SOUTH AUSTRALIA: THE STATE OF WELLBEING

A POPULATION APPROACH TO WELLBEING – A PROTOTYPE FOR THE WORLD

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- The *Wellbeing and Resilience Centre* located in the Mind and Brain theme in the South Australian Health and Medical Research Institute (SAHMRI) has a bold vision to build South Australia as the *State of Wellbeing*, using a public health approach to building mental health.
- South Australia is leading a society-wide implementation of wellbeing initiatives, promoted and managed by the *Wellbeing and Resilience Centre*. The state has the distributed networks and close-knit communities to make the *State of Wellbeing* a reality.
- The Centre combines measurement and intervention to produce data and new knowledge about the science of positive psychology in the prevention of mental illness at the population level.
- Many South Australian schools and workplaces have already begun to implement interventions proven to improve mental health, wellbeing and resilience with many more companies, organisations, aged-care facilities, manufacturing and government departments beginning their journey.
- Using an evidence-based approach and a research framework, we lead, measure, build, and embed wellbeing in citizens across the life course; young people, families, communities, elders, and organisations.
- We instigate life course measurement, intervention projects and research, using a PERMA+ framework.

"And what else are we striving for if it's not for the wellbeing of all our citizens"

- Premier of South Australia, Jay Weatherill, 2015

LEAD	MEASURE	BUILD	EMBED
Position South Australia as the State of Wellbeing	Measure the wellbeing of all South Australians	Teach and build wellbeing science in South Australia	Embed sustainable wellbeing and resilience skills

RESEARCH

Publish research on building wellbeing and resilience at scale, across the life course

PERMA+

PERMA+ is a framework for analysing and evaluating wellbeing that links directly to interventions and tools to improve wellbeing and resilience. Using Seligman's PERMA model, and the PERMA Profiler, the Wellbeing and Resilience Centre has added four constructs to the PERMA framework to provide a more comprehensive measure of wellbeing, now known as PERMA+, showing the link between the mind and the body in building wellbeing.

Positive emotion: Measures general tendencies toward feeling contentment and joy.

Engagement: Refers to being absorbed, interested, and involved in one's work.

Relationships: Positive connections with others is an important part of feeling good.

Meaning: Refers to having a sense of purpose in one's work.

Accomplishment: Involves working toward and reaching goals, feeling able to complete tasks and daily responsibilities.

+

Physical Activity: Being active is beneficial to positive mental health.

Nutrition: High diet quality has been associated with lower depression.

Sleep: Sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions.

Optimism: Belief that negative events are temporary, limited in scope, manageable and critical to resilience.

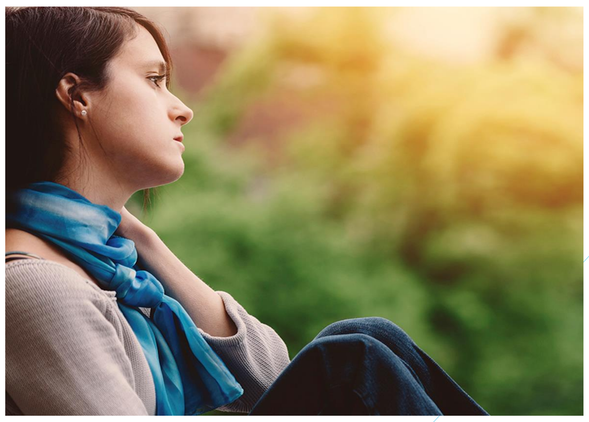
Examples of our Projects

AGEING

The Centre is working in partnership with Councils and Aged Care providers to measure and build wellbeing amongst older people. In the first stage, over 500 older people have completed the PERMA+ measurement and received a personal wellbeing report. This has been followed by a number of community workshops to deliver resilience skills to participants followed by individual mentoring and evaluation.

EMPLOYEE TRANSITION

This project aims to build the resilience and wellbeing of a workforce faced with redundancy due to the demise of the automotive industry in South Australia. The project using a 'train the trainer' approach aims to maintain productivity, increase worker capacity for re-employment and achieve better mental and physical health outcomes for workers and their families in employment transition.



DISADVANTAGED YOUTH

The Centre is implementing a three year research project that will lead, measure, build and embed wellbeing and resilience, amongst a group of 850 disadvantaged young people, who are disengaged from employment, education or training. The project has the potential to lead to improved mental health outcomes, more active participation in the community, and employment pathways for young disadvantaged people.

SCHOOLS

The Centre's focus on improving the wellbeing of young people will help lay the foundation for a resilient and mentally-fit generation. The Centre advocates a whole-school approach to positive education, which embeds positive psychology principles into its culture. Ongoing evaluation ensures interventions are targeted and assessed to maximise efficacy and relevance to both wellbeing and learning.

SAHMRI South Australian Health & Medical Research Institute | MIND & BRAIN Clinical Research | THE WELLBEING AND RESILIENCE CENTRE