

Health is more than the absence,
it is something positive

EMOTIONAL WELL-BEING



Happy

Satisfied

Interested in Life

PSYCHOLOGICAL WELL-BEING



Self-Acceptance

Positive Relations with Others

Personal Growth

Purpose in Life

Environmental Mastery

Autonomy

SOCIAL WELL-BEING



Social Acceptance

Social Integration

Social Contribution

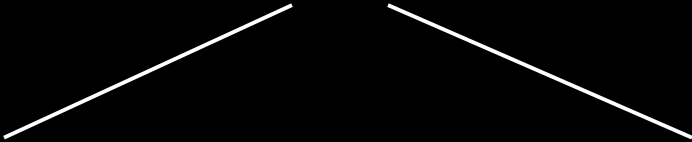
Social Coherence

Social Growth

Aristotle



**POSITIVE
FUNCTIONING**



**PSYCHOLOGICAL
WELL-BEING**



**SOCIAL
WELL-BEING**



Epicurus



**POSITIVE
FEELING**



**EMOTIONAL
WELL-BEING**



6

+

1

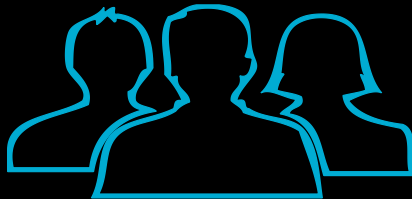
**POSITIVE
FUNCTIONING**

**POSITIVE
FEELING**

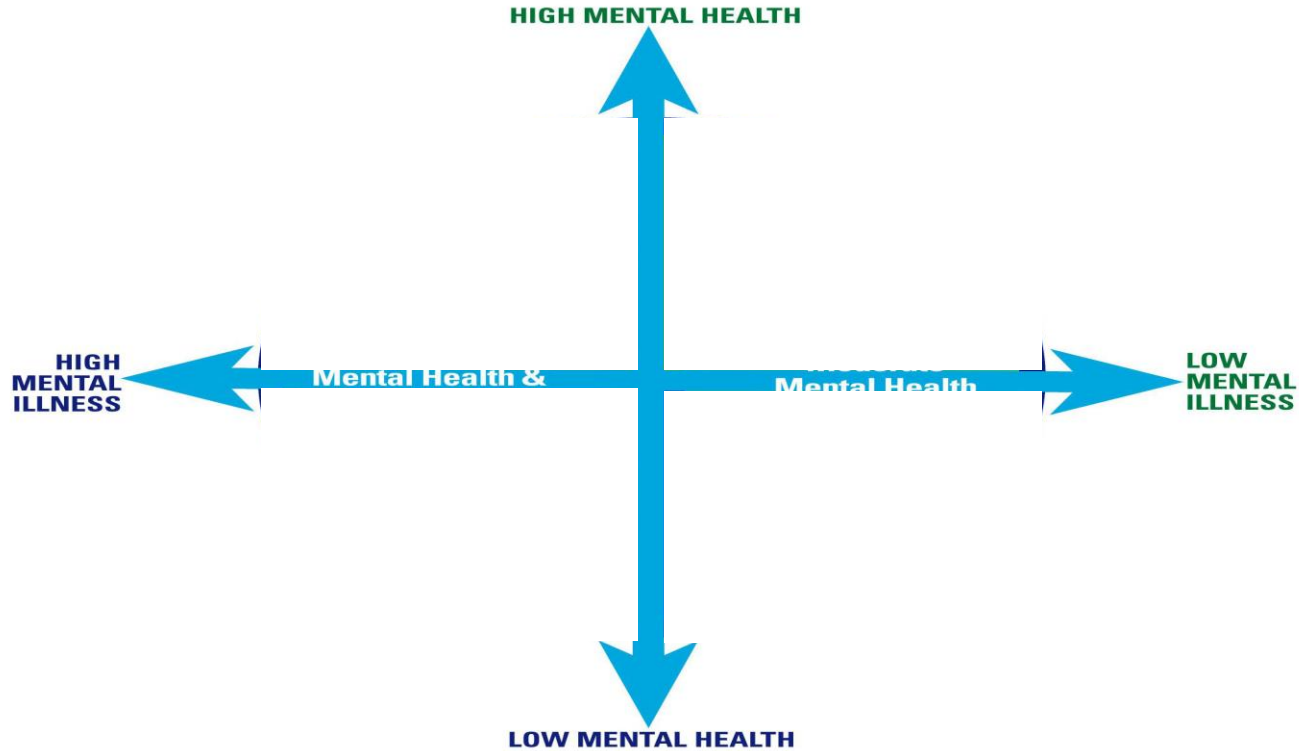
**PSYCHOLOGICAL
WELL-BEING**

**SOCIAL
WELL-BEING**

**EMOTIONAL
WELL-BEING**



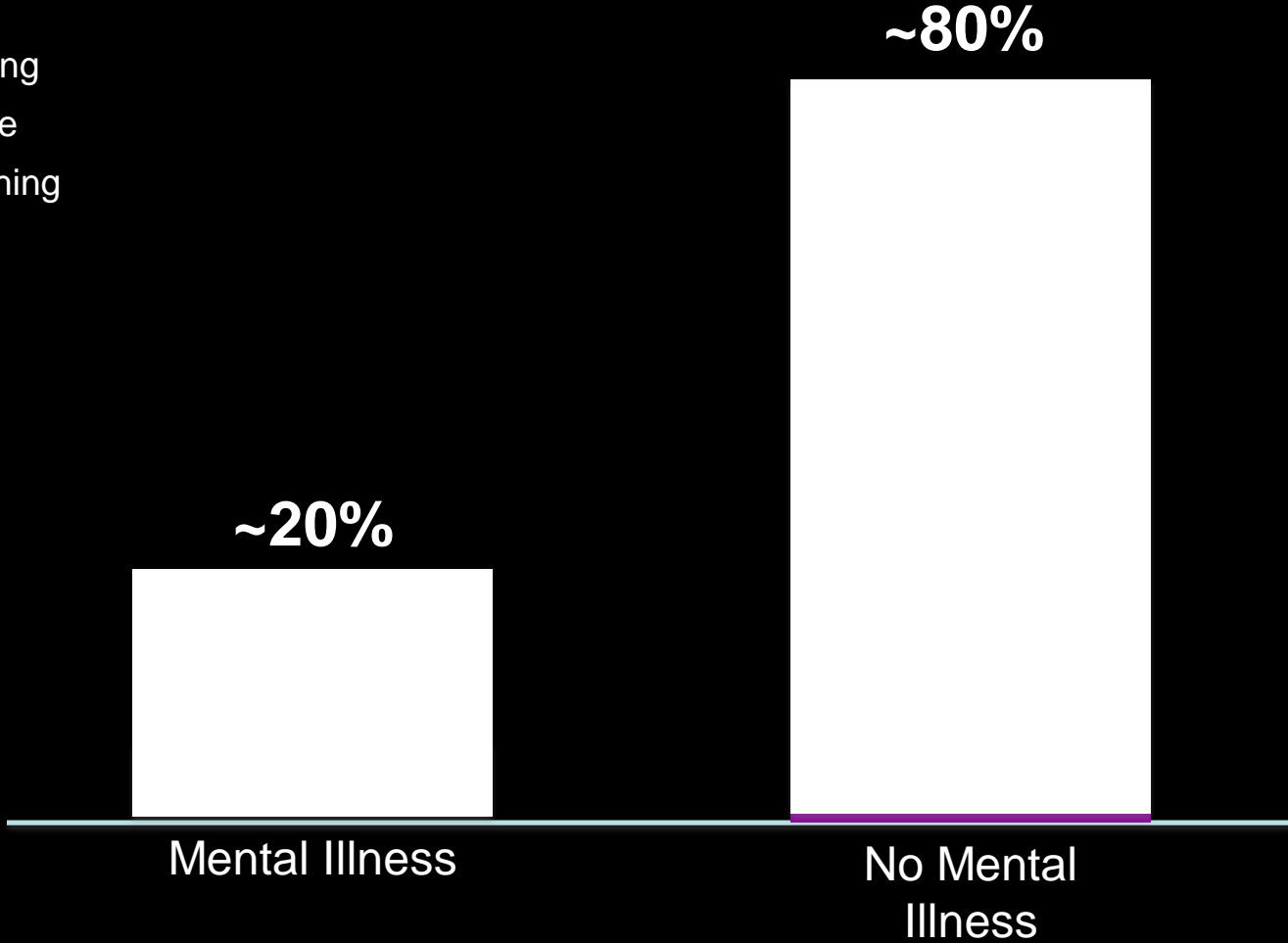
Two Continua Model



1

The absence of mental illness does not mean everyone is flourishing.

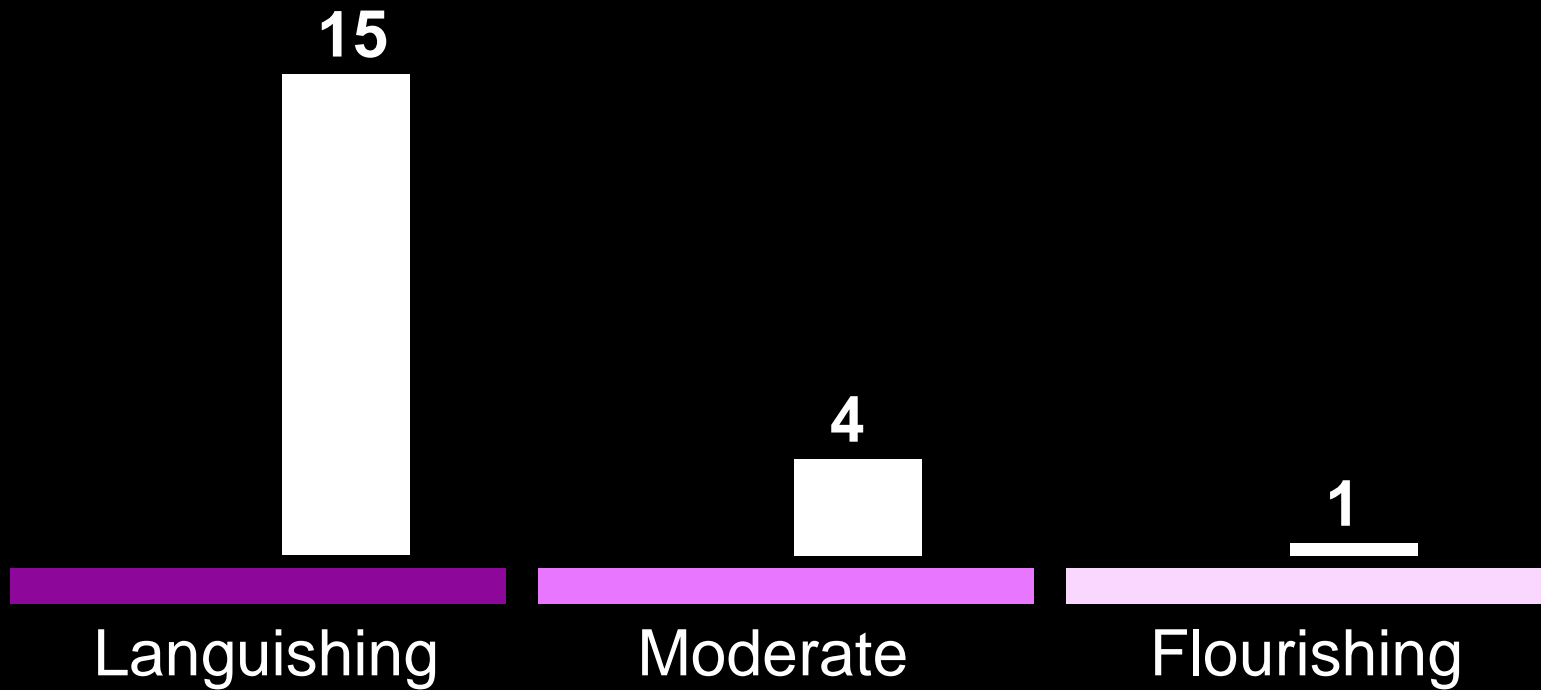
- Flourishing
- Moderate
- Languishing



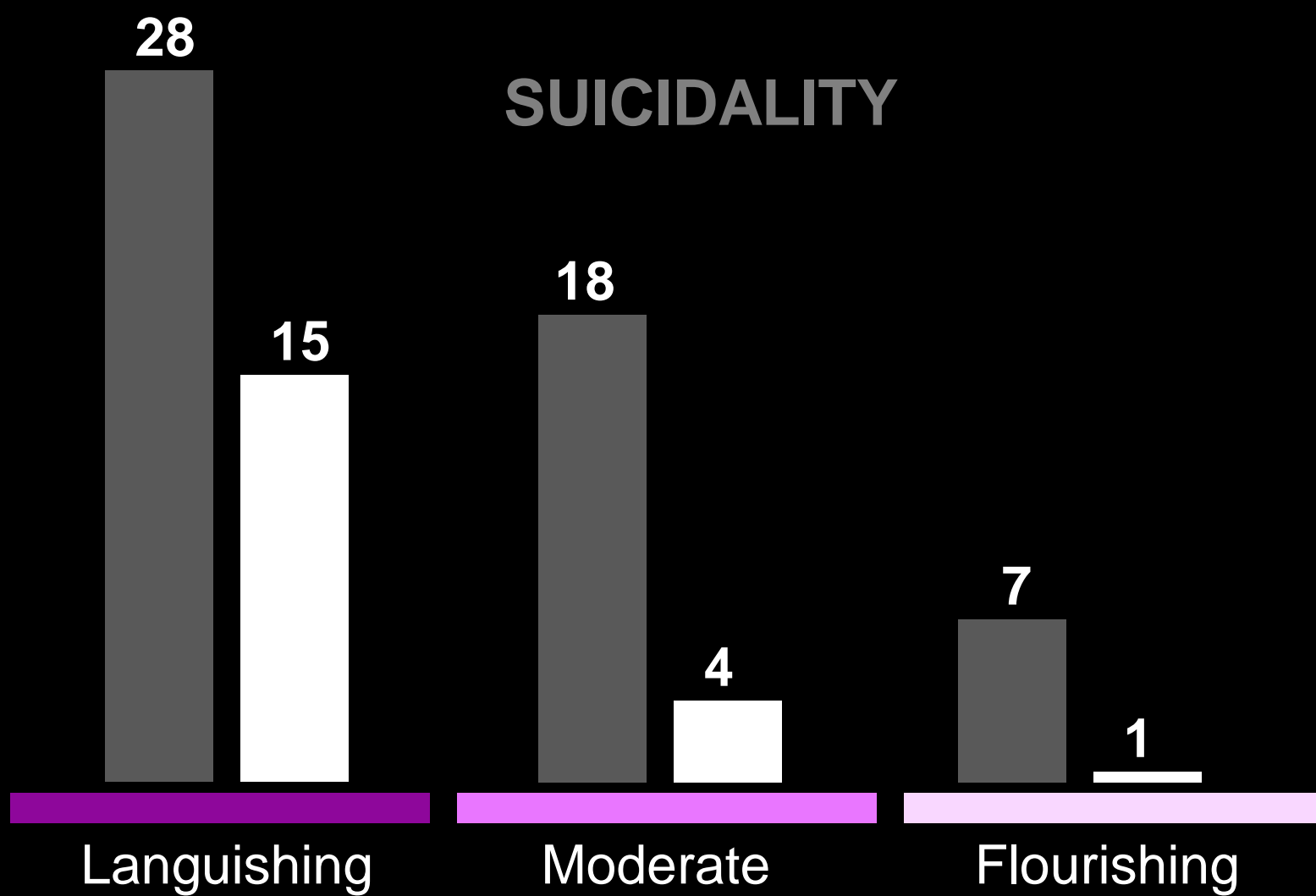
2

Anything less than flourishing
results in problems.

SUICIDALITY



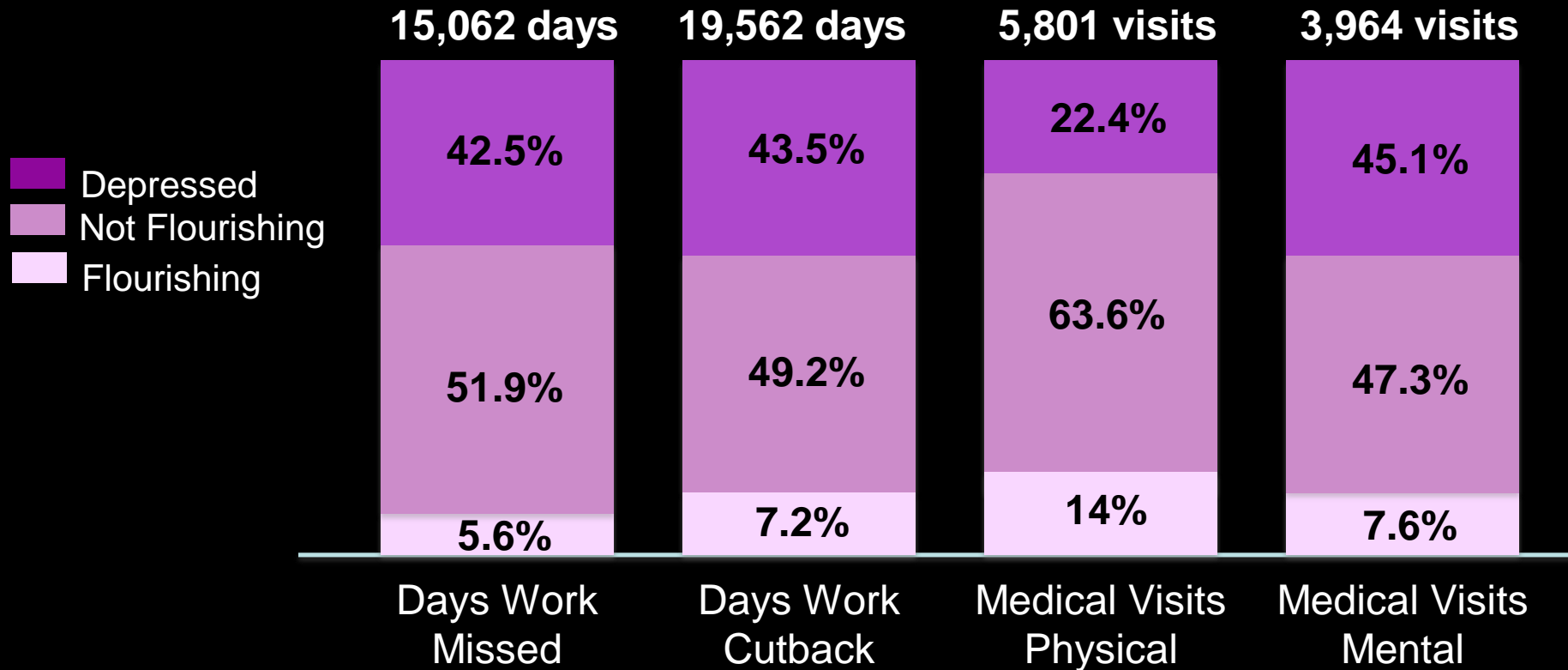
SUICIDALITY



3

The absence of flourishing can be as bad as the presence of mental illness.

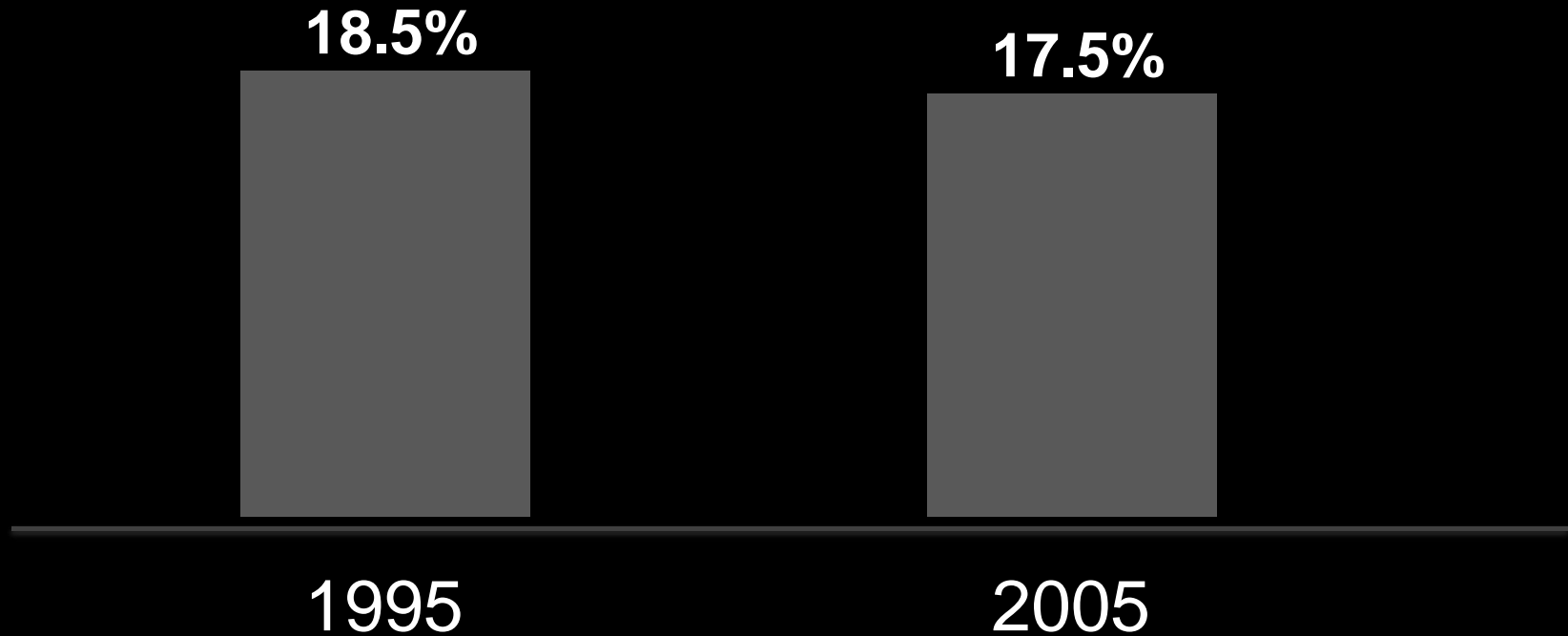
What's The Bigger Problem?



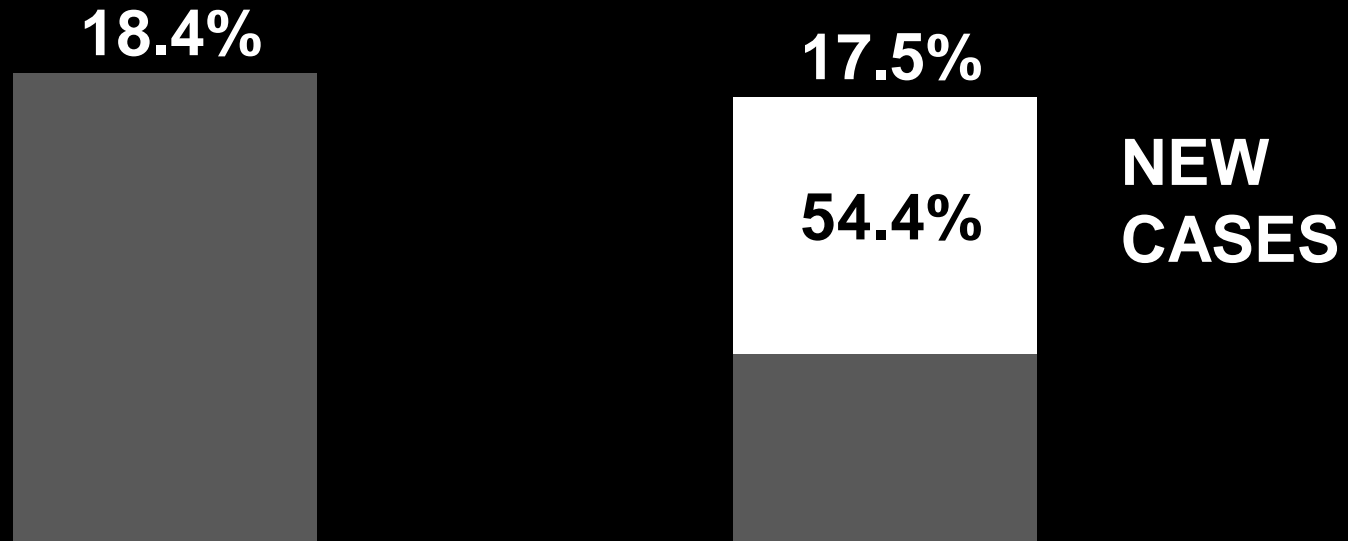
4

Health is more serious than
illness.

MENTAL ILLNESS AMONG U.S. ADULTS



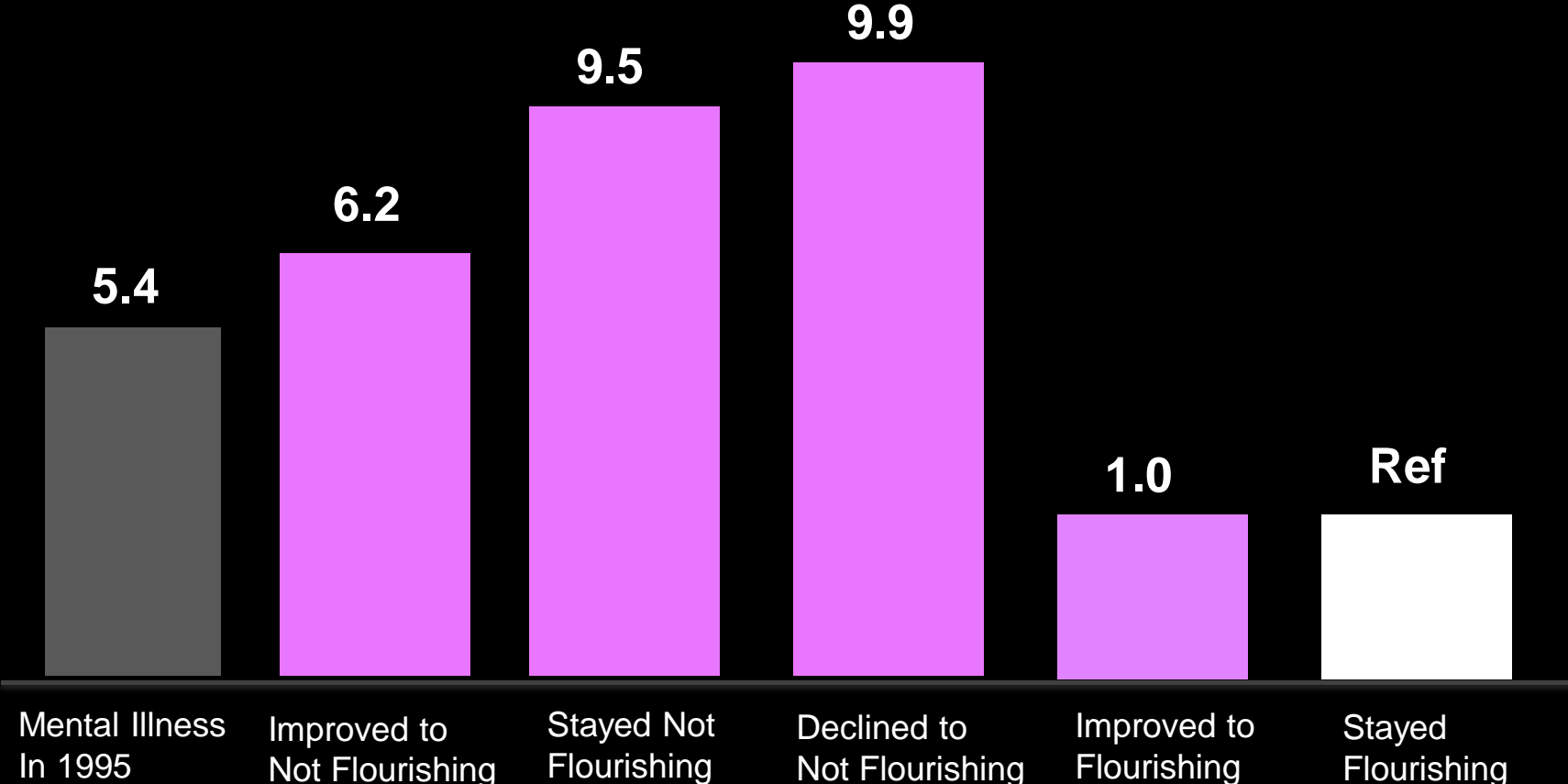
MENTAL ILLNESS AMONG U.S. ADULTS



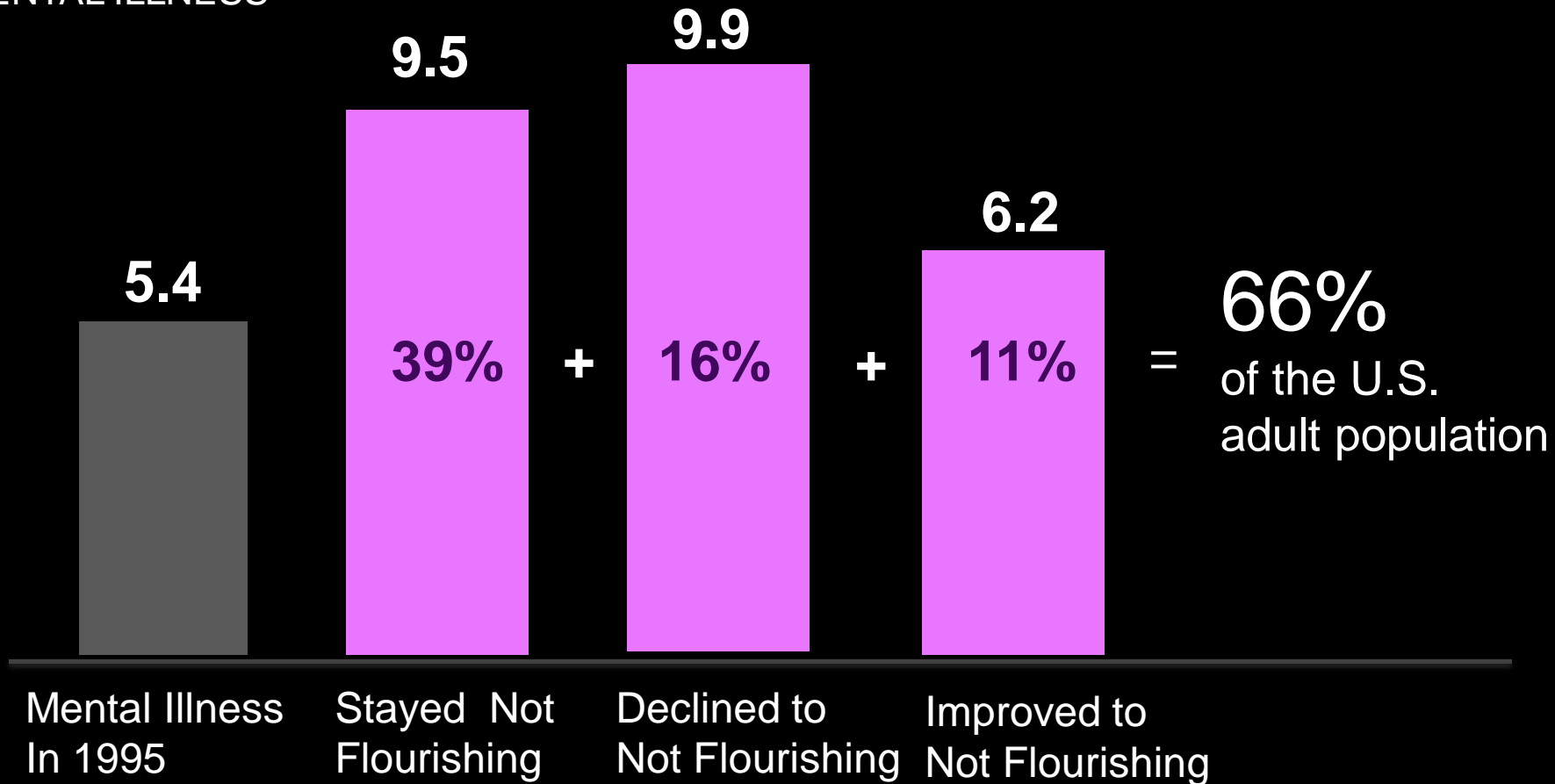
1995

2005

RISK OF MENTAL ILLNESS in 2005



RISK OF DEVELOPING MENTAL ILLNESS



5

What lowers the bad does not necessarily increase the good.

Acceptance and commitment therapy as guided self-help for psychological distress and positive mental health: a randomized controlled trial

M. Fledderus^{1*}, E. T. Bohlmeijer¹, M. E. Pieterse¹ and K. M. G. Schreurs^{1,2}

¹ *University of Twente, Faculty of Behavioural Sciences, Department of Psychology, Health and Technology, Enschede, The Netherlands*

² *Roessingh Rehabilitation Centre, Enschede, The Netherlands*

MHC-SF

ACT Intervention
Waiting List

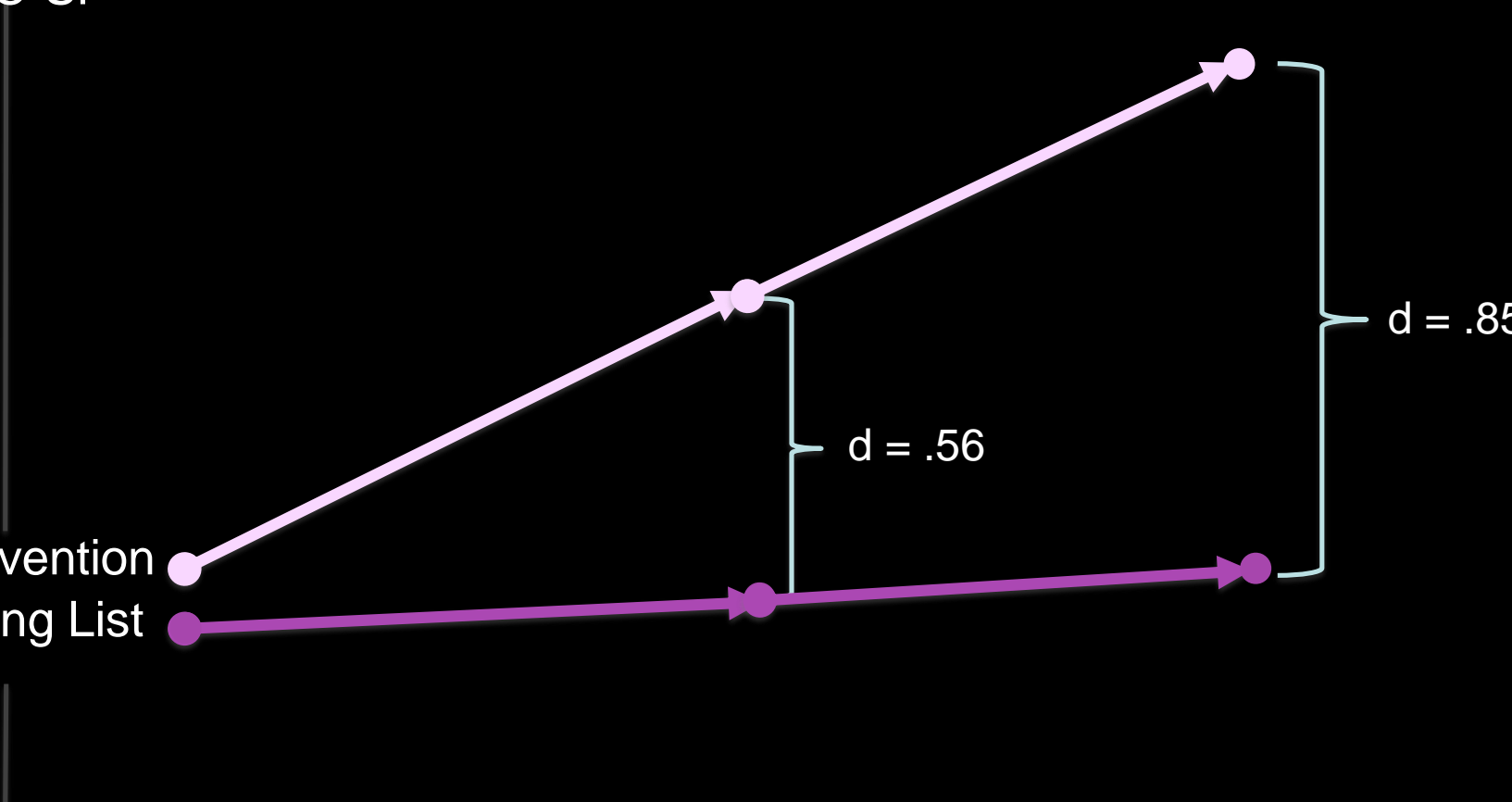
Baseline

Post
Treatment

5 Months After
Baseline

$d = .56$

$d = .85$



Too much mental illness
Not enough mental health

