

Wellness through the Generations

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Who am I?



- 1 Wellbeing and Mental Health Consultant
- 2 Trainer and Facilitator. -12 Years
- 3 Podcaster.
- 4 Best Selling International Co –author.

What does wellness mean to you?



What words come to mind when we talk about wellness?



A (very) brief History of Wellness in the Uk

— Archibald Johnston 1654







"I bless God for my daughter's wellness"

— The Oxford Definition

"A condition obtained when a person achieves a level of health that minimizes the chances of becoming ill. Wellness is achieved by a combination of emotional, environmental, mental, physical, social, and spiritual health."



The Industrial Revolution 1760-1900

-  Industrialization
-  Shift from rural to towns
-  Shift from steam to electricity
-  Urbanization
-  Planning and layout- parks, open spaces, bigger windows
-  Victorian approaches



SANITATION conferences 1851 - 1948



Urbanization and poor housing



Led to rises in epidemics of TB, Scarlet Fever, Rickets, Measles and Scurvy



Cleanliness next to Godliness



Countries began to meet regularly to look at the health of nations



Agreements to share information, knowledge science to control the spread of disease

The world wars 1914-18 1939-45

Mental Health Conditions

- PTSD
- SHELL SHOCK
- PERSONALITY DISORDERS
- DECLINING HEALTH

KEEP CALM AND
CARRY ON

Build and Faith



1948 Watershead



The creation of The NHS



The creation of The World Health Organisation



The creation of The United Nations



Structures put in place to support wellness and health in UK and across the world



1961 repeal of The Suicide act

Decriminalization

The 1961 Suicide Act repealed the criminal sanctions for those who attempted suicide

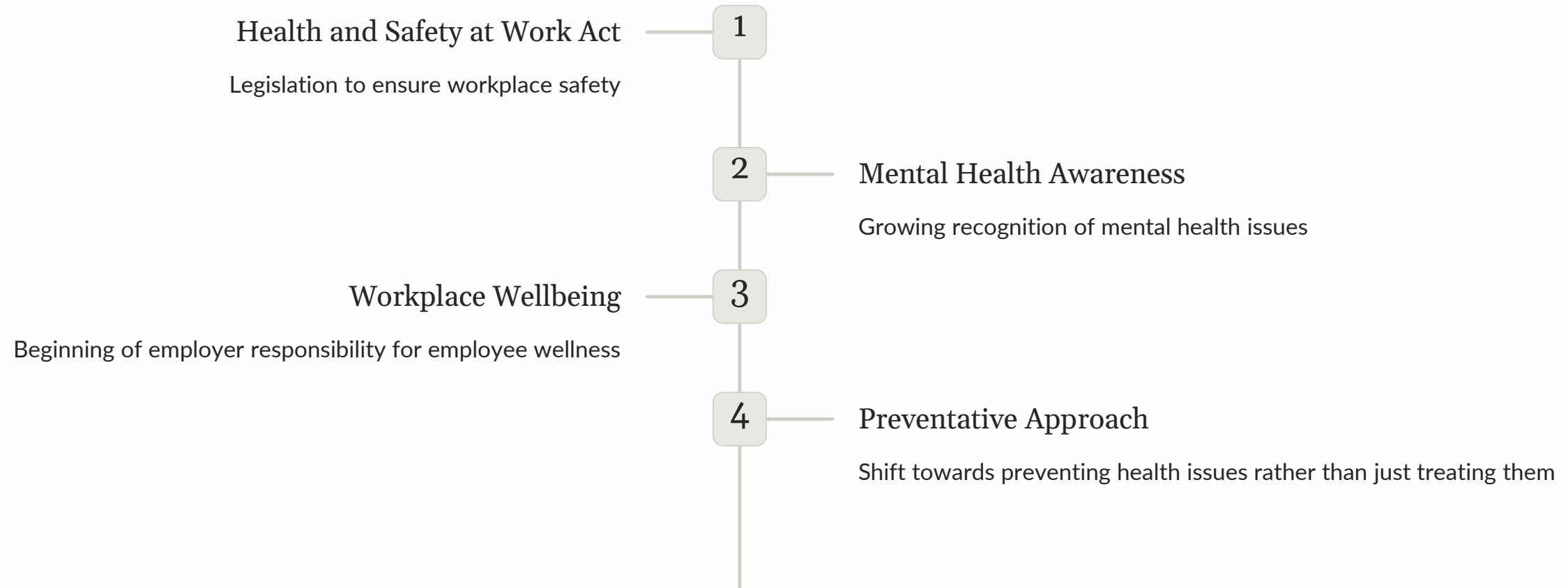
Mental Health Recognition

Acknowledged suicide as a mental health issue rather than a criminal act

Support Focus

Shifted focus from punishment to providing support and treatment

1974-75



1980'S TO 2000'S

- 1 Changes in society focus on capitalism
- 2 Focus on Fairness, equality, diversity welfare and wellbeing.
- 3 Popular psychology
- 4 Development of Housing Associations





LIVING IN A POST PANDEMIC WORLD

Wellbeing challenges



- Focus on Technology
- Isolation versus Collaboration
- The need for effective communication structures
- Creating Spaces of psychological safety.
- Building Wellbeing resilience to cope with internal and external pressures
- Reviewing approaches to wellbeing support to ensure embedment
- Reviewing policies and procedures to ensure wellbeing support is maintained
- Giving staff time to ensure good work/life balance



Thank You
Question Time