



LIVING  
WELL  
TOGETHER

# HEALTH & WELLBEING THEMATIC SUMMIT



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WELL  
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# Catherine Murnin

## The Wellbeing Pathway

*Wellbeing in our Communities:  
What do Healthy Communities look like?*

# Before we start .....

- Me & My Experiences
- You & Your Experiences
- Reflections without judgement
- Change is the only certainty

# Health and Wellbeing

Wellbeing is a positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions

Wellbeing encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose

(World Health Organisation)



# Community

Community is not a place, a building, or an organisation

Community is both a feeling and a set of relationships among people

Members of a community have a sense of trust, belonging, safety, and caring for each other

(Stanford University)



# Take 5!



# Conversations .....


- SARAH
  - KASHIK
  - MARIA
  - DAVID
- 

# Conversations.....

- I wish I could .....
- There's no point .....
- Not long to go until .....
- I'm scared .....
- It's too hard.....
- I'm exhausted .....



# Long term Stress and Trauma

- Our Nervous System
  - Our Relationships
  - Our Behaviours
  - Our Decision Making
  - Our Health and Wellbeing
- 

# Michael's community

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# Leadership

- It's not about us but it starts with us
- Our Values and Behaviours
- We can't start a fire without a spark
- Who is not at the table and why?
- Fear and Courage can go hand in hand
- Are we asking the right questions?

## Mirror Neurons



We are a social species.  
Our neuroception is  
attuned to the state of  
other mammals.  
We often subconsciously  
mirror or match the  
survival states of others  
around us.

In a herd, if one animal senses danger, the entire group becomes more alert, which increases the chances of survival for the whole group. Calmness, safety, and a sense of wellbeing are also contagious.

Trauma Geek

**What does October 2033  
look and feel like for our  
communities?**

**How will you play your  
part?**