

# Meaning Conference 2021: Summit on Mental Health - Introduction

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1. Widening income gap.
2. Accelerated change.
3. Secularization and materialism.
4. Urbanization and loneliness.
5. The unravelling of family.



# The worst of times may be the best of times.

- The good news is that the darkest moment of loneliness, helplessness and despair may compel us to search for meaning and discover what has been missing in our life all these years.



The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

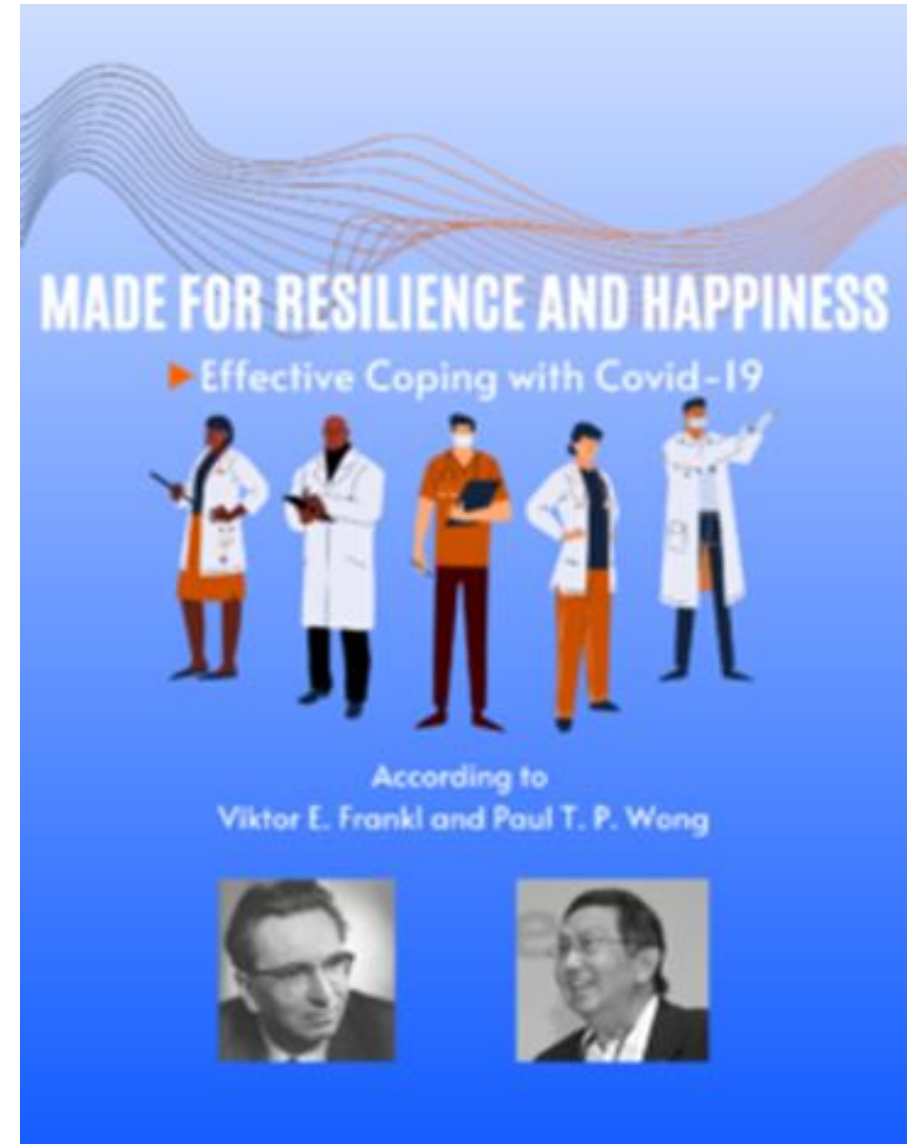
— *M. Scott Peck* —

AZ QUOTES

# The biggest untold story in positive psychology

- The biggest untold story in positive psychology: Suffering terrifies millions, but true happiness is unattainable without it.
- Available for free from:

<https://www.free-ebooks.net/science-textbooks/Made-for-Resilience-and-Happiness-Effective-Coping-with-Covid-19-According-to-Viktor-E-Frankl-and-Paul-T-P-Wong>





# The Golden Triangle

- The Golden Triangle of innate motivation for connections with one's true self and calling, with other people, and with God or a higher power.

## The Self-transcendence Paradigm of Global Wellbeing & Flourishing

The golden triangle of mental health and wellbeing is about how to live a meaningful life through expanding one's innate capacity for connections in 3 life domains in spite of hardships.

**FAITH**  
*(Spirituality)*

Connecting with God, a higher power, or nature by transcending doubts and disbelief.

**HOPE**  
*(Agency)*

Connecting with one's soul, calling, or authentic self by transcending one's limitations and egotism.

**AGAPE**

**LOVE**  
*(Communion)*

Connecting with others and loved ones by transcending relational conflict and frustrations.

# The Iron Triangle

The Iron Triangle of summoning up one's courage to:

1. Face the horrors of life,
2. Accept the dark side of human existence, and
3. Transform all painful experiences into triumphs.



# The 7 spiritual laws of caring for your soul

1. The law of loving life and growing through transcending developmental challenges.
2. The law of seeking wisdom through transcending ignorance and biases.
3. The law of loving and forgiving through transcending isolation and conflicts.
4. The law of gratitude and appreciation through transcending boredom.
5. The law of faith to face obstacles and oppositions with courage.
6. The law of conscience of doing the right thing and pursuing one's ideals.
7. The law of devoting oneself to something greater and more valuable through transcending egotistic and materialistic concerns.





## LIFE AFFIRMATION TEST

Down through the ages, human beings need to believe in something in order to survive and thrive the tough times. What are your beliefs? Can you say "Yes" to any of the following 10 beliefs?

- |  |           |
|--|-----------|
| 1. Every life has intrinsic value and is worth saving.                       | Yes or No |
| 2. As long as there is breath, there is hope.                                | Yes or No |
| 3. I was born for a purpose.   | Yes or No |
| 4. If I believe that life is worth living, I will find meaning and purpose.  | Yes or No |
| 5. I can create some value in my life, if I put all my heart and soul to it. | Yes or No |
| 6. I have the innate capacity to learn and grow.                             | Yes or No |
| 7. I have the freedom and responsibility to create a better future.          | Yes or No |
| 8. My life matters, especially to those who love or depend on me.            | Yes or No |
| 9. Even in hopeless situations, I can still cry out to God for help.         | Yes or No |
| 10. Even the worst storm will pass, if I endure it patiently.                | Yes or No |