

Wellbeing First Innovation Hub

The World Health Organisation defines wellbeing as a state in which an individual can realise their own potential, cope with normal stresses, work productively and contribute to their community.

The following list of resources will assist you to progress with your innovative service design. We encourage Wellbeing First Innovation Hub participants to regularly check these resources, share these with your Design team and incorporate some of these tools into your new models of service development.

QAMH Wellbeing First PowerPoint and Principles

Ideally this general QAMH Wellbeing First presentation should be shared with your design team. It is also important to consider the Wellbeing First principles as part of the design process.

[Wellbeing First PowerPoint](#)

[Wellbeing First Core Beliefs and Service Principles](#)

Design Thinking Steps and Templates

A step-by-step guide to solving a complex (wicked) problem using the 5E Design Thinking Framework

https://www.qamh.org.au/wp-content/uploads/5E_solving_wicked_problems-Stephan-Hitchens-280223.pdf

Design tool templates include persona development, The 5 Whys and Empathy mapping. Take a read of phase 1 and this will provide further guidance (from page 38 through to 42).

https://www.qamh.org.au/wp-content/uploads/Transform-Your-Ideas_workbook_singlepages.pdf

A Complete Guide - Design Thinking Tools and Methods

https://www.designorate.com/design-thinking-tools-and-methods/#Design_Thinking_Tools_and_Methods

EXPLORE stage of Design Thinking

In this step, the focus is on generating as many creative choices/ ideas as possible to solve the problem identified in the previous steps.

Tools you can use

Design Criteria Canvas. This tool is used to get a fundamental understanding and build a hierarchy of necessary and non-essential criteria for a solution. It will help bring clarity to your innovation journey.

https://www.qamh.org.au/wp-content/uploads/A4_Design_Criteria_Canvas.pdf

Wall of Ideas. This tool assists you in generating as many creative choices / ideas as possible to solve the problem identified in the previous steps.

https://www.qamh.org.au/wp-content/uploads/A4_Wall_Of_Ideas.pdf

Wellbeing Measurements

Measuring Flourishing

<https://hfh.fas.harvard.edu/measuring-flourishing>

Founded in 2016, the Human Flourishing Program at Harvard's Institute for Quantitative Social Science studies and promotes human flourishing, and develops systematic approaches to the synthesis of knowledge across disciplines.

'How's Life? 2020, Measuring Well-being', an OECD Report

https://www.oecd-ilibrary.org/economics/how-s-life/volume-/issue-_9870c393-en

This statistical report is released every two years and describes the essential aspects of life that shapes people's wellbeing in OECD and partner countries. The link below also includes Australia, under the 'Country Profiles' section.

The Flourishing Scale

https://ggsc.berkeley.edu/images/uploads/The_Flourishing_Scale.pdf

The **Flourishing Scale** is a brief 8-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose and optimism.

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): development and UK validation

<https://hqlo.biomedcentral.com/articles/10.1186/1477-7525-5-63>

The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) aims to build on previous scales and capture a wide conception of well-being, including affective-emotional aspects, cognitive-evaluative dimensions and psychological functioning, in a form which is short enough to be used in population-

level surveys. By focusing wholly on the positive, the scale is intended to support mental health promotion initiatives and be free of ceiling effects in population samples

Wellbeing in the News

Singapore Budget 2023, MP Edward Chai called for support measures and platforms to prioritise mental wellbeing.

<https://www.channelnewsasia.com/watch/committee-supply-2023-debate-day-7-edward-chia-efforts-prioritise-mental-well-being-3327916>

A new study lead by Swinburne University of Technology graduate Leith Symes has discovered that appreciating gardens can boost the health and well-being of regional Australians.

<https://medicalxpress.com/news/2023-03-garden-boosts-well-being.html>

This is a sponsored article by Mathers Construction in the US, however it has some clever ways to promote. The organisation uses the Person-Centric Wellness Model, developed by Mather Institute, to design wellness offerings that empower individuals to choose the types of fulfillment that match their aspirations. The Person-Centric Wellness Model recognises that wellness doesn't look the same to everyone.

<https://www.washingtonian.com/2023/03/06/a-whole-new-perspective-on-well-being/>

A new study has revealed that making a conscious effort to recognize positive life events and successes while meeting for food and drink can leave you feeling more socially accepted. Perceived social support, according to previous research, is the belief you have a social network that will be there for you in case of future, negative life events. That belief is associated with health and well-being outcomes, including increased life-span and decreased anxiety and depression.

<https://www.thestatesman.com/lifestyle/celebrations-may-benefit-your-health-well-being-study-1503159687.html>

Four habits of happy people. The most recent [happiness research](#) shows that our social connections are important in terms of overall [wellbeing and life satisfaction](#).

<https://theconversation.com/four-habits-of-happy-people-as-recommended-by-a-psychologist-197326>

Assistant Minister McBride speech at the National NDIS and Mental Health Conference - 21 February 2023, covering the government's commitment to mental health and suicide prevention.

<https://www.health.gov.au/ministers/the-hon-emma-mcbride-mp/media/assistant-minister-mcbride-speech-at-the-national-ndis-and-mental-health-conference-21-february-2023?language=en>

Pets can help improve mental health and wellbeing of residents in aged care

<https://www.news-medical.net/news/20230220/Pets-can-help-improve-mental-health-and-wellbeing-of-residents-in-aged-care.aspx>

Togetherall features in the QAMH Wellbeing First Report. This online service designed to help as many people as possible with anxiety, depression and other common mental health issues. A council in Scotland commissioned Togetherall to offer free services to those aged 16-19, however this was

further expanded to 16-31 year olds in 2022.

<https://www.orkney.gov.uk/News?postid=7211>

Less is more...when people focus their lives around intrinsic values for personal growth and community, and when organisations support the pursuit of those values, people are happier, people behave in more prosocial and pro-ecological ways.

<https://www.abc.net.au/news/2023-02-19/minimalism-is-less-really-more/101984096>

Student Wellbeing fund announced by McBride

<https://www.health.gov.au/ministers/the-hon-emma-mcbride-mp/media/half-a-billion-dollar-investment-into-student-wellbeing?language=en>

Chief Medical Wellness Officer in Australian Hospital:

<https://www.hospitalhealth.com.au/content/aged-allied-health/article/in-conversation-with-bethan-richards-australia-s-first-cmwo-1080926292>

Making phone calls can be good for young people's wellbeing:

<https://theconversation.com/it-might-be-scary-but-making-phone-calls-can-be-good-for-young-peoples-wellbeing-198097>

Managers Have Major Impact On Mental Health: How To Lead For Wellbeing:

<https://www.forbes.com/sites/tracybrower/2023/01/29/managers-have-major-impact-on-mental-health-how-to-lead-for-wellbeing/?sh=28c9f75f2ec1>

Action, not pity need to address loneliness says advocate

<https://www.abc.net.au/news/2023-01-12/lonely-or-socially-isolated-australians-less-connected/101847300>

Mental Wellbeing Index: The Australian Mental Wellbeing Index provides a snapshot insight into the everyday mental wellbeing of Australia.

<https://www.smilingmind.com.au/mental-wellbeing-index>

Global stats on mental health and economic cost of mental illness

<https://reliefweb.int/report/kenya/anticipatory-early-action-considering-responsive-community-targeted-mental-health-intervention-complex-climate-change-impacts>

Mental Health and Wellbeing Study during lockdowns in Victoria

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-022-14836-9>

The benefits of nature on wellbeing

<https://www.miragenews.com/green-social-prescribing-time-in-nature-can-918919/>