



## 10. WELLBEING

Around twenty years ago the terminology "Wellbeing" was the axiom of the self-development movement. However, this is hard to define because it depends on many things, and wellbeing differs for everyone. In my work, I met rich people who weren't content, and I met people who were as poor as a church mouse and yet very satisfied with a high level of wellbeing.

Wellbeing happens when flexible, spontaneous, disengaged from rubbish, and when easy on others and ourselves. When we make permanent decisions based on temporary feelings and emotions, then the inner peace we strive for will always evade us.

### **The basic requirements of wellbeing**

A house/home, a job, food and clothing. Enough money to live on, good health, transport (car, bike and ability to get about) money, technology, holidays, skills, savings, pension pot. Imagine this, you live in a tent after having no shelter what happens after a while? You want a bigger tent, then you may be offered a caravan to live in, it's small and compact, and you love it.

After a while you want a bigger one, then a tiny abode, maybe a cottage, a studio flat, a one up and one down. Soon that's not big enough, and so you go for something more significant, a two or three bed roomed house, could be attached or detached? But that becomes restricted, and so you look for four to five bedrooms. Then we want another house, a holiday home. The point is, we're rarely satisfied. We start of grateful we're off the streets, and then the tent, and the tin can, a small abode.



## **SATISFACTION**

At what point do we stop chasing our tail and we no longer feel well, and our very being is becoming hyper-vigilant. We insure to the hilt because we fear loss. And insurance companies have a captive audience, a field day. And guess what, we do the same with cars, food clothing, bikes, money, technology, holidays, skills, savings, and a pension pot. All these, with the, added: Freedom from worries, free from debt, a loving, supportive family, friends, part of a community, happiness, love, children, pets and the ability to survive.

### **Emotional requirements of wellbeing**

The most common fear is worrying about money, do we have enough? Will, we ever have enough, and when we do have money we hold onto it, we fear being robbed, losing it all, ending up in a tent in a field. We fail to appreciate our family because we are too busy working. We offer our services to various committees, neglect the family and children, pets, work, the home because we want to survive instead of thriving. Other fears are around attacked, vulnerability and dying alone, and these fear increase with age. Loneliness and estranged families are rife, in an overcrowded world seems bizarre.

### **Isolation**

I know far too many grandparents who never see their grandchildren, through no fault of theirs. We are becoming more secular and indifferent to family and humanity. The Nazi policies were to isolate, control, indeed the terminology' psychological warfare was a Nazi notion, later adapted by America, no doubt used in therapy. The Nazi's, had a massive indifference to groups of people they disapproved of.



## **INDIFFERENCE**

And while being parents and grandparents to their children and grandchildren, they killed others. Indifference is the worst trait anyone can have in any civilised world. The Hitler Youth movement was the only way to get Hitler's ideology into any family unit in Germany. Some members of the Hitler Youth movement denounced their parents if they reacted to the approved doctrines of the Reich. Physical, emotional and mental control is the mantra of evil.

### **Mental requirements of wellbeing**

All the above with the added: Job satisfaction, opportunities to study, peace of mind, knowledge, which is all of one and two. When clients came to me, I used a chart for mental wellbeing. Many people were adept at hiding their feelings. Mental illness can vary from mild, moderate and severe. Mental illness is independent of having a house/home, a job, food and clothing, enough money to live on, transport (car, bike and ability to get about) money, technology, holidays, skills, savings, pension pot.

### **A Chemical Imbalance**

You could be free from debt, money worries and have a loving, supportive family. Be part of a community, have friends, a partner, children and pets who depend on you. Who loves you unconditionally, but this may not be enough because usually, mental anguish is often a chemical imbalance in the brain caused by a trauma so deep it affects one's entire life. So while the basics are necessary for mental wellbeing, there are other things needed as well. The medical profession can help mental health if you happen to have a doctor who's suffered.



## EXPECTATIONS

Avoid any doctor who appears indifferent, one who can't look you in the eye, one who does not understand, won't allow you to have a back-to-back appointment. Because no matter how qualified they are, if they have never experienced mental illness, then they're not going to understand enough, and enough isn't good enough. However, pastoral counselling can help as can a therapist who deals with a mental health issue. I've had many supported by spirituality and religion.

### Spiritual requirements of wellbeing

Everything already spoke of, because the basics build foundations and these below.

- ❖ When negative images cease to control us,
- ❖ When our past ceases to influence us,
- ❖ When we have freedom from those pesky thoughts
- ❖ When we experience feelings of unexpected joy,
- ❖ When we experience more of peace, and less of angst
- ❖ When we have faith and trust in a power higher than us.
- ❖ When we find meditating beneficial
- ❖ When we find prayer helpful
- ❖ When we live in the present moment
- ❖ When we enjoy the simple things in life
- ❖ When we notice life's noise and nonsense
- ❖ When we feel compassion for those who harmed us
- ❖ When we sleep the sleep of the child

We need emotional and mental wellbeing, add this to awareness for life, and these below then a wholesome life will be created.



## BUT WE NEED A SENSE OF MEANING IN LIFE

So, what are the other signs of spiritual awareness and wellbeing

- ❖ When we have a sense of meaning in life, we flourish,
- ❖ When we believe enough to trust we thrive,
- ❖ When we feel light-hearted, we improve health
- ❖ When we listen to the soul's intelligence, we feel peace
- ❖ When we see people for what they are, we are free.

Spiritual wellbeing is a level of mindfulness on which our mind operates through higher levels of awareness, where we go from one moment to another with trust? Tick those you feel you are at now. You're not expected to feel these all the time, but at least feel these often, and five or more of these daily.

- ❖ Satisfaction
- ❖ Contentment
- ❖ Happiness
- ❖ Serenity
- ❖ Graceful
- ❖ Open-minded
- ❖ Joyfulness

- ❖ Protected
- ❖ Delight
- ❖ Good Health
- ❖ Excited
- ❖ Peaceful
- ❖ Grateful
- ❖ Calm

Make your own list of what wellbeing means to you and think about how you might be able to become, more graceful, more grateful, feel more serene, be grateful, joyful. I find it easy to feel happy when I think about everything I have in life, even though my lovely husband died suddenly May 6, 1919. I feel grateful he was in my life for 58 years.



## The Secret of Wellbeing

We need to find what suits us individually, to know our  
secrets of wellbeing, and then stick with these,  
As this is our Formula, and our  
Secret to Wellbeing

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I know from my experience having the right partner  
for fifty-eight years, determined 99% of our joyfulness,  
our health, love, laughter, and togetherness, was the  
secret of our wellbeing and happiness

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I know that laughter, harmony, a good heart and soul  
communication, family, friends, and working in something  
we enjoyed, being loved unconditionally is the  
secret of our wellbeing

\*

I know being valued, accepted, respected, having faith, hope,  
And belief, giving, having gratitude with magnitude, is the  
secret of wellbeing

\*

I know when I aimed for simplicity, less rather than more,  
need rather than want, lived by principles, had a life of balance,  
I had security, then I ceased worrying, and was  
my secret to wellbeing.

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Inspired, inner peace, freedom, choices and living  
My purpose is my secret of wellbeing.

(Sylvia Lerigo)