



# INDIVIDUAL WELL-BEING



## ***ENHANCING LIFE SATISFACTION THROUGH SELF-AWARENESS, RESILIENCE, AND PURPOSEFUL LIVING***

Individual well-being is foundational to life satisfaction. Individual well-being refers to how someone feels about their quality of life. It is a broad concept embracing overall life satisfaction. This is an ongoing process of weighing life decisions and the impact of these decisions. Some use “well-being” and “wellness” interchangeably, however, wellness focuses on health (i.e., physical, mental, and social), whereas well-being extends beyond to embrace aspects of financial and spiritual life. Some refer to this as being happy and fulfilled, all achieved through finding a “life balance.”

Individual well-being is subjective and very personal to the individual. It is continually impacted by life happenings, and our ability to locate essential information, identify choices, weigh options, make selections, and act. Previous experiences can influence the ability to tackle life events. Several factors can influence the sense of well-being, such as loss of, or improved physical abilities; lack of, or access to financial resources; and the impact of those who are within one’s inner circle who influence one’s decisions, such as peers, family members, and community members.

Spiritual well-being is having a philosophical understanding, accepting personal responsibility, and being environmentally sensitive. Further, it means spending time defining personal values and ethics and making decisions that complement them, being open to diverse cultures and religions, spending time alone in personal reflection, and engaging in spiritual activities.

Healthy families are formed when individuals come together, bringing their perspectives and the positive aspects of their well-being. These aspects collectively impact the well-being of the group. Individuals experience developmental processes, life stages, and challenges that can impact the well-being of other family members both positively and negatively. Family members can support one another to assist in creating a sense of fulfillment and happiness, but challenges can happen if members are struggling with their individual well-being. This is where outside support systems can help to balance the family by addressing the needs of its members.

Healthy communities are built on shared interests and connections, where individuals take ownership to care for and about one another. Actions within healthy communities are typically organized to benefit the common good, with a shared moral and ethical culture passed down through generations. Such communities nurture the well-being of individuals and families, often creating social groups that resemble extended families and thus a positive community well-being.

Family and Consumer Sciences aims to enhance individual well-being, as stronger families and communities depend on individuals continuing to grow and develop. Emphasis on individual well-being is a key outcome for Family and Consumer Sciences. Strengthening families and communities relies on individuals maturing as they experience life. Creating change in families and communities happens by impacting one individual at a time.