

Education Technology and Management Academy (ETMA) And Emotional Well-being Institute (EWBI)

An Emotional Well-being Manifesto:
Leveraging a Flourishing Society ©

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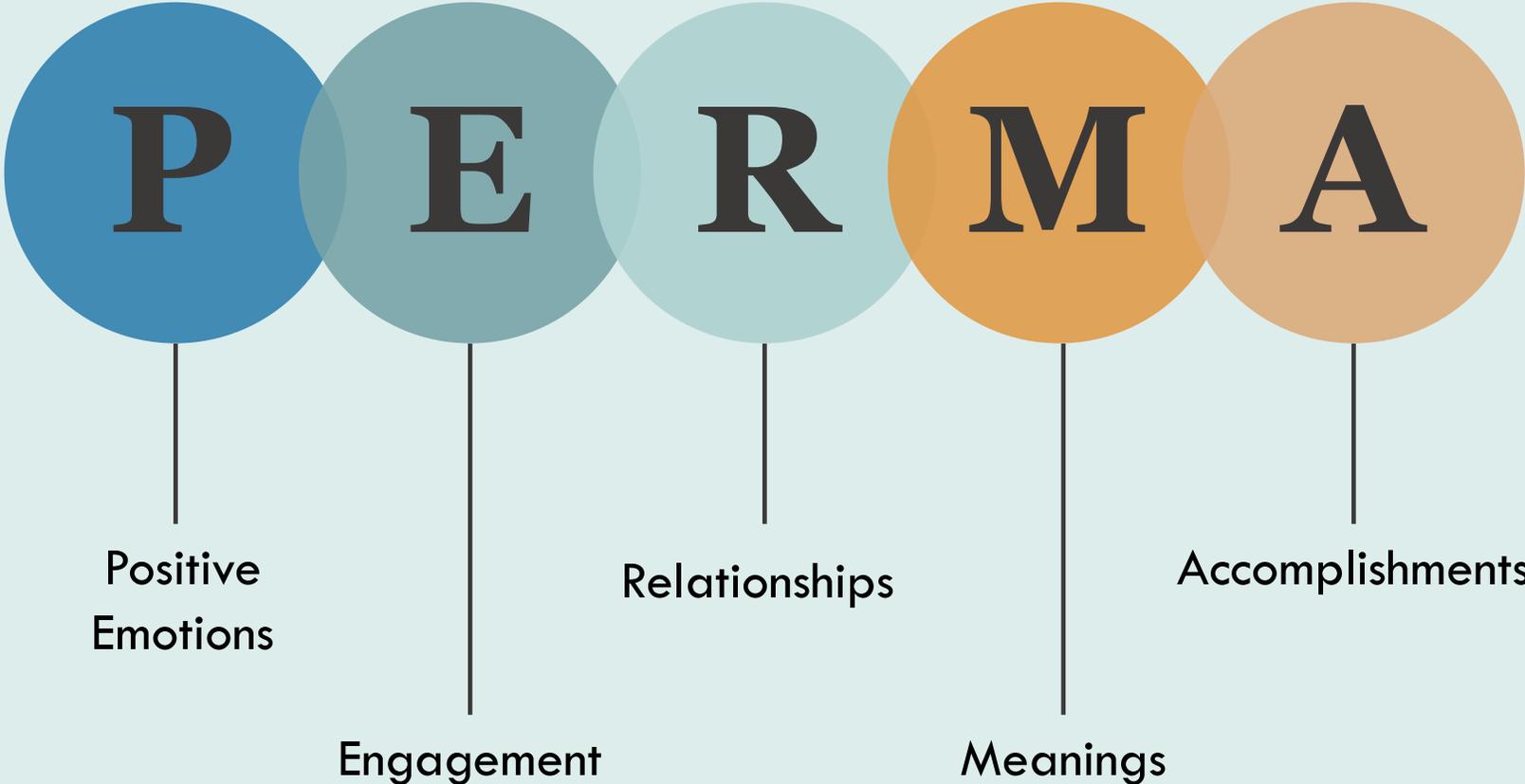
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We are ALL **vulnerable** to Emotional Well-Being setback during our lives

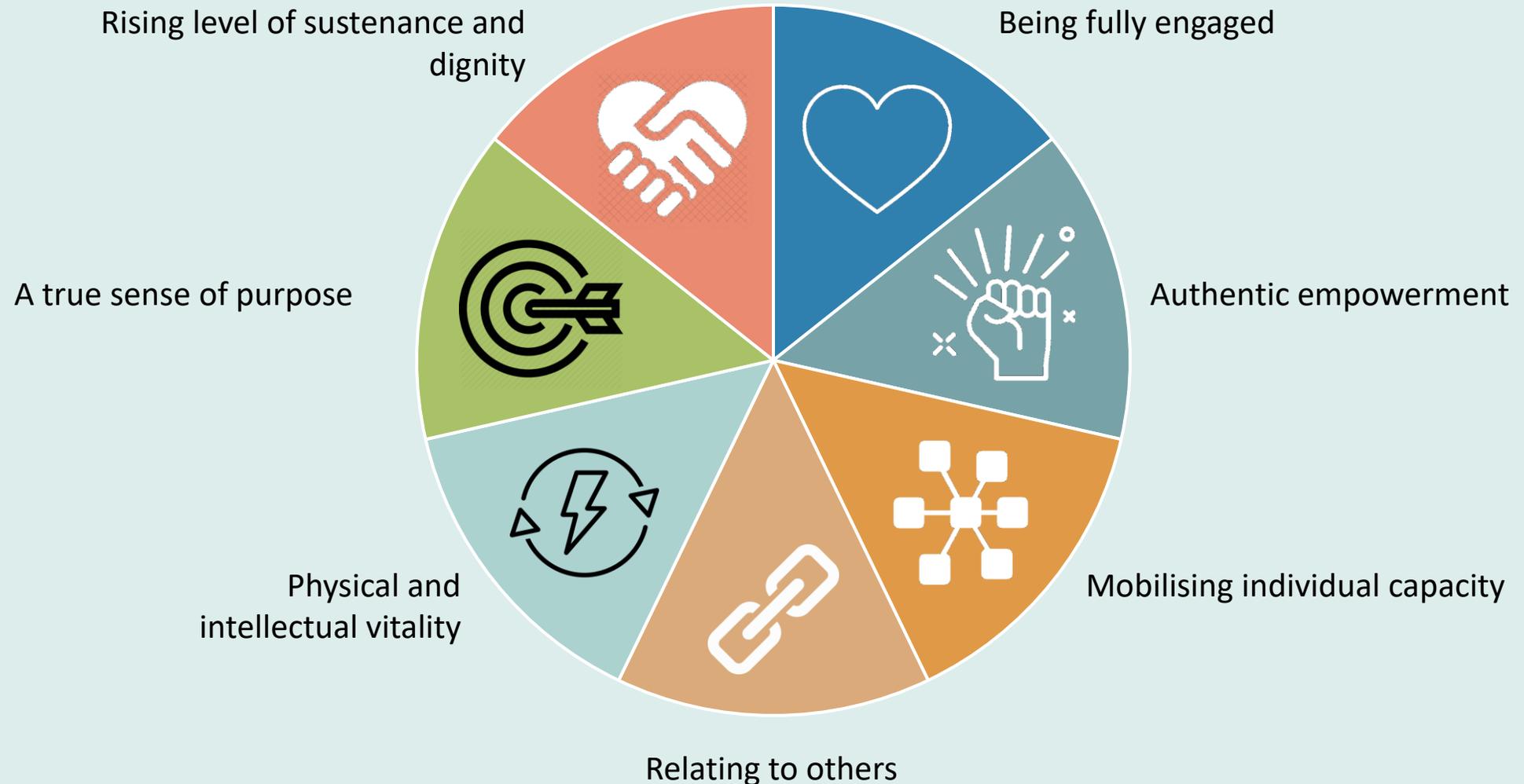


- Vulnerability **affects** our personal, professional, families, communities, work lives, and our nations.
- Vulnerability potentially makes us **unhappy** with diminished resilience, less effective, less productive, and deprivation of freedom and liberty.

The PERMA Model of Well-Being



Leveraging Experience of Emotional Well-Being

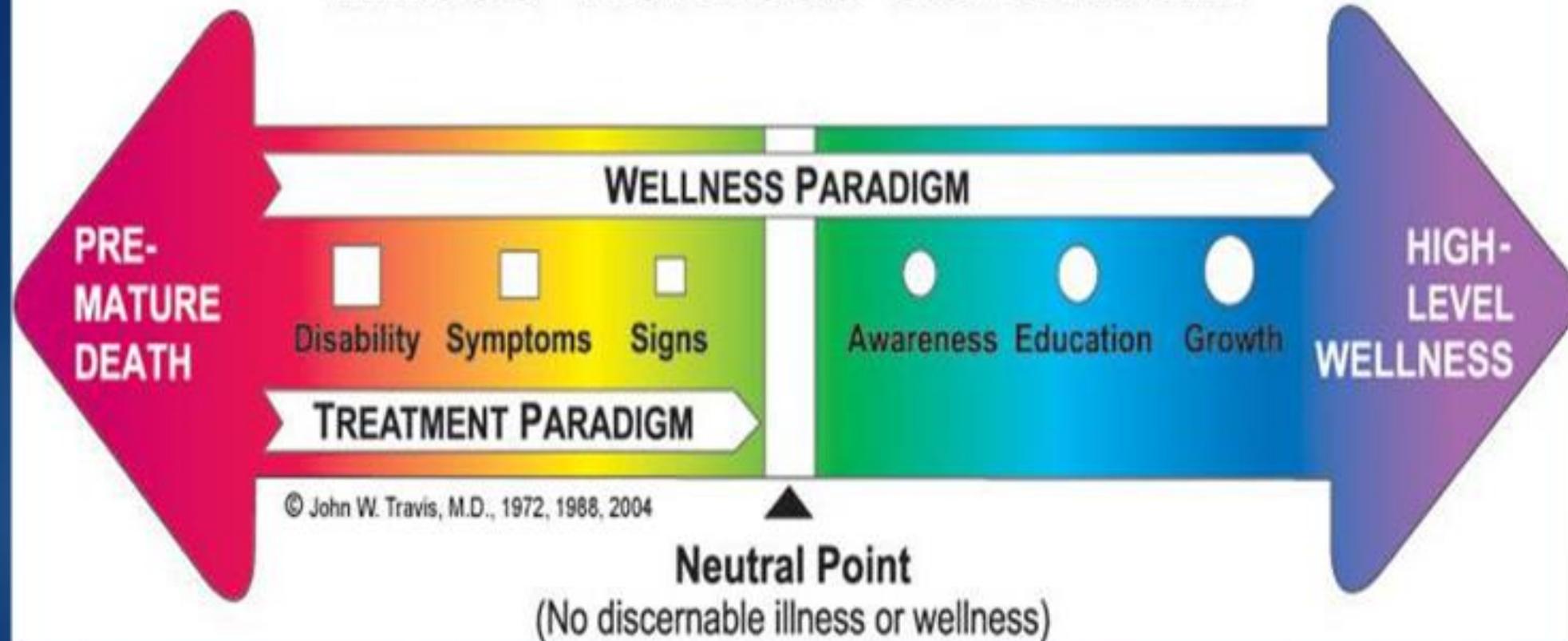


@ **We must** value emotional well-being as integral to health and the basis for the well-being and effective functioning of individuals, communities, and nations.

@ **We must** make a multi-faceted and pluralistic effort, using a **‘whole of society approach’**.

@ **This will** ensure emotional well-being at the centre of mental health efforts to leverage the well-being of populations.

Illness-Wellness Continuum

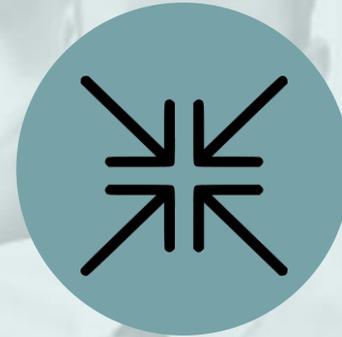


Well-being is seen as lying at the opposite end of a spectrum to the common mental disorders (depression, anxiety etc.)

The **RESPONSIBILITY** is Yours, Mine and Ours



Individuals and responsible agencies to identify natural and '**GREEN HOLISTIC**' training, educational, research, professional development, and strategic solutions.



To minimise the '*sleeping pill remedy*' as part of the **Iatrogenic** or **Iatrogenesis**, and **Hikikomori problems**.

