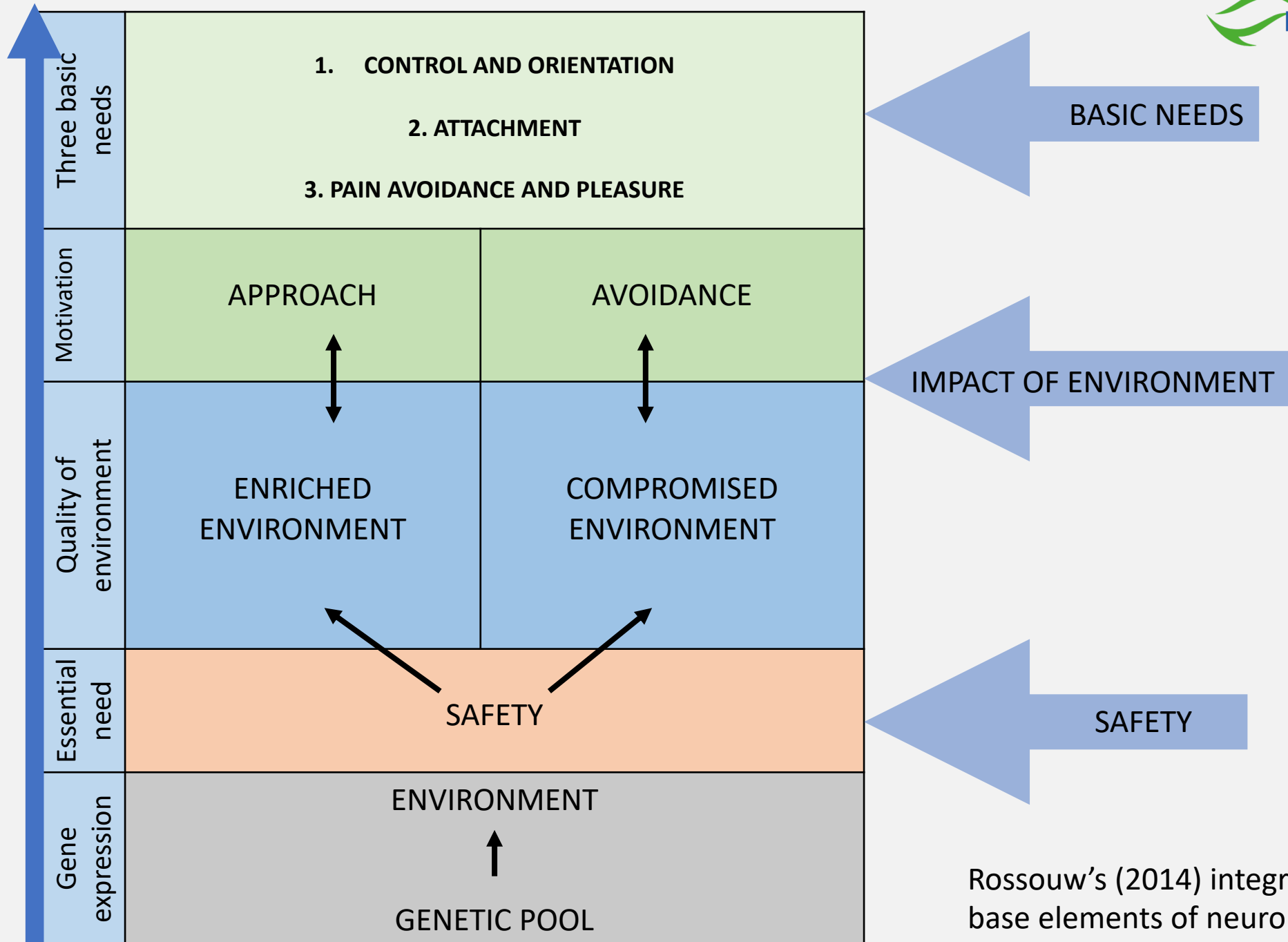
1. Safety

Freedom from fear

- Sense of safety is fundamental to well-being
- Early search for evidence of safety
- Essential to meet other basic needs
- Emerges from other core dimensions (alliance, positive experience and consistency)
- Ongoing need for safety

(See Rossouw, 2014)





Rossouw's (2014) integrated model of the base elements of neuropsychotherapy.

2. Alliance

Positive, trusting social connections

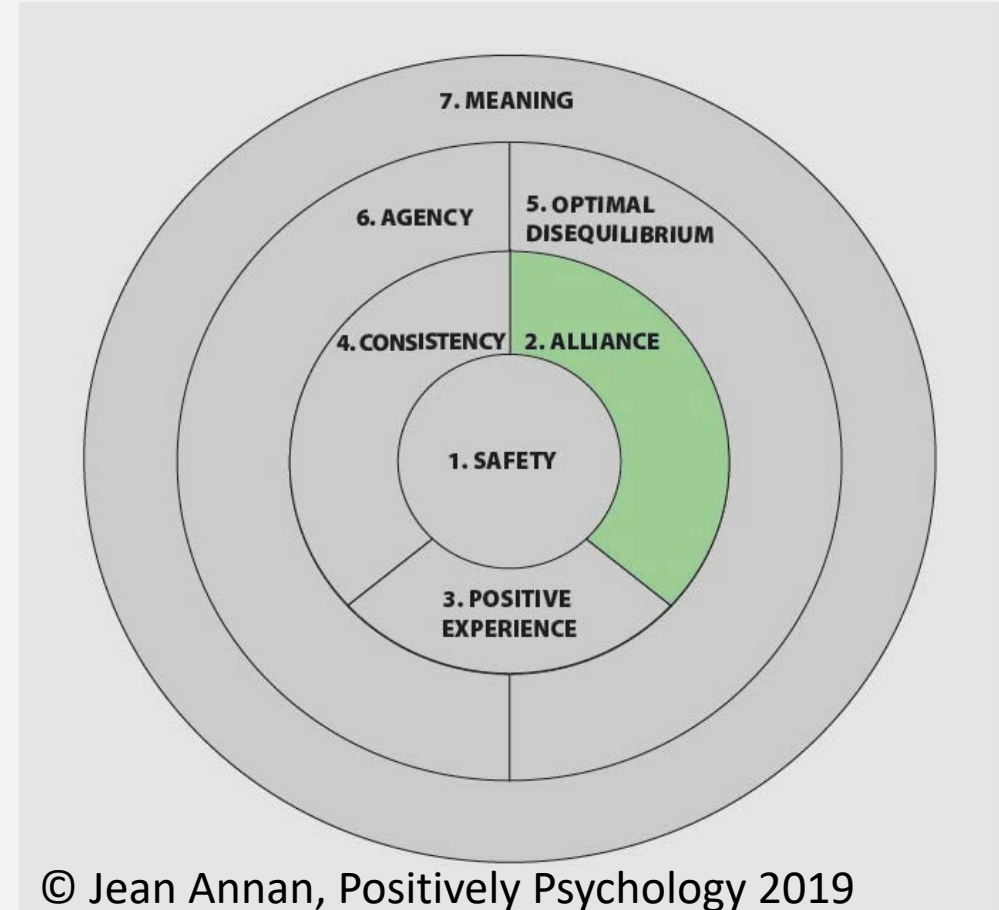
Internal mechanisms

- Biological instinct to attach (van der Kolk, 2014)
- Brain structures and chemicals (e.g. oxytocin and control of cortisol)

External influences on social alliances

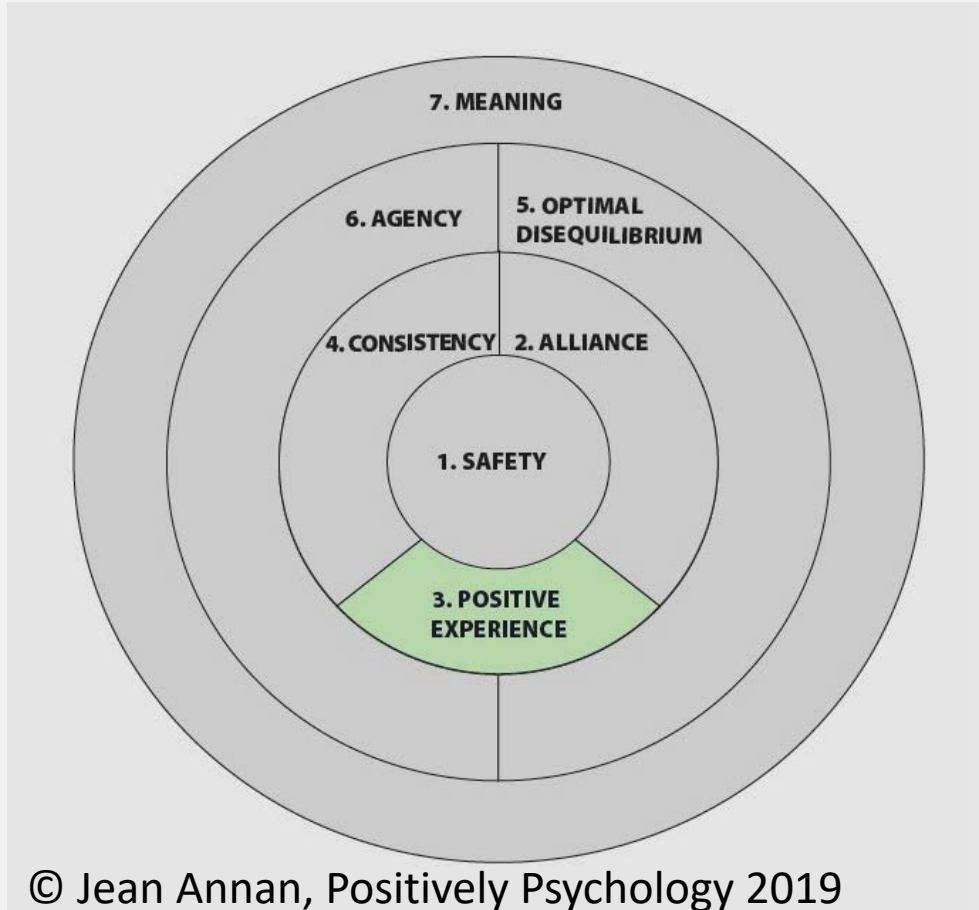
- Security of attachment (Ainsworth et al, 1978; Bowlby, 1969)
- Finely tuned relationships
- Good enough nurturing

Need for attachment never lessens



3. Positive experience

Pleasure



Positive emotions

- Optimism, hope, trust, gratitude
- Flow - immersion in and intrinsic enjoyment of activity

Enriched Educational Environments

- Self-esteem, sense of self-worth, self efficacy
- Support academic performance
- Relationships – peers and adults
- Decreased stress, anxiety and depression

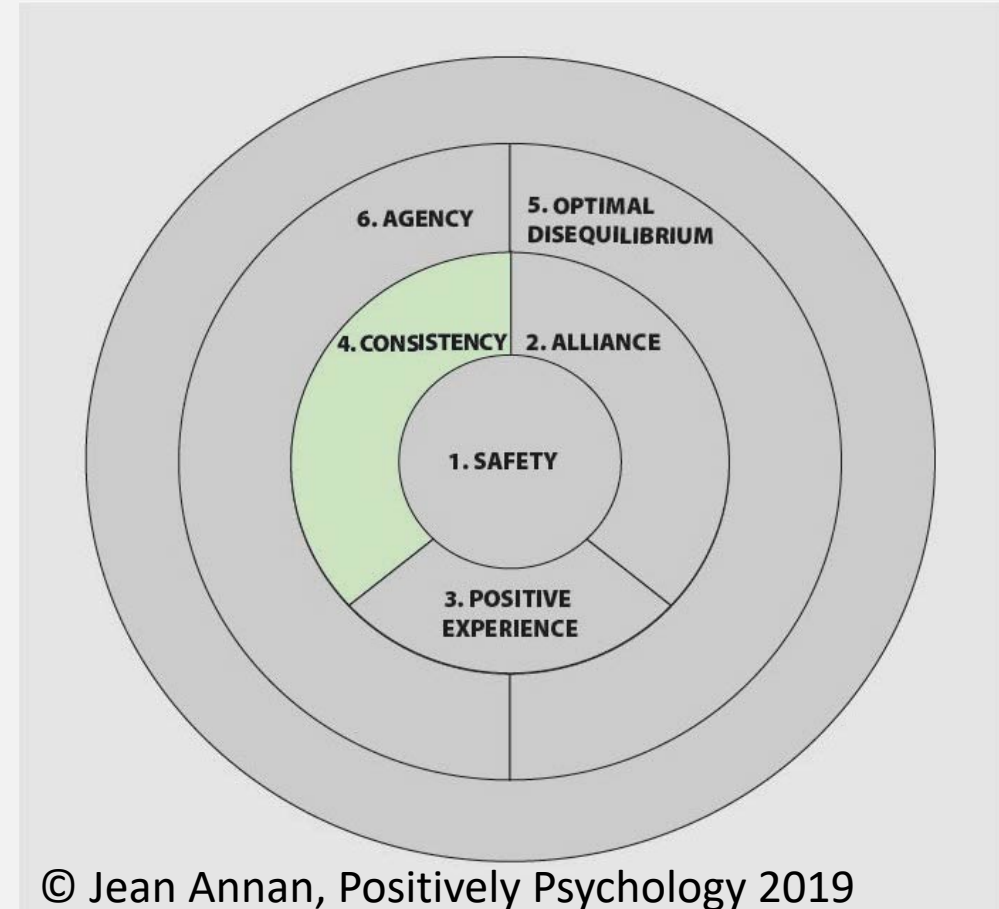
Effects of positive early experiences

- Immediate support for positive emotions
- Associated with sound choices in later life (Reynolds & Ou, 2010)
- Associated with better mental and physical health in later life (Reynolds & Ou, 2010)
- Life satisfaction

4. Consistency

Repeated, positive experience

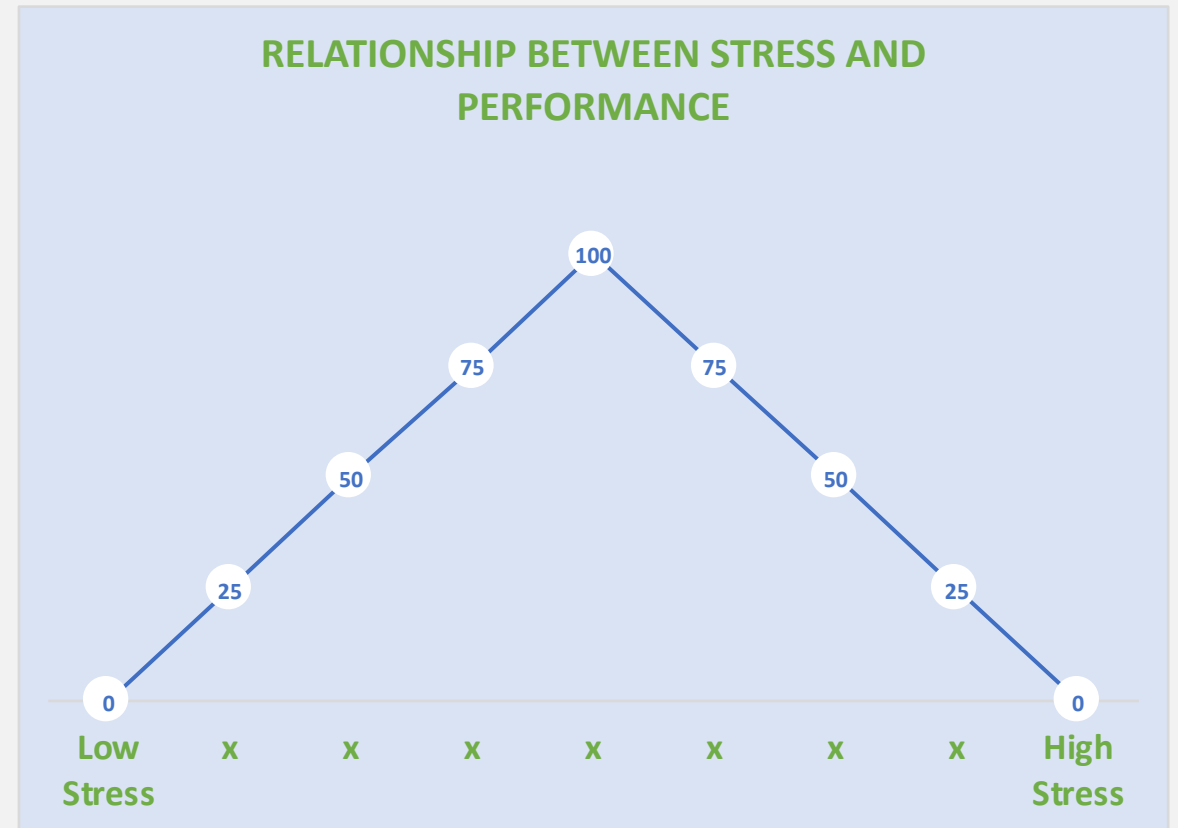
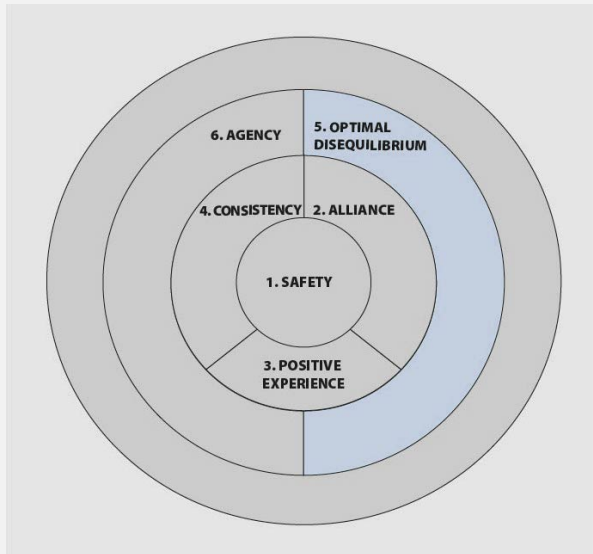
- Neuroplasticity
- Routines
- Novelty
- Close moments
- Impact of positive and negative events
- High but not absolute consistency -
Good enough parenting



5. Optimal disequilibrium

Challenge between homeostasis and crisis

- Basis for growth and change
- Cortex activated - executive functioning
- Blood flow and neurochemicals (e.g. serotonin)
- Too great a challenge/HPA axis activated/restricted executive function
- Zones of proximal development



Timeless

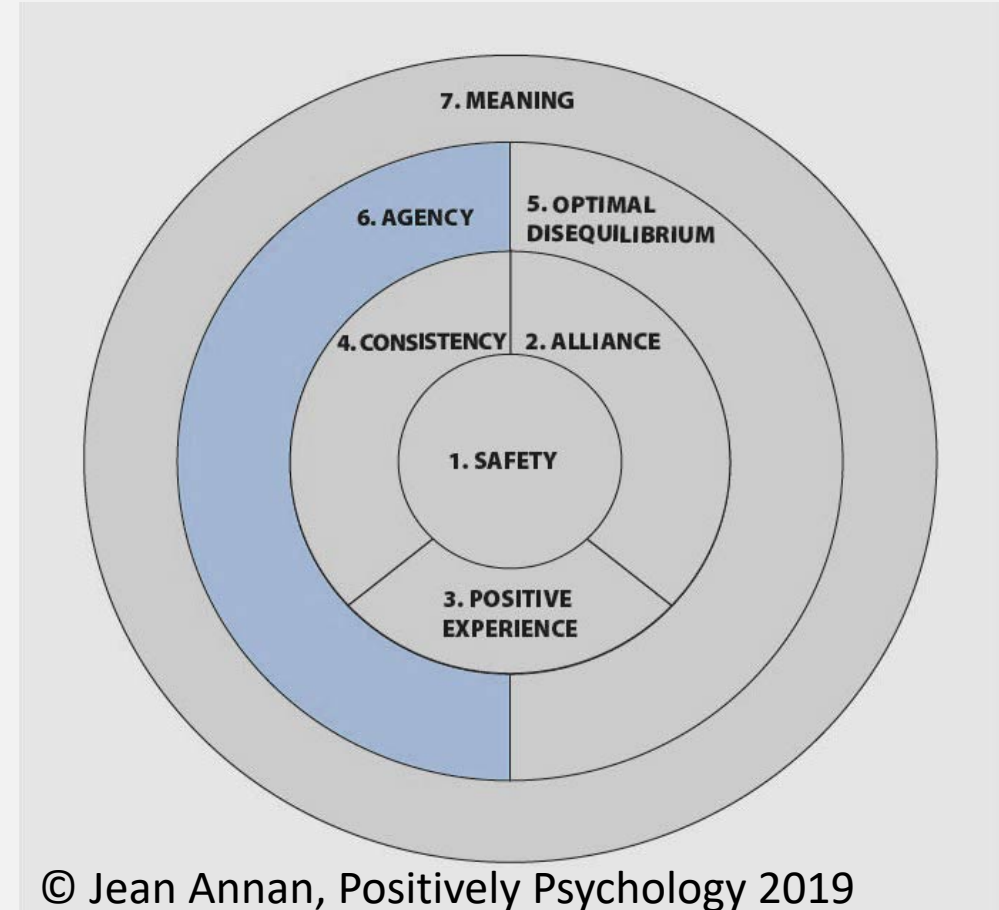
“The best overall environment for a healthy brain is one that optimizes challenge and maximizes attachments.”

Louis Cozolino, 2018, p. 38.

6. Sense of Agency

Sense of freedom to negotiate pathways

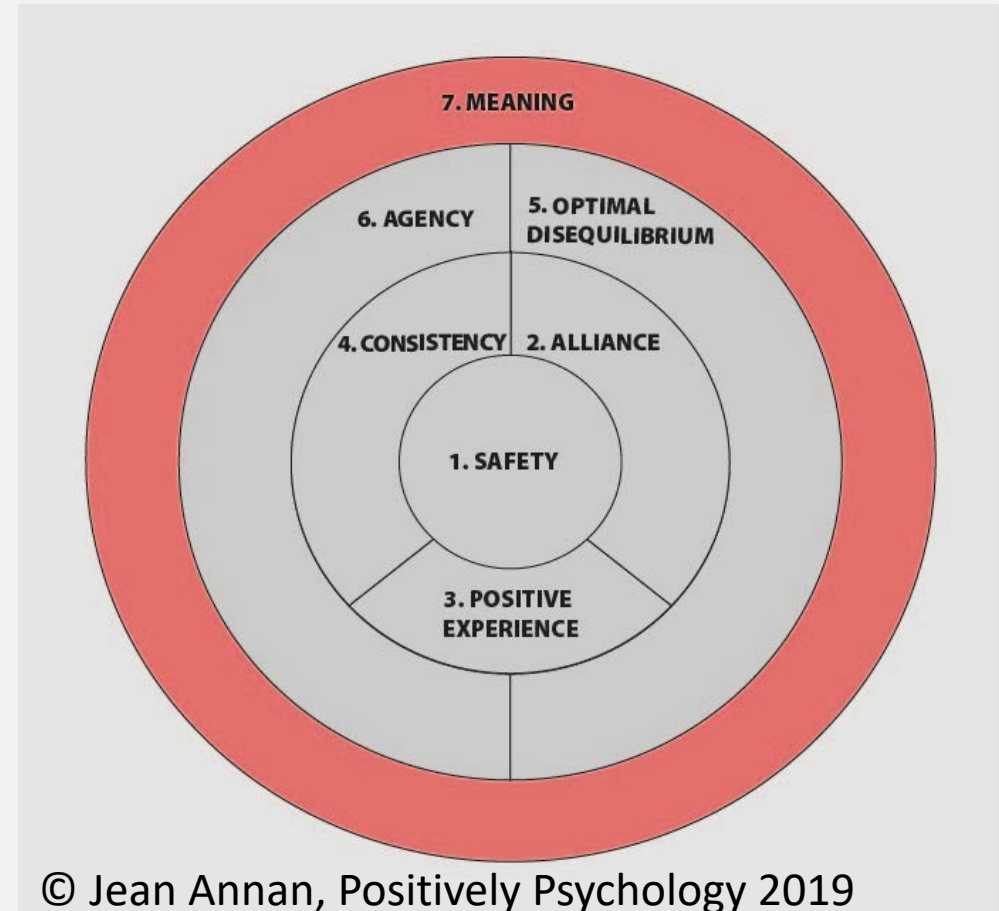
- Outcome of the previous dimensions
- Interactive, fluid and dynamic rather than static trait.
- Requires adjustment for all participants.
- Requires familiarity with environments, knowledge of how to negotiate learning, and support to take agency.
- Multiple components vs a single construct
- Cultural, social and political variation in notions of the relationship between agency and guidance. Interacts with meaning.



7. Meaning

Positive narratives and the sense of being part of something greater

- Lives in stories – narratives
- Sense of self and other
- Pathways shaped by stories
- Stories are negotiable - not fixed but dynamic
- Solution-focused stories
- Positioning of problems and solutions in the interaction between people and the world
- Being part of something bigger. The place of the self-story in the wider story



Supporting children within their safety zones

- Teachers' roles
- Use of expertise
- Safety first
- Do no harm
- Inference from children's stories
- Ultimately, provide an enriched environment

What is well-being?

Wellbeing comprises a positive story of the self and a view of the self as part of something greater than the individual. It relies on measured challenge, opportunity to act on the world and repeated, positive experience in safe, predictable and caring social environments.

From a work in progress.

A sample of works that
have informed the 7
dimensions of well-being

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7 DIMENSIONS OF WELL-BEING



1. SAFETY

Freedom from fear

2. SOCIAL CONNECTION

Positive, trusting relationships

3. POSITIVE EXPERIENCE

Pleasure and fun

4. CONSISTENCY

Repeated, positive experience

5. OPTIMAL DISEQUILIBRIUM

Experience of challenge located between homeostasis and crisis

6. SENSE OF AGENCY

Sense of control, freedom to negotiate learning pathways

7. MEANING

Positive narratives and the sense of being part of something bigger.