

Wellness

Thriving

Quality of life

Happiness

Wellbeing

The good life

Success

flourishing

UNT Wellness Initiative



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What is Wellness? What is quality of life?

What is Happiness?

What is Gallup?



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First some context.....



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LIVE BREAKING NEWS
BREAKING NEWS

JAPAN HIT BY 8.8 MAGNITUDE QUAKE

HITS JAP



Wave washes away cars and boats after quake

Nikkei ▼ -179.95

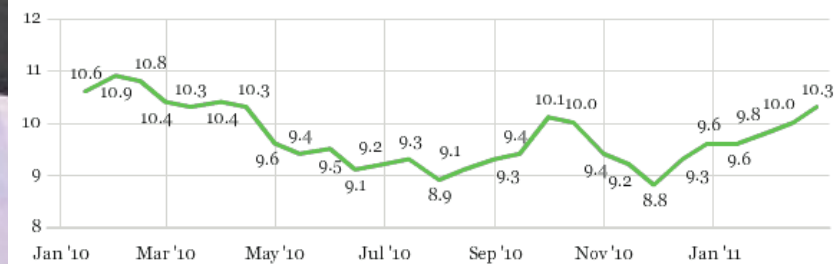






Gallup's U.S. Unemployment Rate, 2010-2011

30-day averages ^; not seasonally adjusted



^ Numbers reflect rolling averages for the 30-day periods ending on the 15th and the last day of each month from January 2010 through Feb. 28, 2011

Gallup Daily tracking

GALLUP

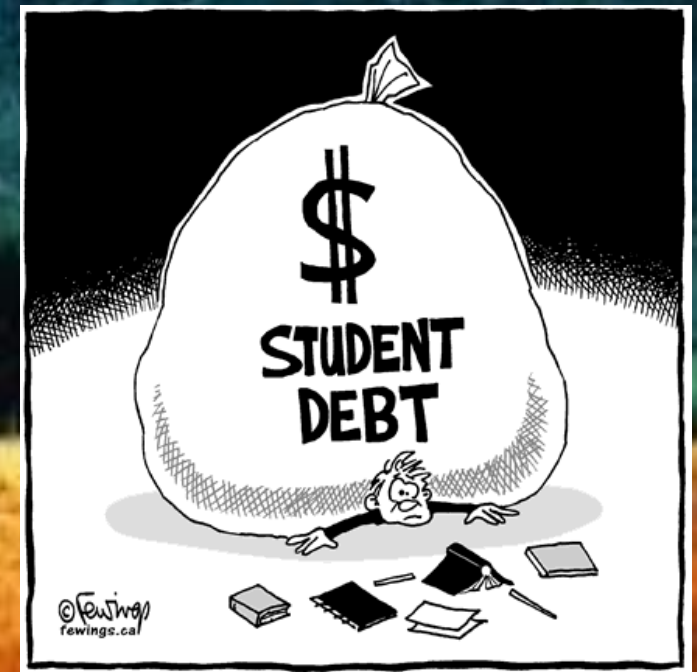


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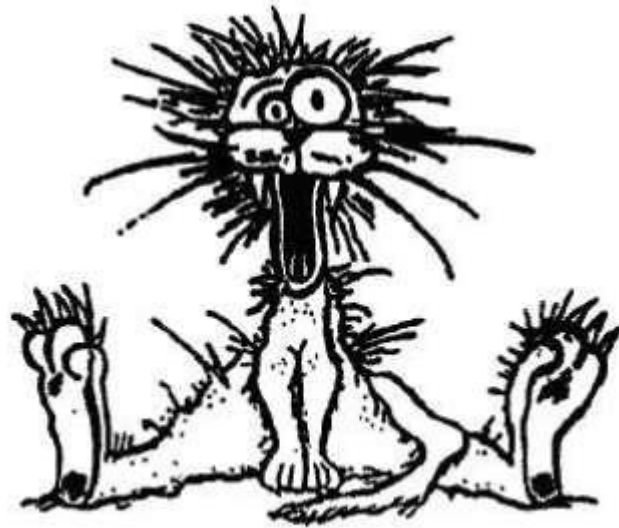


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"My computer has D.V.D."







"STRESS"

There's much to learn from folks who've faced tough times

Chronic Disease:

- Cancer
 - Diabetes
 - HIV
 - Heart Disease
-

What have we learned?

Quality Of Life

Quality of life: An important consideration in medical care, quality of life refers to the patient's ability to enjoy normal life activities. Some medical treatments can seriously impair quality of life without providing appreciable benefit, while others greatly enhance quality of life.

Medterms.com

Within a chronic disease population, quality of life is an important consideration for both individuals who are symptomatic and asymptomatic as well as their care providers. Advances in medicine that extend the life of HIV+ individuals create a demand for knowledge about the quality of life of this population. Quality of life is specifically a concern when HIV treatments produce side effects that are burdensome. In addition, the social implications of a disease that marginalizes its victims unquestionably contribute to quality of life of the individual.

Vosvick, 2000

Quality of Life: Refers to the level of comfort, enjoyment, and ability to pursue daily activities of living.

<http://www.cancercare.mb.shtml>



**We've all faced tough times & asked
ourselves how to**

Achieve Happiness & Wellness

in the context of our lives

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Guess Who is Happier

- Bob: 35 years old, single, white, attractive, athletic, earns \$100,000 a year, highly intellectual and spends free time reading, going to museums, lives in sunny southern California
- Mary: Mary, 65, black, overweight, plain appearance, married, \$40,000 a year family income, sociable and spends free time in church-related activities, on kidney dialysis, lives in Buffalo, NY

This is not a new pursuit

- Life, liberty and the pursuit of . . .
- Pleasure in the job puts perfection in the work. – Aristotle
- Happiness resides not in possessions, and not in gold, happiness dwells in the soul.
– Democritus
- They must often change who would be constant in happiness or wisdom.
– Confucius

There is renewed interest

- Science has put its tools to the task
- A number of disciplines and professions have taken up the conversation –
 - Psychology, Philosophy, Social Work, Business, Anthropology, Sociology
 - There is even a Journal of Happiness
 - And books, books, books, websites, websites, websites, TED talks

Gallup Campus Wellbeing Consortium

- Five areas:
 - Career Wellbeing
 - Social Wellbeing
 - Financial Wellbeing
 - Physical Wellbeing
 - Community Wellbeing
- Five years
 - Beginning in Fall 2011

A small experiment



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Discover how to
cultivate a life worth
living . . .

Gather the tools, hone
the skills to make it
yours . . .

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