



Co-funded by  
the European Union

## **International training for adult educators on the phenomenon of life well-being (Activity 3)**

**The concept of well-being in human life.**

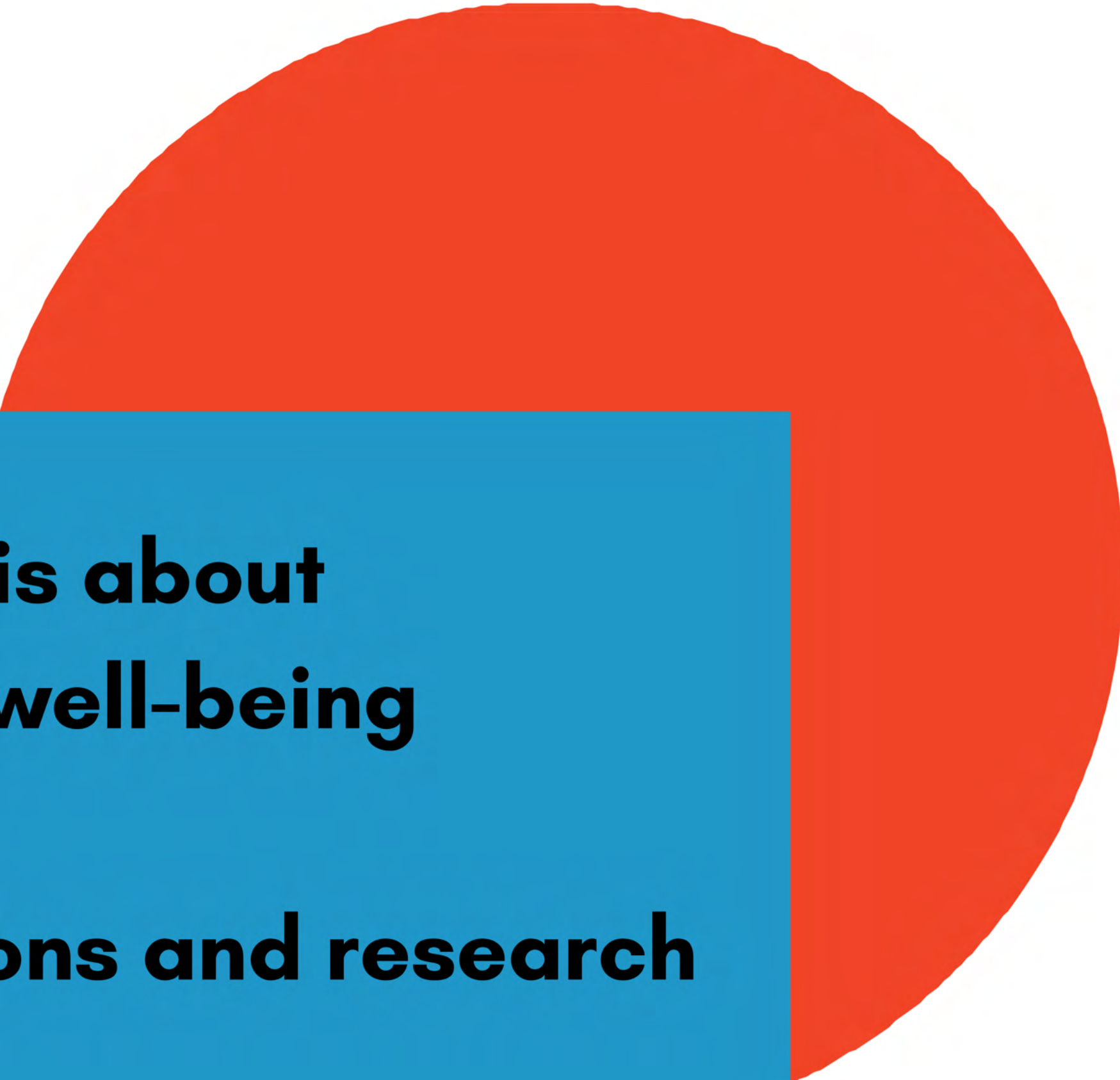


# GOALS

- an introduction to life well-being theory,
- the psycho-physical condition of modern man,
- work-life balance:

- expanding the knowledge of life well-being
- developing the ability to recognise one's own life well-being needs.





**This part of the training is about  
the definition of the life well-being  
from your perspective  
and scientific observations and research**



LIFE WELLNESS  
FOR PEOPLE



Co-funded by  
the European Union

# WORTH THINKING ABOUT...

**What** is a good life?

**How** to take care of your well-being in life?

**How** to teach other people (= educators, counselors, advisors, consultants, ect.) to care about themselves and their life well-being?



# A FEW WORDS TO START

**wellness**

**happiness**

**mental  
well-being**

**fortune**

**the goodlife**

**comfortable  
life**

**welfare**

**personal life  
well-being**



Life Wellness  
FOR BUSY PEOPLE



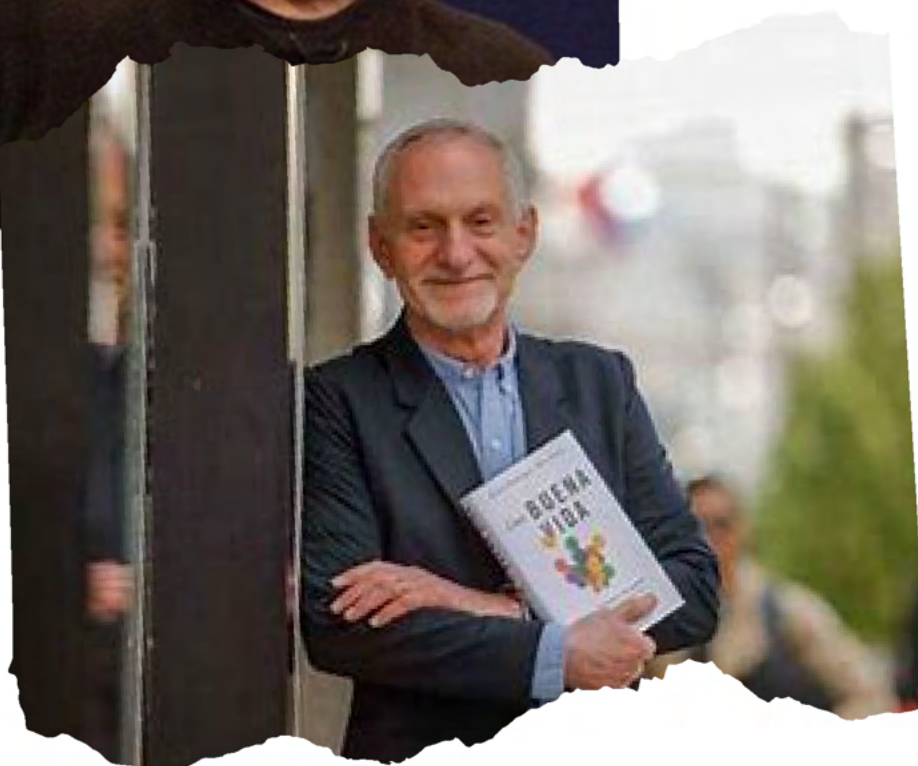
Co-funded by  
the European Union



# SAME SCIENTISTS AND RESEARCHERS ON HAPPINESS AND WELL-BEING



Prof. Martin Seligman



Prof. Robert Waldinger

Prof. Carol Ryff



Prof. Janusz Czapiński



## Homo Happy

Rozmowa z prof. Januszem Czapińskim, psychologiem społecznym, o tym, od czego zależy ludzkie szczęście

JACEK ŻAKOWSKI – How are you?  
JANUSZ CZAPIŃSKI – OK. Mogło być gorzej.  
Szczęśliwy czy nie?  
Jak się ktoś nie urodził z poważną wadą mózgu i nie uszkodził go sobie wódką albo narkotykami, to musi być szczęśliwy. Nawet gdy jakaś tragedia wybiję nas z dobrego samopoczucia, dzięki traktorowi szczęścia, czyli genetycznie uwarunkowanej woli życia, z czasem znów będziemy szczęśliwi.  
Jesteśmy Homo happy?  
Warka-wstańka. Nawet kiedy tracimy coś ważnego, znajdujemy nowy sens życia. Kiedy przed milionami Polaków stanęło teraz wyzwanie nowego zdefiniowania tego, jak dbać o swoje interesy, pojawiają się masa pomysłów, które dwa lata temu nikomu nie przychodziły do głowy.  
Jak u pana: napisać „Psychologię szczęścia”, która właśnie wyszła?  
Na przykład.  
Rok temu miał pan minę psa Pluto, który zakopał kość i nie pamięta gdzie. Znalazł pan szczęście, próbując zrozumieć, co to znaczy?  
Szczęściem zajmuję się kilkadziesiąt lat. Kiedy dwa lata temu okazałem, że to znów jest deficytowy towar, postanowiłem sprawdzić, o nim wie współczesna nauka.

Prof. Janusz Czapiński – psycholog społeczny i wykładowca akademicki związany z Katedrą Psychologii Społecznej na Wydziale Psychologii Uniwersytetu Warszawskiego. Członek Komitetu Psychologii PAN oraz ds. nauki Wyższej Szkoły Finansów i Zarządzania. 40 lat jest kierownikiem badań.



Life Wellness



Co-funded by  
the European Union





“Life inflicts the same setbacks and tragedies on optimists as on pessimists, but it is the optimist who survives them better.”  
-Martin Seligman-



Life Wellness  
For Busy People



Co-funded by  
the European Union



# POSITIVE PSYCHOLOGY





## Prof. Martin Seligman

**Martin Seligman is a pioneer of Positive Psychology** (the term itself was coined by Abraham Maslow), not simply because he has a systematic theory about why happy people are happy, but because he uses the scientific method to explore happiness. Through the use of exhaustive questionnaires, Seligman found that the most satisfied, upbeat people were those who had discovered and exploited their unique combination of “signature strengths,” such as humanity, temperance and persistence. This vision of happiness combines the virtue ethics of Confucius, Mencius and Aristotle with modern psychological theories of motivation. Seligman’s conclusion is that happiness has three dimensions that can be cultivated: **the Pleasant Life, the Good Life, and the Meaningful Life.**

<https://www.pursuit-of-happiness.org/history-of-happiness/martin-seligman-psychology/>

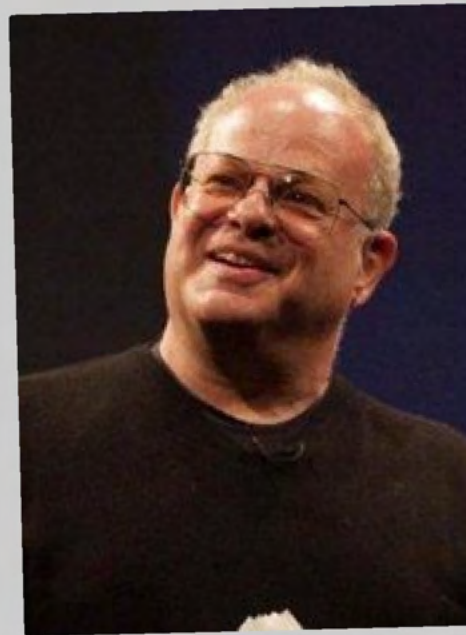


Life Wellness  
FOR BUSY PEOPLE



Co-funded by  
the European Union





## Prof. Martin Seligman

**The Pleasant Life** is realised if we learn to savour and appreciate such basic pleasures as companionship, the natural environment and our bodily needs. We can remain pleasantly stuck at this stage or we can go on to experience the **Good Life**, which is achieved through discovering our unique virtues and strengths, and employing them creatively to enhance our lives. According to modern theories of self-esteem life is only genuinely satisfying if we discover value within ourselves. Yet one of the best ways of discovering this value is by nourishing our unique strengths in contributing to the happiness of our fellow humans. Consequently the final stage is the **Meaningful Life**, in which we find a deep sense of fulfilment by employing our unique strengths for a purpose greater than ourselves.



Co-funded by  
the European Union



# PERMA model

Prof. Martin Seligman

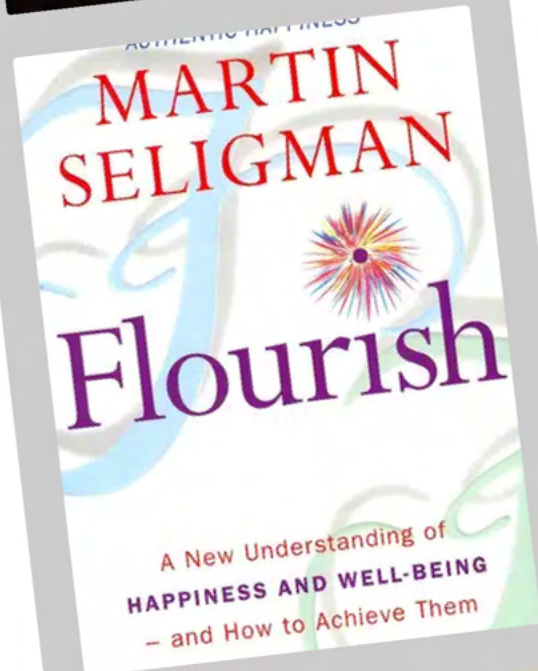
P – Pozytywna emocja (Positive emotions)

E – Zaangażowanie (Engagement)

R – Relacje (Relationships)

M – Znaczenie (Meaning)

A – Osiągnięcia (Achievements)



Life Wellness  
FOR BUSY PEOPLE



Co-funded by  
the European Union

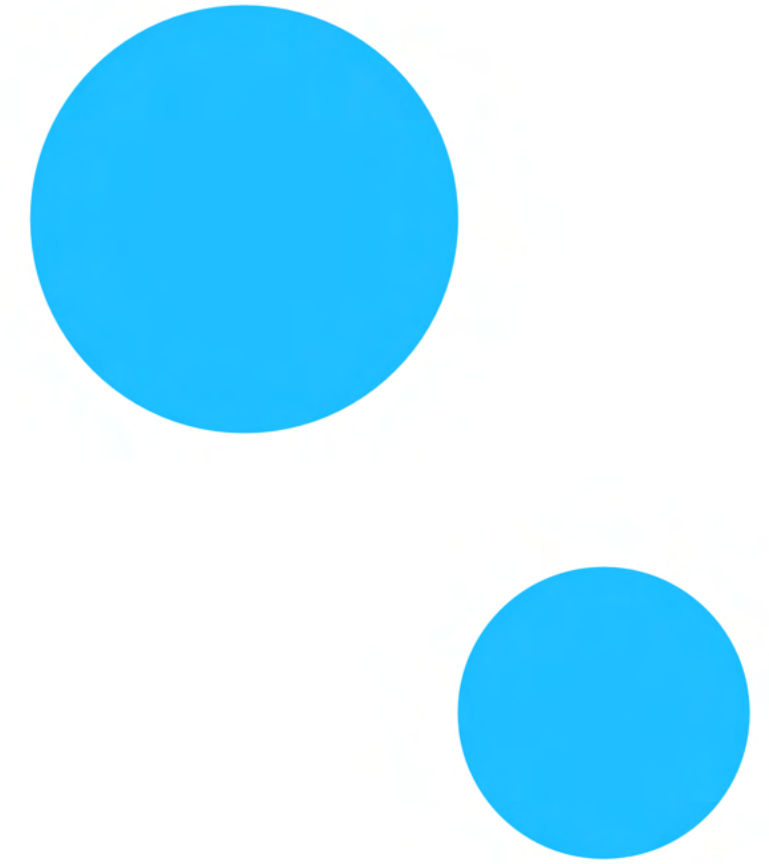




# Carol Ryff

## mental well-being model (works. 1989-1998)

- Autonomy
- Mastery of the environment
- Personal development
- Positive relationships with others
- Purpose in life
- Self-acceptance



Co-funded by  
the European Union





# Prof. Robert Waldinger

and one of the longest-running adult life studies ever conducted.

“When we cut through all the cultural hype about happiness, what actually makes a good life? For more than two decades I’ve explored this question as director of the Harvard Study of Adult Development, one of the only studies in history to track the same people from adolescence into their 90s. Using rigorous scientific methods, I’ve examined what really makes us thrive. **Tracking 724 families over 85 years, we find that the breadth and depth of our relationships are keys to wellbeing – not just happiness, but physical health”.**

<https://www.robertwaldinger.com/about>



Co-funded by  
the European Union



# Prof. Robert Waldinger



Co-funded by  
the European Union



# "Onion theory of happiness"

Janusz Czapinski, 1989

Will to live

General psychological well-being (subjective)

Satisfaction with individual areas of life



Prof. Janusz Czapinski – psycholog społeczny i wykładowca akademicki związany z Katedrą Psychologii na Wydziale Psychologii Uniwersytetu Warszawskiego. Członek Komitetu Psychologii PAN oraz prektor ds. Finansów i Zarządzania w Warszawie. Autor licznych publikacji i badań panelowych Diagnostyka Społeczna.



Life Wellness  
For Busy People



Co-funded by  
the European Union



# PSYCHOSOCIAL CONDITION OF PEOPLE OF ALL AGES IS GETTING WORSE

62% of EU citizens believe that recent world events have affected their mental health.

- the increasing pace of life,
- the long pandemic and remote working,
- the war in Ukraine,
- the uncertain political and economic situation,
- the global increase in energy and living costs, and high inflation
- unemployment

- climate change,
- loss of biodiversity,
- the excess of negative stimuli and information coming from social media, TV, press,

Around **84 million people** across the EU experience mental health problems.

([https://health.ec.europa.eu/noncommunicable-diseases/mental-health\\_pl](https://health.ec.europa.eu/noncommunicable-diseases/mental-health_pl)).

Zdrowie psychiczne - październik 2023 - - Badanie Eurobarometru (europa.eu)



Co-funded by  
the European Union



# PSYCHOSOCIAL CONDITION OF PEOPLE OF ALL AGES IS GETTING WORSE

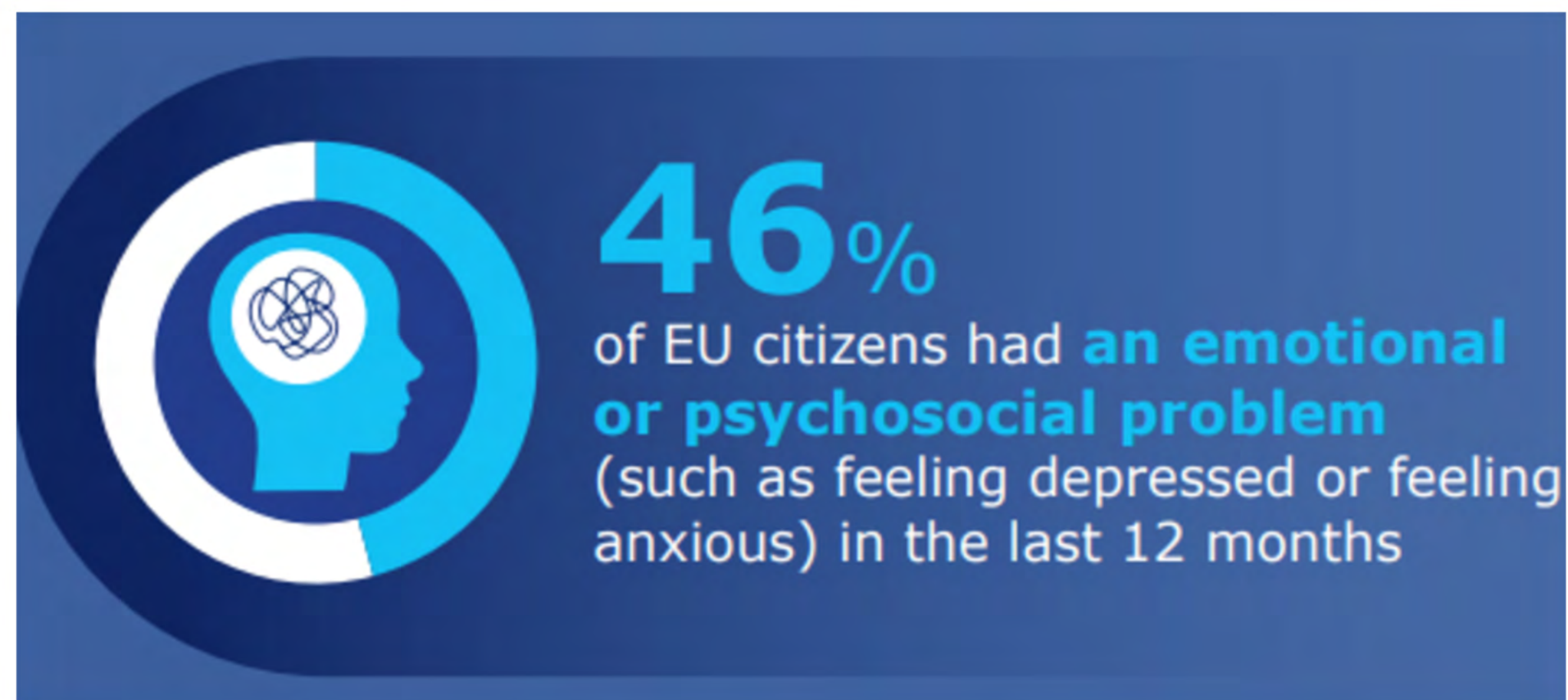
Mental health has value and is an integral part of our well-being.

One in two people with a mental health problem has not sought help from a specialist.

One in two people with a mental health problem has not sought help from a specialist. Already before the COVID-19 pandemic, one in six people in the EU had mental health problems.

Almost one in two young Europeans report that their mental health needs are not fully met, and in a number of EU countries the proportion of young people who reported symptoms of depression more than doubled during the pandemic

Zdrowie psychiczne - październik 2023 - - Badanie Eurobarometru (europa.eu)





# PSYCHOSOCIAL CONDITION OF PEOPLE OF ALL AGES IS GETTING WORSE

**Over 25%** or over 8 million people in **POLAND**, suffer from various mental disorders in their lives – according to EZOP II research conducted by the Institute of Psychiatry and Neurology (IPiN). According to OECD data, **Poles are among the hardest-working nations in Europe**, and work-related stress accompanies most of us every day.

**14.5% of Bulgarians** suffer from mental disorders at some point in their lives. Between 30% and 35% of Bulgarians associate their mental health problems with problems at work.

around **54,000 Sardinians** suffer from serious depression. It is estimated that around 60% of people suffering from depression do not receive effective treatment.







Einstein:  $a$  (= happiness) =  $x+y+z$ ,  
where:

- x - work,
- y - entertainment,
- z - "the ability to keep your mouth shut"



**WHO**

well-being is a source of healthy living and a positive state of health, which is defined as '**more than the absence of illness**' and allows us to function well on mental, physical, emotional and social levels.'

To date, 'well-being' has been primarily associated with the pursuit of a work-life balance private life, with the aim of making the employee more efficient. What is overlooked is the holistic version of it.

**Health is not only the complete absence of disease or disability, but also a state of complete physical, mental and social well-being (good mood).**



Co-funded by  
the European Union

"World Happiness Report" (March 2024).

**Finland has been voted the happiest country in the world for the sixth time in a row.** Among other things, the inhabitants' satisfaction with life is determined by efficient public institutions, a sense of security, proximity to nature and the positive attitude of the people around them. Finns emphasise the behaviour of their fellow citizens, such as 'returning lost wallets on the street and helping each other every day'.

Source: Archipelago of Generations course

**HEALTH**



**physical well-being**

**+ mental well-being**

**(emotional and personality)**

**+ social well-being**



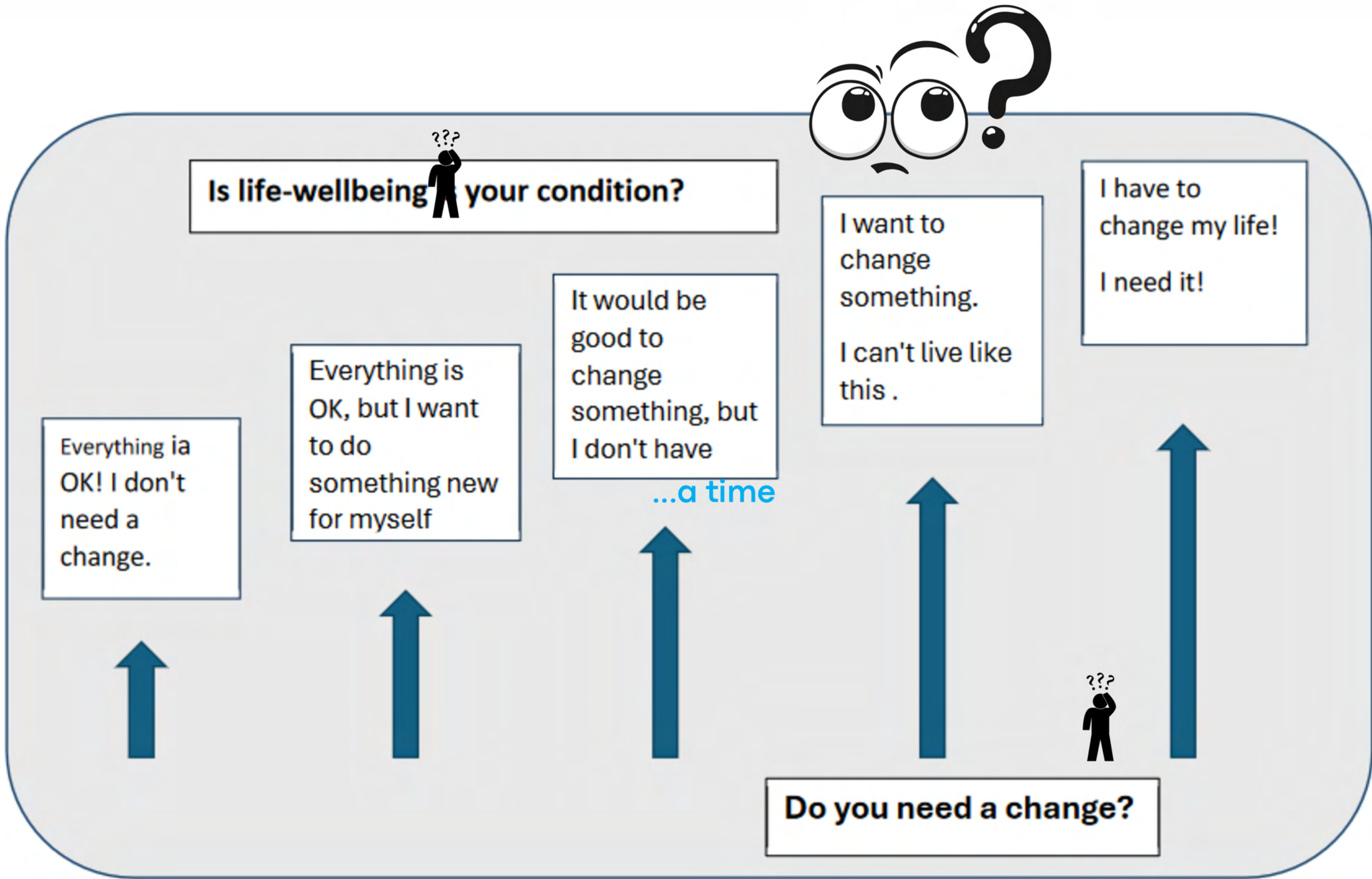
## Exercise

# "My life well-being"

meaning life well-being  
from a personal perspective









**Do you  
want**

**or do you  
need?**

**...the change**





Thank you!



[a.piestrzeniewicz@msk.lodz.pl](mailto:a.piestrzeniewicz@msk.lodz.pl)

**Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.**



Co-funded by  
the European Union



