

Quarterly Newsletter

APRIL 2021

Welcome to the first Global Wellbeing Initiative Newsletter!

We invite you to join us as we embark on our journey to approach wellbeing with more diverse and inclusive perspectives.

With gratitude,
The GWI Team

WEBINAR RECAP



Global Wellbeing Initiative: Promoting Human Flourishing

Tyler VanderWeele, Ph.D., and Mohamed Younis

Many policy discussions and empirical studies throughout the social sciences focus on very narrow outcomes of wellbeing — such as income, a specific disease state or measures of positive affect — but human wellbeing and flourishing stem from a vast range of states and outcomes.

Flourishing can be understood as a state of living in which all aspects of a person's life are good, including, but not limited to, happiness and life satisfaction, physical and mental health, meaning and purpose, character and virtue, and close social relationships.

Tyler VanderWeele, John L. Loeb and Frances Lehman Loeb, professor of epidemiology in the departments of epidemiology and biostatistics at the Harvard T.H. Chan School of Public Health and director of the Human Flourishing Program, joined Gallup Editor-in-Chief Mohamed Younis for the first installment of the Global Wellbeing Initiative speaker series. The discussion delved into the concept of human flourishing and identified major determinants of, and resources for, human flourishing.

PODCAST SERIES



A World of Wellbeing

Louise Lambert, Ph.D.

Dr. Louise Lambert is the host of the *World of Wellbeing* podcast. Through this six-podcast series, Dr. Lambert explores key issues around wellbeing with some of the world's foremost experts, focusing on different facets of wellbeing while bringing together a more globally inclusive understanding of wellbeing. The *World of Wellbeing* podcast series is produced by the Global Wellbeing Initiative.

WORLD POLL UPDATE



The Results Are Coming In

Priscilla Standridge, Ph.D.

The Gallup World Poll will be finalizing and delivering the last datasets from the 116-country survey that was completed in 2020, despite delays caused by the coronavirus pandemic. The research team is currently analyzing data from 94 countries and will have a full picture of global data when the remaining country datasets are delivered in April. The insights will provide a fascinating snapshot of how people around the world thought about their wellbeing in 2020.

SCHOLARLY COMMUNITY



Wellbeing in a New Era: Expanding Traditional Perspectives With Global Inclusiveness

Ed Diener, Ph.D.



The impact of COVID-19 on our health and economies will be felt well beyond the immediate crisis. The effects of the pandemic have led people around the world to take stock of their wellbeing — but “wellbeing” is not a uniform concept with a consistent understanding across cultures.

Gallup Senior Scientist Ed Diener explains about people’s perceptions of wellbeing during COVID-19, and the global research on wellbeing, in a webinar moderated by Gallup’s Editor-in-Chief Mohamed Younis. Diener is a pioneer in the science of happiness and a leader in the movement to use wellbeing metrics to drive public policy.

The webinar explores efforts researchers have undertaken to broaden our understanding of wellbeing around the world and establish more inclusive, cross-cultural definitions and measurements. It also includes a discussion on the benefits of wellbeing in your health, work and relationships.

Key topics that are addressed:

- the understanding of wellbeing in challenging contexts, such as COVID-19
- societal and individual interventions to increase wellbeing
- the shortcomings of traditional approaches to wellbeing
- new concepts and measures to advance a global view of wellbeing
- the Global Wellbeing Initiative, a new partnership founded by Gallup and the Wellbeing for Planet Earth Foundation, the goal of which is to complement the existing body of wellbeing research

The webinar is Diener’s keynote speech as part of the Global Wellbeing Summit 2020, a virtual event hosted by the Global Wellbeing Initiative on October 8-10, 2020.

RELATED COMMENTARY



Why Are Balance and Harmony so Vital for Wellbeing?

Tim Lomas, Ph.D.

The relevance of balance and harmony to wellbeing has been under-appreciated in psychology. Even though these concepts have received considerable attention across different contexts, literature on this subject is fragmented and scattered. Balance and harmony can be appreciated as not merely relevant to wellbeing, but arguably a defining principle, a ‘golden thread’ running through its myriad dimensions (though this thread is itself multifaceted, comprising a cluster of interlinked concepts).

Based on this analysis, an overarching definition of wellbeing is offered: the dynamic attainment of optimal balance and harmony in any — and ideally all — aspects of life. This paper provides a foundation and stimulus for further work on these important topics.

STAY IN TOUCH

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