

Community Wellbeing

This study claims that this fifth and last strand of Wellbeing can actually be the differentiator between a good life and a great one.

It consists of

- ❖ Hygiene factors
 - A basic sense of security
 - A place that is a good fit for your personality, family, interests and other pursuits and usually includes
 - ◆ Naturally beautiful places
 - ◆ Availability of parks, trails and playgrounds
 - ◆ Places where people can meet, spend time with friends, enjoy the nightlife
 - ◆ A general openness to all types of people
 - Living in a strong community
- ❖ Active involvement in community groups or organisations
 - Connects to a wider network of friends or acquaintances

At the highest end of the Community Wellbeing continuum is giving back to society. This may be what differentiates an exceptional life from a good one.

It takes the form of

- Having an impact on another person, group or community.
- Giving a meaningful gift
- Giving our time
- Doing things for others

Giving back to society helps us

- To have confidence in our own ability to create change
- Promotes deeper social interaction
- Creates enhanced meaning and purpose in our lives
- Decreases a pre-occupation with ourselves
- Prevents us getting into harmful emotional states