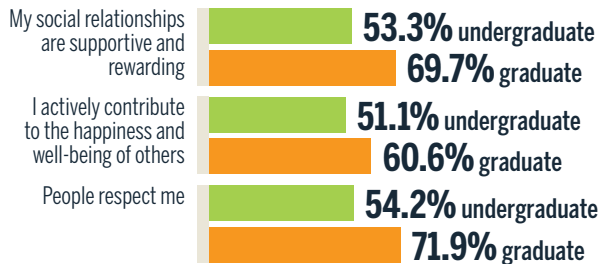


# Psychological Well-being

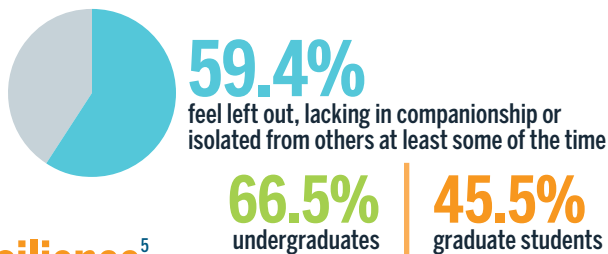
**Psychological well-being** is a broad concept that describes the way individuals think and feel about their lives in multiple areas, including the quality of their relationships, positive emotional experiences, sense of meaning and purpose, ability to cope with challenges and overall satisfaction with their lives.<sup>1</sup>

## Relationship Quality

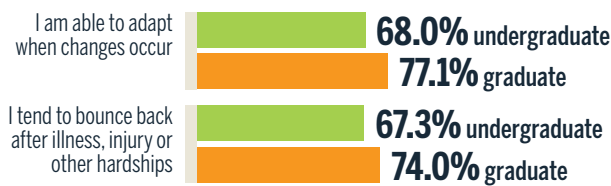
### Interpersonal Relationships<sup>2</sup>



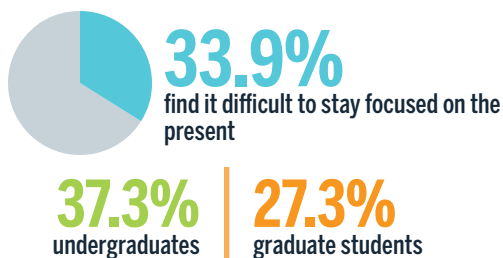
### Loneliness<sup>3</sup>



## Resilience<sup>5</sup>

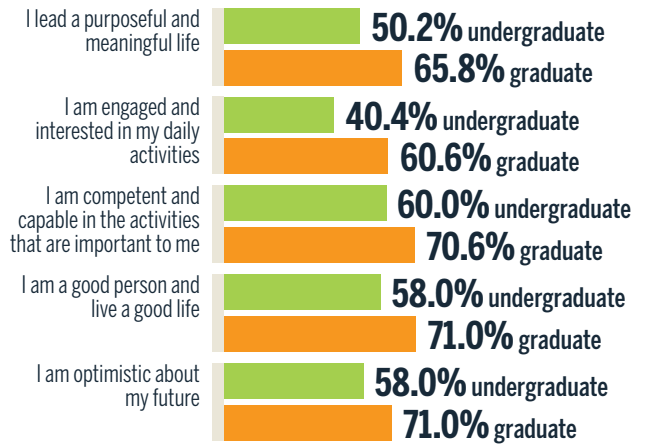


## Mindfulness

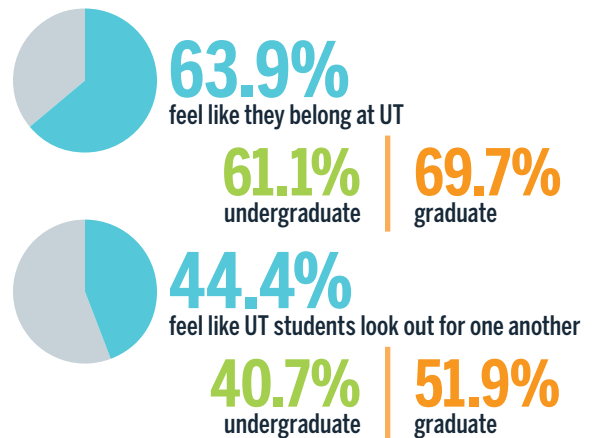


## Positive Emotional Experiences

### Sense of Purpose and Optimism<sup>2</sup>



### Sense of Belonging<sup>4</sup>



<sup>1</sup> Centers for Disease Control and Prevention: Well-being concepts. [cdc.gov/emotional-wellbeing](https://www.cdc.gov/emotional-wellbeing)

<sup>2</sup> Diener E, Wirtz D, Tov W, et al. New measures of well-being: Flourishing and positive and negative feelings. Soc Ind Res 2009;39: 247-66.

<sup>3</sup> Steptoe A, Shankar A, Demakakos P, Wardle J. Social isolation, loneliness, and all-cause mortality in older men and women. Proc Natl Acad Sci USA 2013;110(5): 1-5.

<sup>4</sup> American College Health Association National College Health Assessment. [acha.org/NCHA](https://www.acha.org/NCHA)

<sup>5</sup> Vaishnavi S, Connor K, Davidson JR. An abbreviated version of the Connor-Davidson Resilience Scale (CD-RISC2), the CD-RISC2: Psychometric properties and applications in psychopharmacological trials. Psych Res 2007;152(2-3):293-7.