



Wellbeing 360

Bringing it all Together

A vast field of sunflowers stretches towards the horizon under a sunset sky. The sun is low on the horizon, casting a warm, golden glow over the scene. The sunflowers are in full bloom, with bright yellow petals and dark brown centers. The sky is filled with soft, wispy clouds, and the overall atmosphere is peaceful and inspiring.

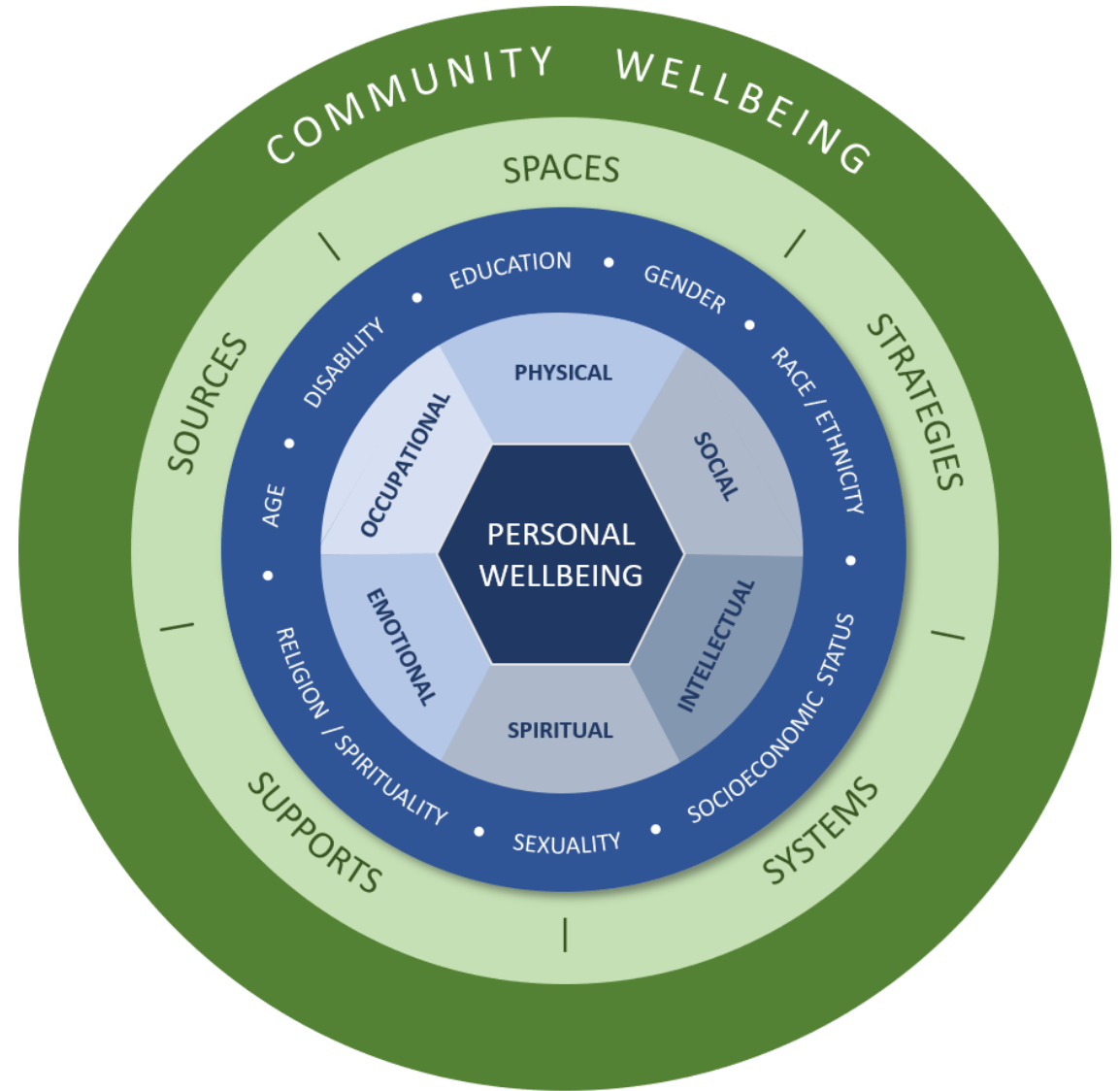
MADE TO THRIVE

God's plan for human flourishing is rooted in the goodness of Creation. As we optimize every aspect of our lives to harmoniously reflect our Maker, we experience the wellbeing He intended. We can offer this abundant life to others by changing the world one step and one community at a time. As we dismantle barriers and build bridges to wellbeing, we create opportunities for others to enjoy healthier, happier and more meaningful lives.

Andrews  University
WELLBEING MODEL

MADE TO THRIVE

“Wellbeing is an active process of optimizing every aspect of our lives to harmoniously reflect our Creator.”

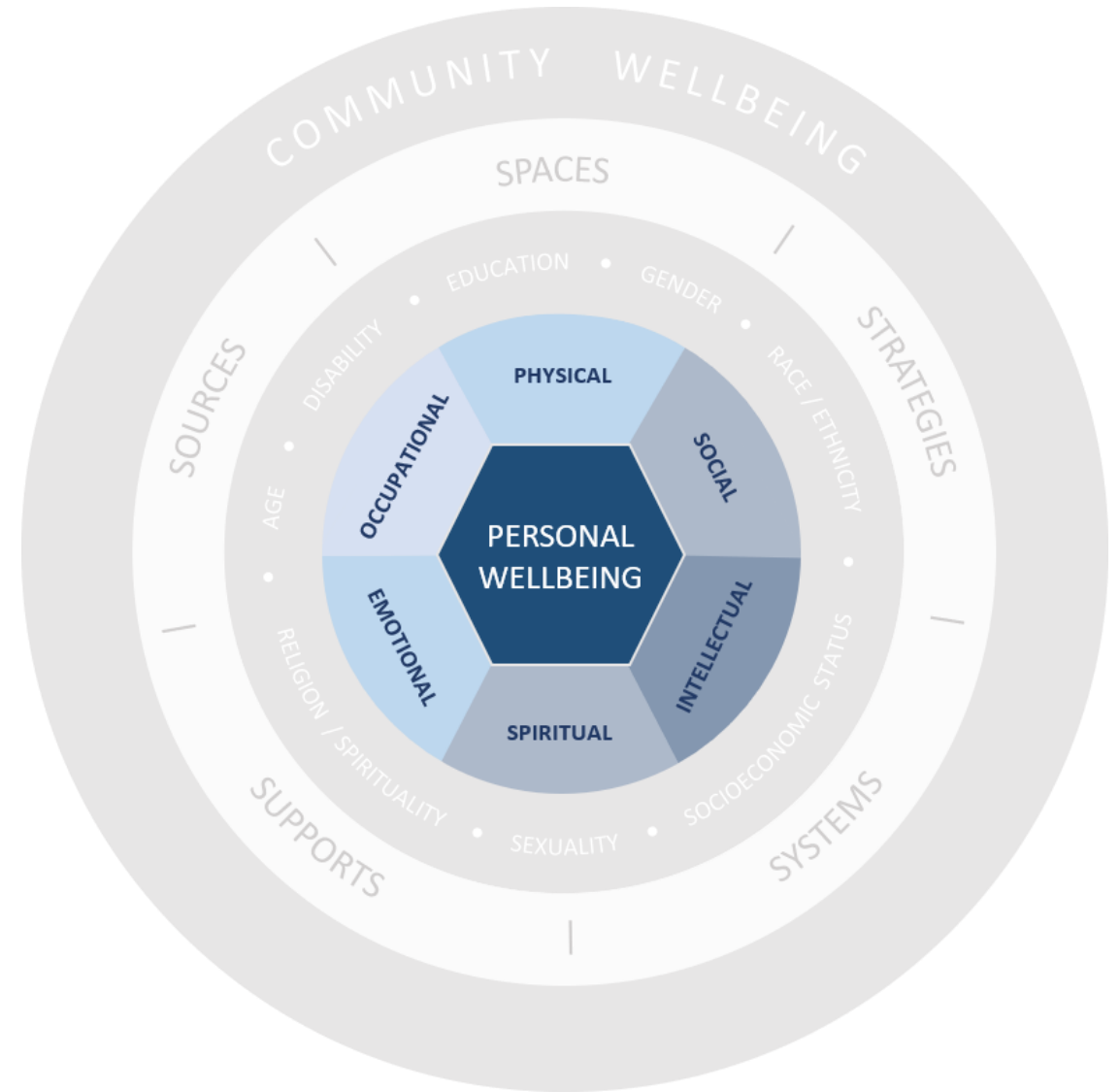




DIMENSIONS OF WELLBEING

The Andrews University Wellbeing Model builds on six interdependent dimensions of wellness described by the leading National Wellness Institute.

Two key wellbeing practices are suggested for each dimension. These evidence-based lifestyle behaviors represent the personal effort required to achieve and maintain optimal wellbeing.



12 Key Wellbeing Practices

PHYSICAL

VITALITY | Stay Active

Optimize your strength, flexibility and cardiovascular fitness; sleep 7-9 hours a night.

QUALITY | Eat Well

Eat a healthy and balanced plant-based diet; drink enough water; limit sugary beverages.

SPIRITUAL

PROXIMITY | Grow Closer

Clarify your beliefs and put them into action; engage in spiritual support and practices.

INTEGRITY | Stay True

Strive to uphold strong moral and ethical principles in your daily life.

INTELLECTUAL

CURIOSITY | Explore More

Challenge your mind with new intellectual and creative pursuits.

PROACTIVITY | Think Ahead

Anticipate problems and opportunities; initiate appropriate courses of action.

SOCIAL

GENEROSITY | Serve Others

Contribute to the wellbeing of others and your community.

DIVERSITY | Be Inclusive

Connect positively, respectfully and meaningfully with others and the environment.

EMOTIONAL

EMPATHY | Tune In

Understand and accept your feelings and those of others.

POSITIVITY | Remain Positive

Be optimistic in your approach to life and its challenges.

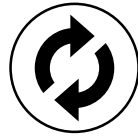
OCCUPATIONAL

DISCOVERY | Find Your Calling

Pursue a life path that aligns with your values, strengths, and purpose.

COMPETENCY | Develop Skills

Seek opportunities to develop essential, transferable skills.



IMPACTS ON WELLBEING

Wellbeing may be affected by any number of biological, environmental, social and economic factors. Some can be modified, while others cannot.

When designing wellbeing interventions, these factors and their potential impacts should be addressed. If not, disparities in wellbeing among community members may develop, and existing gaps in wellbeing may persist.



8 Factors That Can Affect Wellbeing

AGE

Every age and life stage poses unique challenges that may necessitate behavioral adjustments in order to positively impact wellbeing.

DISABILITY

Disabilities need not diminish wellbeing. However, providing access and inclusion for persons with disabilities is essential to their quality of life.

RACE / ETHNICITY

People of all racial and ethnic backgrounds flourish best in communities free of racism, bias and inequality, preventing gaps in life opportunities, healthcare access, and life expectancy.

RELIGION / SPIRITUALITY

Participation in personal religious practices and healthy faith communities is highly correlated with wellbeing, while religious and spiritual abuse can lead to negative outcomes.

EDUCATION

Education is critical to personal, social and economic development and is a strong indicator of greater wellbeing and longevity.

GENDER

Each gender may experience different wellbeing benefits and risks, influenced by physical characteristics as well as social and cultural factors.

SEXUALITY

Sexual intimacy contributes to wellbeing as part of a mutually loving marriage. Persons with questions or differences related to sexual orientation thrive best in a safe, caring community.

SOCIOECONOMIC STATUS

Wellbeing, even in developed countries, increases with socioeconomic status. These gains seem to result from greater levels of personal autonomy rather than mere increases in income.



ASSETS FOR WELLBEING

Plans to bolster wellbeing should give attention to improving community assets, such as sources, spaces, strategies, supports and systems.

Asset-focused interventions complement efforts to help individuals lead healthier, happier and more meaningful lives, which in turn builds greater community wellbeing.



5 Ways to Improve Wellbeing



SOURCES

IMPROVE
ACCESS

Community members should have access to sources of wellbeing, such as clean air and water, nutritious food, affordable housing, quality healthcare, meaningful work, social and spiritual opportunities and community supports.



SPACES

IMPROVE
CONDITIONS

Built environments in which community members live, work and study should be safe, utilize natural elements, reflect environmental stewardship and provide opportunities for rest, activity and connection.



STRATEGIES

IMPROVE
APPROACHES

Wellbeing should be promoted and actualized through organizational policies, plans and incentives as well as educational initiatives, supported by sound research, adequate funding and ongoing assessment.



SUPPORTS

IMPROVE
ASSISTANCE

Community members should be connected to social, professional and technological supports for wellbeing that provide modeling, mentoring, motivation and measurement.



SYSTEMS

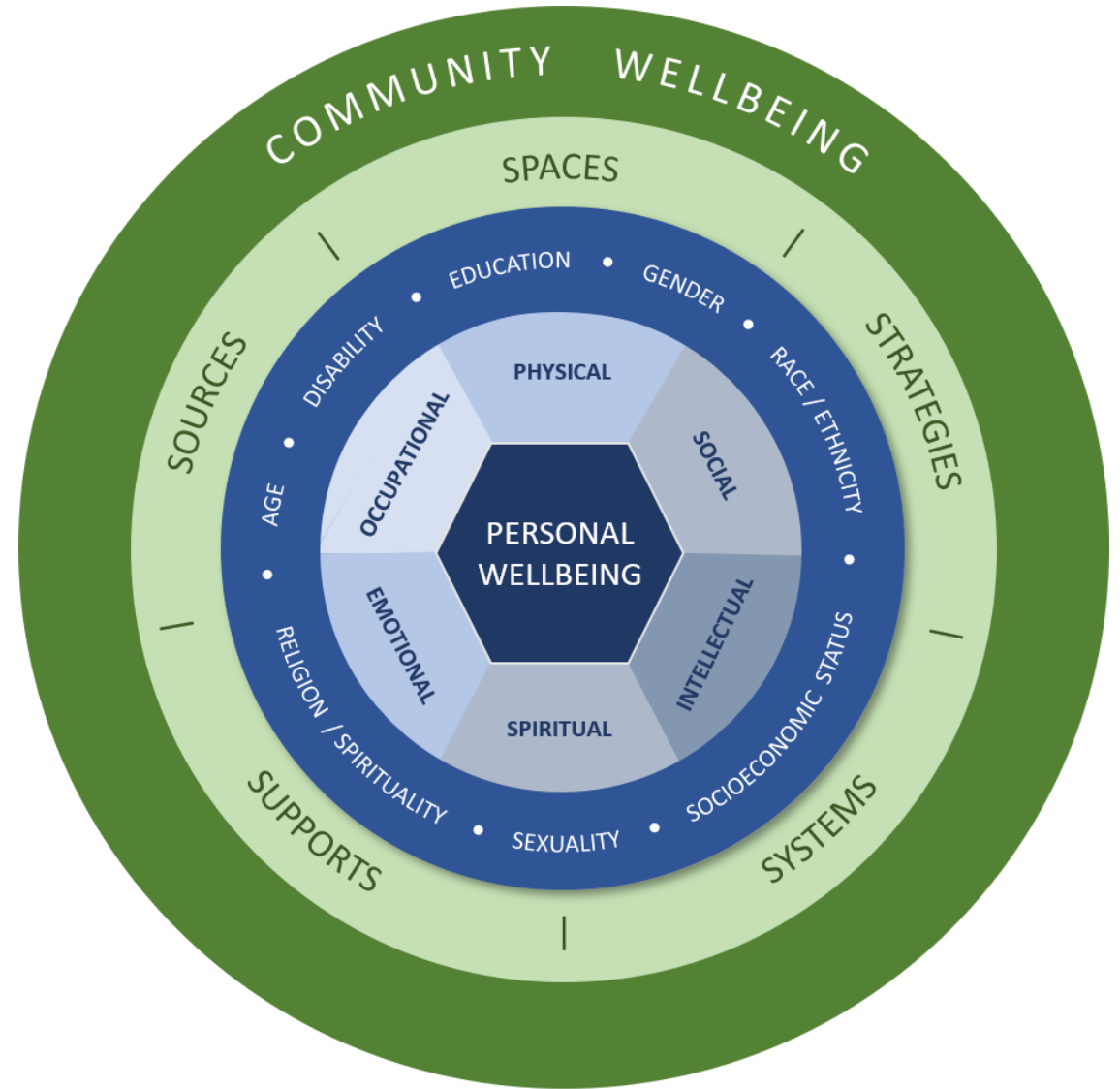
IMPROVE
FUNCTIONING

Systems ordering the lives of community members should ensure equity, inclusion and wellbeing, functioning in ways that prevent stigma and bias and provide for the flourishing of all members.

Andrews  University
WELLBEING MODEL

MADE TO THRIVE

“Wellbeing is an active process of optimizing every aspect of our lives to harmoniously reflect our Creator.”



A woman in a long, flowing dress is silhouetted against a bright sunset over a body of water. The sun is low on the horizon, creating a golden glow and reflecting on the water. The woman is standing on the water's surface, and her reflection is visible below her. The sky is filled with soft, golden light and some clouds.

MADE TO MATTER

[Spiritual Wellbeing]

Imagine creating a world where everyday events are woven into a much greater story and life is guided by the wisdom of its Designer. That is the power of meaning.



MADE TO MOVE

[Physical Wellbeing]

Imagine creating a world where daily activity builds strength, flexibility and cardiovascular fitness, fueled by a plant-based diet and regular rejuvenating rest. That is the power of motion.



MADE TO EXPLORE

[Intellectual Wellbeing]

Imagine creating a world where problems become opportunities to explore new ideas and solutions that make life work better for everyone. That is the power of innovation.

A diverse group of five young adults (three men and two women) are sitting around a wooden table in a bright, modern cafe. They are all smiling and laughing, creating a warm and joyful atmosphere. The woman on the far left is holding a white coffee cup. The man next to her is laughing heartily. The woman in the center is smiling broadly. The man next to her is also laughing. The man on the far right is smiling and looking towards the others. There are plates of food and coffee cups on the table.

MADE TO BELONG

[Social Wellbeing]

Imagine creating a world where conversations are encouraged, differences are embraced and help is freely offered, turning strangers into neighbors. That is the power of inclusion.

A woman with blonde hair in a bun, wearing glasses and a blue shirt, is sitting on a mossy forest floor. She is leaning against a large tree trunk on the left side of the frame and looking out into a dense forest of tall, thin trees. The ground is covered in vibrant green moss and some fallen leaves. The lighting is soft and natural, suggesting a sunny day in a shaded forest.

MADE TO UNWIND

[Emotional Wellbeing]

Imagine creating a world where worry and stress are reduced through practices that increase gratitude, self-awareness, relaxation and resilience. That is the power of calm.

A group of diverse people, including a young woman with long dark hair in the foreground, are smiling and raising their arms in a celebratory gesture. They are wearing light blue shirts. The background shows a wooden fence and green trees, suggesting an outdoor setting like a park or a community event.

MADE TO DREAM

[Occupational Wellbeing]

Imagine creating a world where possibilities arise from the discovery and alignment of personal strengths, core values, acquired skills and life calling. That is the power of purpose.

A man and a woman are shown in profile, facing each other. Both are wearing large black over-ear headphones. The man on the left is gesturing with his hands as if speaking. The woman on the right is also speaking into a professional microphone on a stand. They are in a bright, modern office or studio setting with large windows in the background.

MADE TO SPEAK

[Impact Factors]

Imagine creating a world where voices are raised to champion the needs of others and challenge the inequities that create gaps in wellbeing. That is the power of advocacy.



MADE TO CARE

[Community/External Assets]

Imagine creating a world where communities offer life-enhancing support and resources, giving every member an opportunity to grow and flourish. That is the power of provision.

Made
To Unwind

Made
To Matter

Made
To Belong

Made
To Move

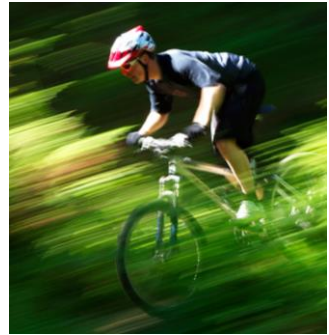
Made
To Thrive

Made
To Dream

Made
To Explore

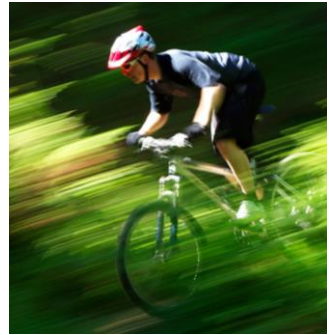
Made
To Speak

Made
To Care



Made
To Thrive





World
Changers
Made
Here

