

# Why Should Higher Education Promote Psychological Well-Being? \*

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According to recent research, our students and faculty should be much more likely to have:

- *A longer healthier life*
  - *A stronger immune system with fewer colds, strokes & inflammation*
  - *Faster recovery from major diseases*
  - *Increased resilience & capacity to deal with stress & pain*
  - *Less depression and increased satisfaction with life.*
  - *A broader scope of attention and awareness*
  - *Increased creativity and cognitive flexibility*
  - *Better social support*
  - *Deeper & more stable close relationships*
  - *An increased capacity to adapt, change and grow*
  - *An increase sense of flourishing and feeling fully alive*
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## Symptoms of Optimal Well-Being

### Well-Being: Emotional States

- Regularly cheerful & in good spirits
- Interested in life & has a zest for living
- Calm & peaceful
- Satisfied with life overall
- Satisfied with family life
- Satisfied with work life
- Satisfied with close relationships

### Well-Being: Psychological States

- Seeks challenges, is growing & developing
- Sees purpose, meaning and direction in life
- Has skills & knowledge to select & manage the environments of daily life
- Is internally guided by socially accepted standards & values
- Can form warm, trusting close relationships
- Has self-knowledge & awareness and is self-accepting

### Well-Being: Social Functioning

- Acknowledges and embraces human diversity
  - Has faith in human groups, believes communities can grow positively
  - Regularly contributes to collectives and feels useful
  - Finds social life to be meaningful, coherent and intelligible
  - Belongs, is supported and comforted by a community
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\* Taken from Keyes, C. (2007). Promoting and Protecting Mental Health as Flourishing: A Complementary Strategy for Improving National Mental Health. *American Psychologist*, 62 (2), 95-108.