Wellbeing Australia Newsletter November 2015

It has been a dramatic year and at times hard to stay optimistic about the future. Wellbeing, however, remains firmly on the agenda, with funds going into mental health, media attention on family violence, community action on global warming and positive education going from strength to strength across the region. We need education for wellbeing in all sectors, so that the next generation grows up knowing more about how to develop healthy relationships, has better resilience and mental health and empathy with those in their world and beyond it.

We need to grow good men. Listen to this inspiring Ted talk, where Malala’s father speaks about encouraging disobedience in girls and helping boys ‘unlearn’ the honour system. Equality leads to greater wellbeing for all.

Quick summary of the new proposals for mental health services in Australia from the ABC. There is no new money but this is what it is being spent on - still not enough on prevention.

Research:

2015 Gallup Poll Report on young Australians levels of hope, engagement and resilience. Looks like we have to do better as children get older. 64% of Year 5 students strongly agreed their school is committed to building the strengths of each student compared with 27% of Year 12 students. The report includes a great section on building solutions.

The Danes are cited as having the highest levels of wellbeing in the world. So what is making them happy? Read the report from the Happiness Research Institute.

The latest issue of the International Journal of Emotional Education is now available on-line. Includes an article on Intentional Acts of Kindness.

Deakin University found that strong relationships, a sense of purpose in life and financial security is what matters to Australians. Access this research from the report website here.