

Wellbeing - a new driver for public policy?

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Network of Wellbeing

Introduction

- Network of Wellbeing
 - a network
 - a shared vision
 - practical action
- What am I going to talk about?
 - Wellbeing
 - What it is
 - Why it matters
 - Building Wellbeing Together



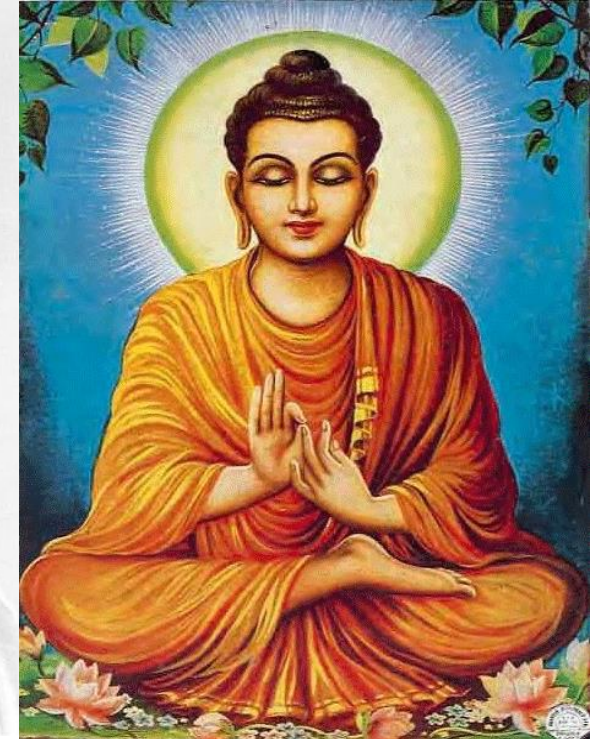
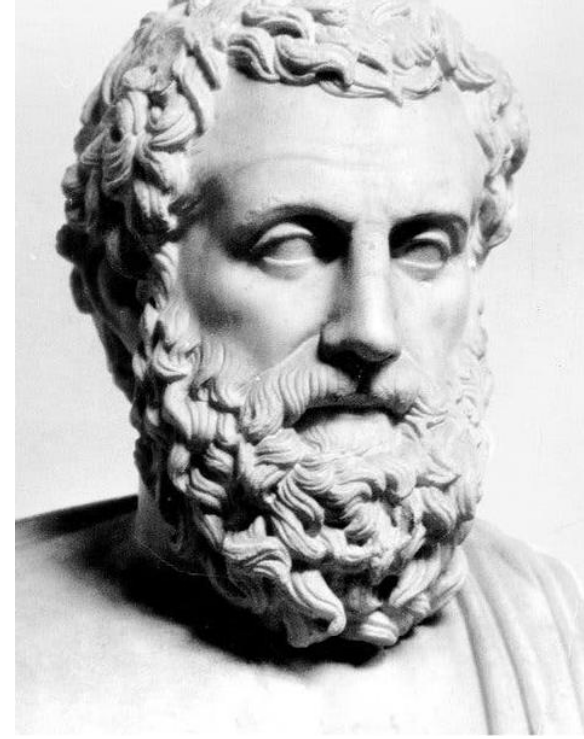
What is Wellbeing

- Happiness
- Past, present, future
- Hedonism vs *Eudaimonia*
- A meaningful life
- Physical, social, spiritual, emotional
- Thriving/Flourishing
- An outcome not an output



The new science

- Ethics, religion, science
- Positive psychology
- Subjective wellbeing



Wellbeing matters

- Happy people are healthier and live longer;
- Happy people are more productive;
- Happy people are more sociable, more optimistic and more generous.
- People are interested



Wellbeing inequalities

- The rich are happier than the poor
- Unemployment and overwork are bad
- People with mental illness suffer poor wellbeing
- People in ethnic minorities suffer poor wellbeing
- Some places are bad for wellbeing
- People aren't getting happier



Ways to Wellbeing

- Be active
 - Connect
 - Learn
 - Give
 - Take note
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- Building Wellbeing Together



Putting the 'we' into wellbeing

- A wellbeing budget?
- Wales, Scotland
- Birmingham
- Torbay



How do we
make it
happen?

