



Exchange of good practices in OSH

Healthy Workplaces Campaign Partner event

Brussels, 13-14 June 2022

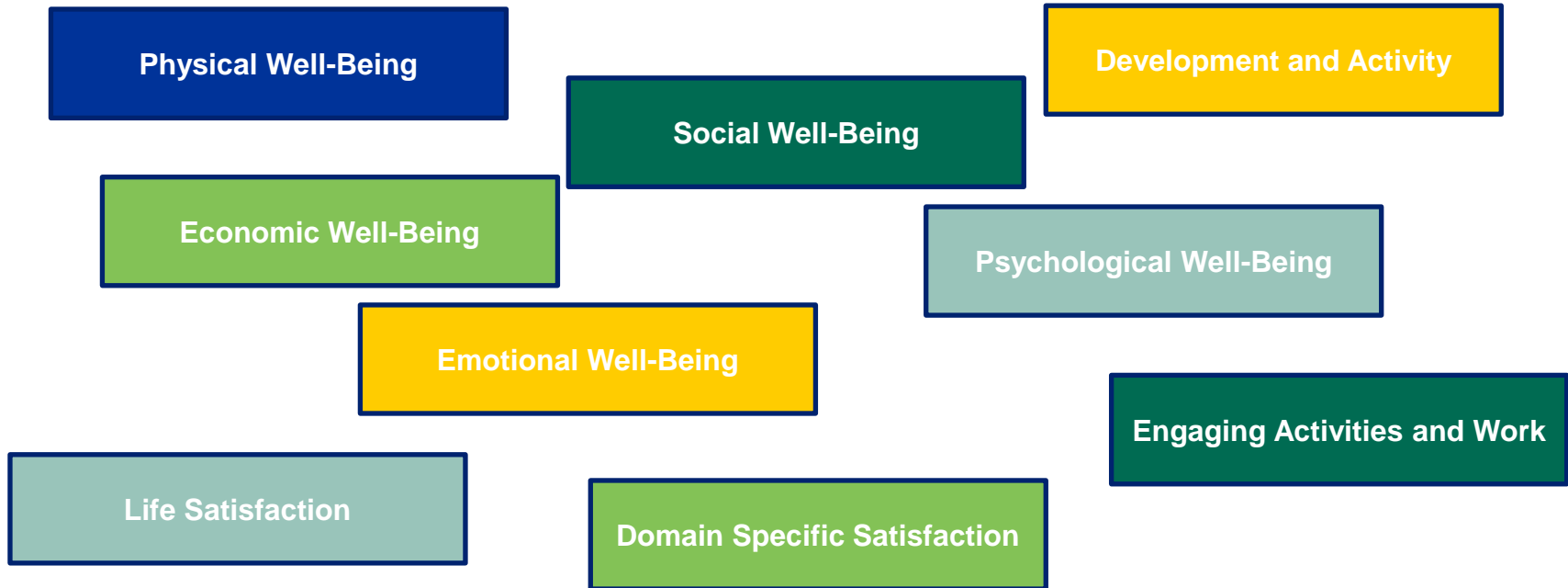


Wellbeing and Sustainability – Is there a Relationship?

Carlene Smith, Business Psychologist
DEKRA SE

What is Wellbeing?

Includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfilment and positive functioning



What is Wellbeing?

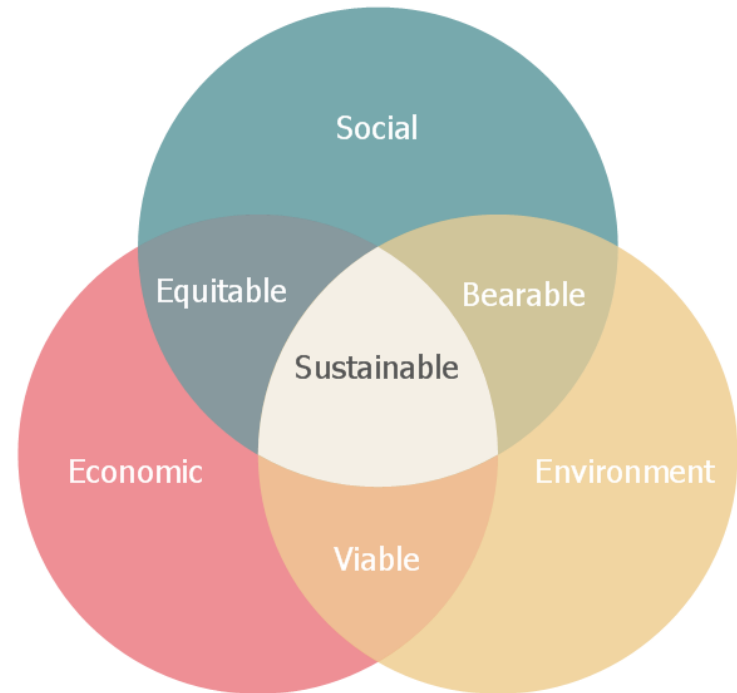
There are 3 Work Related Contributors to Wellbeing:

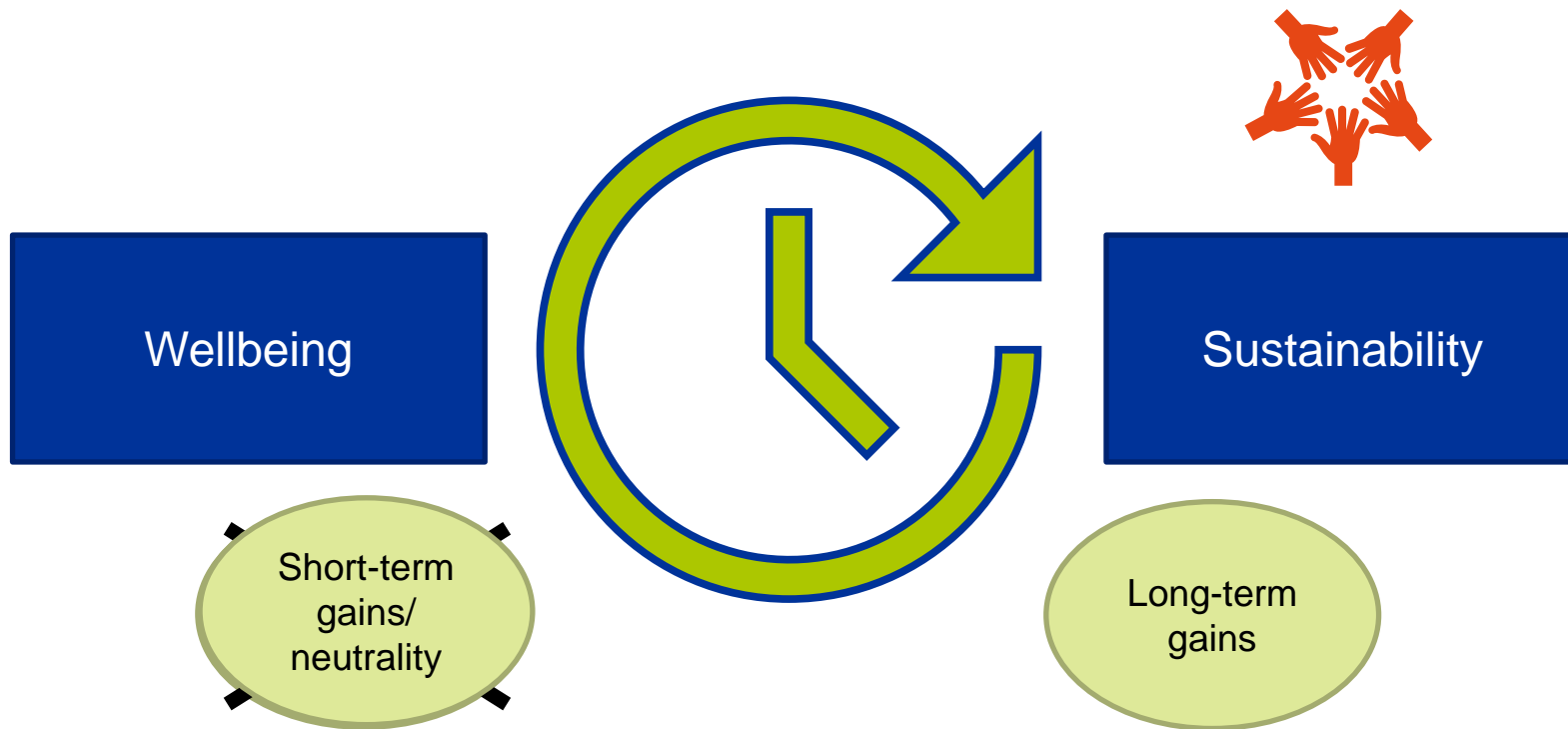
- **Physical Wellbeing:** The ability to perform activities without harm or physical pain; working in an environment characterized by safe and healthy decision-making.
- **Psychological Wellbeing:** The extent to which a worker experiences positive emotions, feelings of satisfaction, and a sense of purpose and growth/development.
- **Social Wellbeing:** The extent to which a worker feels a sense of belonging, their overall contribution is valued by the group, experience of trust and inclusion amongst group members, and a sense of group stability.



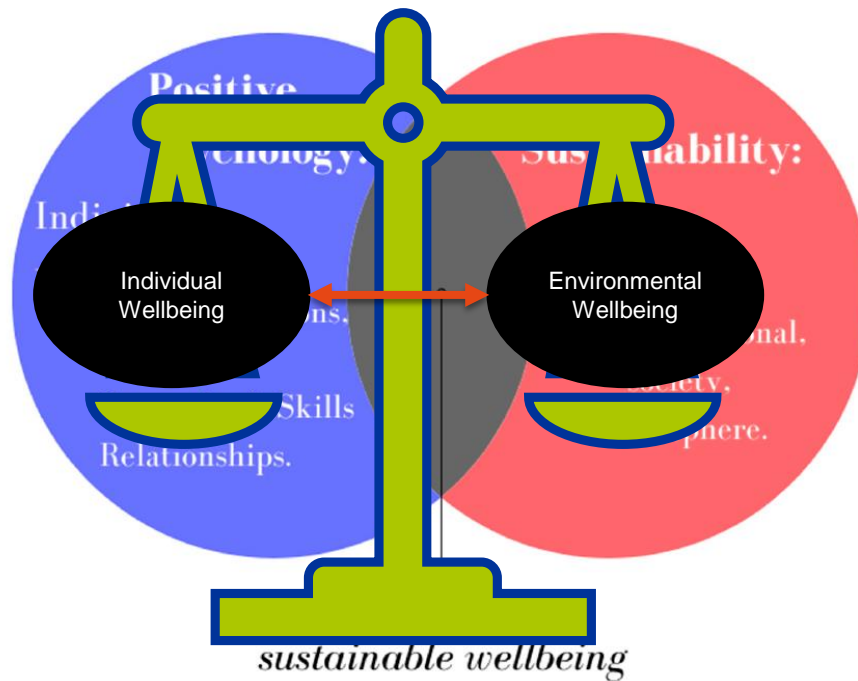
What is Sustainability?

“meeting the needs of the present without compromising the ability of the future generations to meet their own needs” (Brundtland Commission, 1987)





Sustainable Wellbeing



Conclusion

