

The Wellbeing Narrative

A narrative in support of a wellbeing economy/society

The Wellbeing Narrative

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The Wellbeing Narrative

The characteristics of success for economies and societies include:

- The objective is wellbeing
- Personal wellbeing is magnified by a healthy society, and crushed by a sick one
- A healthy society is an integrated society, where its members' outcomes are inter-dependent
- Society becomes healthy through social cohesion
- Society becomes effective when its organisations align with society's wellbeing objectives
- Dignity underpins social cohesion
- Individual members of society flourish when society adapts its cultures to wellbeing goals, releasing everyone's potential to contribute fully to society
- Inclusivity/diversity underpins societal resilience
- Wealth does not equal wellbeing (prosperity, flourishing, health, happiness)
- Wellbeing depends on harmony (balancing conflicting demands), congruence (adaptation to circumstances) and vitality (stimulation)
- Fairness rewards social contribution, not social status
- Human wellbeing depends on planetary wellbeing
- Planetary wellbeing depends on humans living in harmony with nature

Consequences:

- Greater, universal and sustainable wellbeing
- Greater creativity/productivity
- Social cohesion, with warmer communities
- Social resilience through diversity
- Individual flourishing (personal congruence and meaning)
- Fairness (justice, equal opportunity)
- Dignity (acceptance/respect)
- Inclusivity (more even distribution of the added-value generated by society)
- Healthier planet
- Richer access to nature
- Safer and more pleasant places to live

The Wellbeing Narrative Memes

Social Cohesion/Fairness

Society is by people for people

The success of society is measured in terms of human experience

Everyone has an equal inherent worth because everyone has the capacity to live a happy life and to help others instrumentally to live a happy life too.

People need a fairer and more just system to flourish

Peace and prosperity depends on everyone receiving a fair reward for their actions. Individual welfare is inextricably linked with the world's overall welfare.

Re-characterise racism, sexism, xenophobia, ageism, disability discrimination, religious intolerance and any other form of discrimination as groupism

When the multi-coloured coat frays at the edges, it is just a question of time before the coat itself disintegrates. Caring for the vulnerable in society is an integral part of the weave of the fabric that binds together society itself – because the morality that drives how we treat our vulnerable members is the same morality that drives how everyone else treats each other.

Society is for and by everyone. It is not warped in favour of the privileged few

Current systems excessively focused on short term gains, at the expense of long term future

Positive cultures are the key to social advancement. They are achievable.

The Wellbeing Narrative Memes

Wellbeing/Self-care

Self-energy is the sum of your experiences and understanding of the world, untainted by the demands or expectations of others, to look after you and you alone.

Balance/harmony – too much water drowns you, not enough kills you just the same. Harmony vibrates, resonates and amplifies our success.

Life is an adventure, not a destination

Happiness is a mindset to be cultivated, not a state that can be achieved

“Be the best you can be” is a pressuring mantra. We need a mantra that says “adapted surpasses perfected in the long-run”

Hate feeds on the deceit of hope

Turn the passion of hate in to the passion of love, by seeking the heart of both souls

Wellbeing flourishes when someone’s talents blossom, their emotional and spiritual needs are met, and when they achieve a sense of fulfilment, meaning, realised potential and inner peace.

Hatred is born of fear. It is extinguished with love and compassion

Inner peace leads to humility, which leads to willingness to listen to others, which leads to mutual understanding, which leads to peaceful society.

Today is the first day of the rest of our lives. We can't change our past behaviours, but we can influence our future behaviours

A simple truth is a useless truth. Deep thinking is reflective and contagious.

Simplicity feeds clarity. Over-simplicity feeds negativity.

The Wellbeing Narrative Memes

Hedonistic pleasures are not a substitute for secure relationships

Nature reveals what it wants us to see. Art reveals our true nature.

Progressive memes focus on dignity, wellbeing and flourishing. Diversity, tolerance and inclusivity expand the concepts of complexity and flourishing. (Spiral dynamic worldviews undermine this type of narrative, where people outside the spiral stage will not accept this stage's wisdom as valid)

Disposable things, disposable people

Togetherness

We live in a single-entity society. We have to stop fighting against each other and fighting for each other. The body does not succeed with the heart competes with the lungs for resources. We need to shift from competition which is destructive to constructive competition/cooperation which is productive.

No-one succeeds alone. Alone we survive, together we thrive.

Our body is not improved with our organs compete against each other for finite resources

Healing is related to the integrity – wholeness – of the person, society, the world. Connecting focuses on the relationships between humans and with each other and the world that pertain to the entity's wholeness.

Crab mentality – if I can't have something, neither can you. Solution is a co-created, universally accepted narrative.

We achieve more from socially cohesive collaboration than from destructive competition

The Wellbeing Narrative Memes

Social Order

Boundaries in society establish a safe environment in which we can experiment and learn. Boundaries that are too restrictive suppress the ability to learn through experience, or to live according to one's personal values.

Bite and be bitten – exploitation is a ladder with someone always on the rung above

Might *might* be right

War destroys wellbeing. The victor of war feels neither safe nor loved. The loser is shamed, humiliated and their sense of self-worth is destroyed.

Exploitation is a key mechanism to secure inequality

Exploitation is achieved through creating economic dependence, or physical coercion, or false narrative

Democracy is about everyone being represented fairly by leaders. Corruption is about preferring one interest over another for personal gain.

Global leadership is too weak to support the needs of a global world. We need to find global leaders we can trust.

The Wellbeing Narrative Memes

Social Purpose

The bottom line (money) is no longer the bottom line (human service)

We need to develop beyond short-term, self-centred capitalism for the sake of humanity and the planet.

If we undervalue the world, we deep sleep to oblivion

Sustainability requires both innovation and adaptation. We need to create the right conditions for both to succeed.

We need to turn the tide of disengagement, disillusionment and despair washing away our youth. We need to create a sense of belonging and being valued (dignity/self-worth).

Peace involves resolving inner turmoil and overcoming the insatiable demands/expectations from inside and without

The benchmarks of society are trust, dignity, justice and cohesion

We live in a world of unprecedented prosperity, yet we still fail to deliver what gives us hope

Humanity suffers when we fail to respect the natural world's environment and boundaries.

Wealth is commendable, providing the whole world is wealthy

Material wealth measured in terms of money. Emotional wealth measured in terms of fulfilment.

When we take drugs to numb the pain, the solution is not to inflict more pain through punishment but to remove the cause of pain itself.

The "common good" is no longer what is decided by leaders alone. It is an overall improvement in aggregate outcomes.

Restructure business reward to align with social objectives rather than personal objectives

The Wellbeing Narrative Memes

We can not attain infinite growth in a finite planet

Monetary measures of national wealth are blind to people's suffering

Survival of the fittest is not a pleasant way of life.

Society and the world are both complex, chaotic systems. Solutions are not linear.

Personal congruence is an outcome of adaptation to personal circumstances (authentic self, harmonious balance between self and society, freedom, liberty)

Society is complex. It is not enhanced through a predominant focus on single issues (reductionism)

Climate Change

There are two faces to climate change. One requires the emergency brakes. It is the intense, immediate challenges of misuse of the planet threaten the very existence of mankind. It needs an intense, immediate and urgent response. The other has a more of a slow-burn time frame. The more general overuse and exploitation of resources by humans to serve our material needs is much more closely tied in with human objectives. They will not be solved by humans outside the context of a primary human focus.

We need to replace resources we use.

We need to care for the world, to care for our future

The Wellbeing Narrative

NeoLiberal narratatives

The characteristics of success for economies and societies include:

- Free markets and private property
- Free, rational and responsible individuals (libertarians)
- Free trade
- Laissez-fair economics
- Wealth = success (material reverence)
- Personal gain/supremacy (freedom, liberty)
- Destructive competition is always good for society (monopolistic facilitation)
- Power = status (survival of the fittest)

Consequences:

- Climate change
- Inequality
- Job crises
- Social insecurity (instability)
- Physical insecurity (climate change, terrorism, wars)
- Ecological collapse
- Infinite growth from a finite planet is unsustainable (close to its limits - growth mindset)
- Pursuit of happiness is frustrated by zero-sum competition
- Multinational and vested-interest monopolies

The Wellbeing Narrative

Social Issues

<i>Challenges</i>	<i>Opportunities</i>
<p>Inequality</p> <p>Conservatism</p> <p>Refugee crisis</p> <p>Climate change</p> <p>Social Media</p> <ul style="list-style-type: none"> • Bullying • Flaming • Threats <p>Mental health</p> <ul style="list-style-type: none"> • Self-esteem • Anxiety • Isolation <p>Isolation (loneliness, exclusion)</p> <p>Education</p> <p>Groupism</p> <p>Knife crime</p> <p>Terrorism</p> <p>Poverty (incl. foodbanks)</p> <p>Insecurity</p> <ul style="list-style-type: none"> • Financial • Physical (including health) <p>Obesity</p> <p>Mental capacity limitations</p>	<p>Health breakthroughs</p> <ul style="list-style-type: none"> • Genetic engineering • Advances in neuro-biology <p>Technology:</p> <ul style="list-style-type: none"> • AI • Robotics • 3D printing <p>Explosion of know-how</p> <p>Internet</p> <ul style="list-style-type: none"> • Sharing of knowledge • Entertainment • Economic efficiencies <p>Renewable energy</p> <p>Compassionate youth</p> <p>Peace</p>

The Wellbeing Narrative

Cultural Themes

We have a meaning crisis. We have lost our sense of morality. We have lost our sense of togetherness. We have lost touch with ourselves and what how we achieve fulfilment.

Cultural Themes

- Helplessness
- In search of answers
- (Female) Love - falling in love, being spurned, rejecting it, abuse
- Equality/Fairness
- (Male) Aggression – toxic masculinity, emotional repression
- Freedom/free spirit
- Drugs/Alcohol
- Gangs/murder
- Alienation/Connection/Fitting in/Self-esteem/Family
- Housing/Dependency
- Fear of dying
- Fear of uncertainty/the unknown