



Foothold

WELLBEING ARTICLE 03

ENGINEERED WELLBEING: PART 3 – PSYCHOLOGICAL WELLNESS

INTRODUCTION

The last wellbeing article discussed physical wellness and the seven contributing factors associated with Wellbeing Component 1. We highlighted that the mind and body are inseparable, but that it's sometimes useful to separate these components when creating personal difference or improving our understanding of wellbeing in general. In this article, we'll be unpacking psychological wellness (component 2) and describing the kind of experiences that are favourable when actively attempting to improve or maintain your mental game.



Figure 1.1 – Basic Structure of Health & Wellbeing

PSYCHOLOGICAL WELLNESS:

If we compare physical wellness with psychological wellness, we could state that the optimisation of the latter is more complex. That's because the way we think and relate to the world around us often differs significantly from person to person, and commonly reflects our past experiences. However, like physical wellness, our sense of psychological wellness emerges when our needs are met. It therefore becomes a question of identifying our personal needs and trying on new perspectives until we find a suitable fit. You could say it's like buying a new jacket, we usually need try a few and have a little patience before finding perfect fit. Psychologically speaking, we know we've discovered the right fit when our life feels more effortless, less stressful and becomes infused with a clarity we didn't previously have.

Physical wellness may be less complex and simpler to implement in our lives however, it takes more time see and taste the fruits of change. For example, if you wish to alter your body composition with a view to improving physical health and wellness, any changes will be progressive and happen over a period time, on the basis you apply continuous effort. In stark contrast, psychological shifts can be harder to implement but reap instant reward. That's because the insights you have right now, changes your perception right now.

So, what does good psychological wellness look like? The illustration below indicates the kind of experiences that contribute to a sense of psychological wellness;



Figure 1.2 – Supportive Experiences for Psychological Wellness

Alternatively, we could say the presence of the seven experiences noted above will help produce a sense of psychological wellness. Therefore, these experiences can become targets and a useful method of self-orientation when attempting to improve our wellness

People are not identical, and neither are their needs. We may look similar (especially identical twins) and share similar interests, but there's always an internal difference within. We have different personalities and experience life in varying ways. We're individual and our psychological needs reflect our uniqueness. In short, the activities that support or generate a sense of wellness and fulfilment for you may be different from the activities that help me achieve the same positive experience.

PULLING IT ALL TOGETHER:

If you recall, the basic structure of health & wellbeing (see figure 1.1) included a third component called Purpose and Meaning. This component creates a force that pulls all aspects of wellness together and produces a sense of direction for taking action. This is important because the value of knowledge is directly proportional to our ability to take action and apply it. We will explore effective ways to do this in future articles.

We should also acknowledge that unhelpful levels of stress and anxiety and generate added resistance when we attempting to move towards or maintain a sense of wellbeing. Some of these are quite unique to the field of engineering, and some of these will be unique to you or your present circumstances. Now that the foundations for understanding wellbeing and wellness have been laid, we can begin exploring a range of powerful techniques that help reduce/dissolve stress and anxiety in future articles

SUMMARY

- Psychological wellness forms part of the structure that supports wellbeing
- For wellbeing to emerge, we need our psychological needs met
- People are not identical therefore our needs are not identical
- Purpose & meaning pull all aspects of wellness together
- Purpose & meaning provide a sense of direction in life
- Psychological shifts reap instant rewards
- The value of knowledge lies in our ability to apply it

My next article will discuss a method for dealing with the uncertainties engineers face on regular basis. In the meantime, if you've found this article interesting and would like to discuss it further, please contact us on hello@myfoothold.org or call on +44 (0)20 7344 5498

