

Well-Being in Complexity

October 22, 2024, 12:00-1:30 pm EDT | 9:00-10:30 pm PDT

The Well-Being for All Webinar Series: A Shared Inquiry into Well-Being in Systems and Ourselves. Co-hosted by the [Academy for Systems Change](#) and [CoCreative](#)

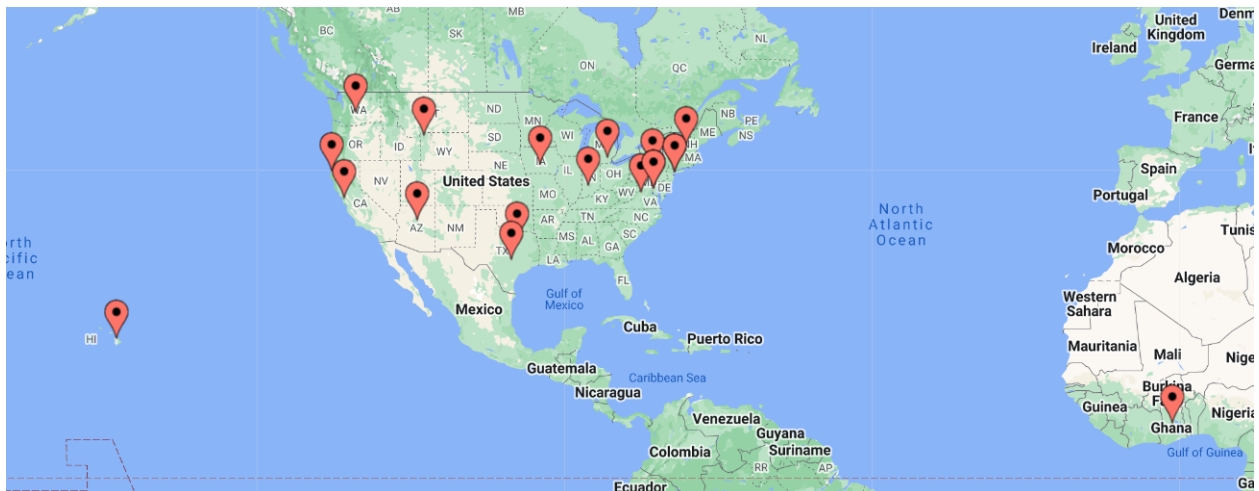
This document is an open-source synthesis of the poll responses and the reflections and collective wisdom shared in the chat during our time together. Thank you again to all who participated and lent their voices and experience to the discussion!

This is a living document. Please feel free to add comments, reflections, and resources. We kindly request you don't edit the direct quotes of webinar participants.

[Session Recording](#) | [Session Slide Deck](#)

Who's Here Today?

“From where are you joining?”



“What gifts are you bringing to this space?”

- Listening Ear
- Peace
- Collaboration and openness
- Community
- Empathy + 1
- Learner's mind
 - Learning Experience

- Curiosity
 - Curiosity about complexity and well being
- Warmth
- Being love now
- Open mind
- Experience with rural community collaborations
- Playfulness
- Time

“In one word, please share a value that consistently informs your life and work.”

simplicity
 compassion empathy love equity
 kindness belonging humanity
 connection collaboration balance alignment passionate
 servicing others love of mother earth inclusion

Reactions and Reflections

“Domains of Well-Being” Model | What’s standing out for you right now?

8 Domains of Wellbeing



Awareness Agency Access



- There are more domains of well-being than I had ever thought about.
 - I believe the model helps to know what comprises of total “wellbeing”. It basically highlights the key determinants of one’s wellbeing, whether it’s good or bad
- Thinking about "right livelihood" as more than just financial resources
- I loved your graphic of the layers and scales of our wellbeing
- Great to see this cohesive model! Thank you
- The reminder that we are a part of nature (not us vs. nature)
 - I am curious about nature in urban settings
- The interdependence of the facets of wellbeing
 - The interdependence of each of our “well-beings”
- Our systems don’t resource or support these Domains of Wellbeing particularly well, I’m especially thinking of meaning, contribution, relationship and community
- Thinking about the focus on connection and focus on loneliness epidemic.
- Agency and Access are so important. It’s not just about having access. Being empowered and motivated to access is critical
- Intrigued by how all the dimensions of wellbeing translate in sensations/emotions, over instants or years
- Two things stand out for me -
 - we are not taught this anywhere while growing up except wisdom traditions (for eg. Yoga is way beyond physical and covers these domains)

- It takes time to build these components as adults, so need to stick with it with patience

“How do you feel when you are in fight or flight?”

- I can't think straight.
- My heart beats faster
- Even in 'fight' I want to flee!
- Anxious and shaking
- Words come out at random and forget to say what is needed to say
- Hiding, avoidance, distraction
- Weak in the limbs
- can't concentrate
- Shivering, restless/too much energy, angry-->overwhelmed (anger moves to being overwhelmed, because as a Midwestern Woman, I feel I cannot express anger)
- Tightness in my chest
 - tightness in chest
- Heart palpitations, shortness of breath, weak limbs, feel faint, I instantly crave movement
 - me too, instantly need to move
- Can't control thoughts
- everything narrows - narrowly focused
- Wanting to avoid or shut down
- Definitely "buzzy". I often need to go for a run/walk or move my body to move the emotions through my body.
 - yeah, buzzy captures the aftereffects really well

Appreciations

- I'm grateful to have the space to share and learn with you all.
- Thank you all!!!
- Group wisdom :)
- Deepest gratitude to Adam, Luzette, Co-Creative team and Marta! I leave with a renewed desire to support my wellbeing, and through that others.
- Thank you; such a wonderful way to learn, share, and connect with others. Feeling grounded and connected.
- Thank you!

Resources We Crowdsourced

- [Brain Rules](#)
- Here's a physician demonstrating the immediate impacts of different types of breathing:  2 breathing techniques that reduce anxiety in real time (doctor d...)
- [Why We Snap](#)
- [Article on social relationships compared to smoking](#)
- [US Surgeon General Report on Loneliness](#)