

Shifting from “What’s wrong” to what’s strong: A compassionate approach to well being

Wellbeing is a contested concept that goes beyond the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factors. Practitioners adopt various strategies and philosophical framework to with work their clients and families to promote a sense of wellbeing. Improving one’s sense of wellbeing demands desire, courage, wisdom and practice. Recent research suggests that compassion can help one understand emotions, live in the present moment, connect deeply with others and recognise strengths. Adopting a compassionate approach has the potential to increase feelings of contentment and wellbeing, which are important factors in promoting happiness and life satisfaction.

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