

A Relativity Theory of Sustainable Wellbeing

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Recognized as a Pioneer in the existential positive psychology (EPP) of suffering, he has made important contributions to quest for meaning, self-transcendence, death acceptance, successful aging, existential suffering, and palliative care.

Overview

1. An alternative to the medical model
2. A new conception of mental health and mental illness
3. A new paradigm of EPP as a framework for sustainable wellbeing
4. How to implement the new EPP paradigm
5. Conclusion



1. The current mental health crisis demands a rethink beyond the medical model.

Total Wellness Challenge Involving Bio-Psycho-Social-Spiritual Processes

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1. The current mental health crisis demands a rethink beyond the medical model.

JUST AS

Good Food



Clean water



Clean Air



ARE ESSENTIAL FOR PHYSICAL HEALTH,

Meaningful Work



Loving Relationships



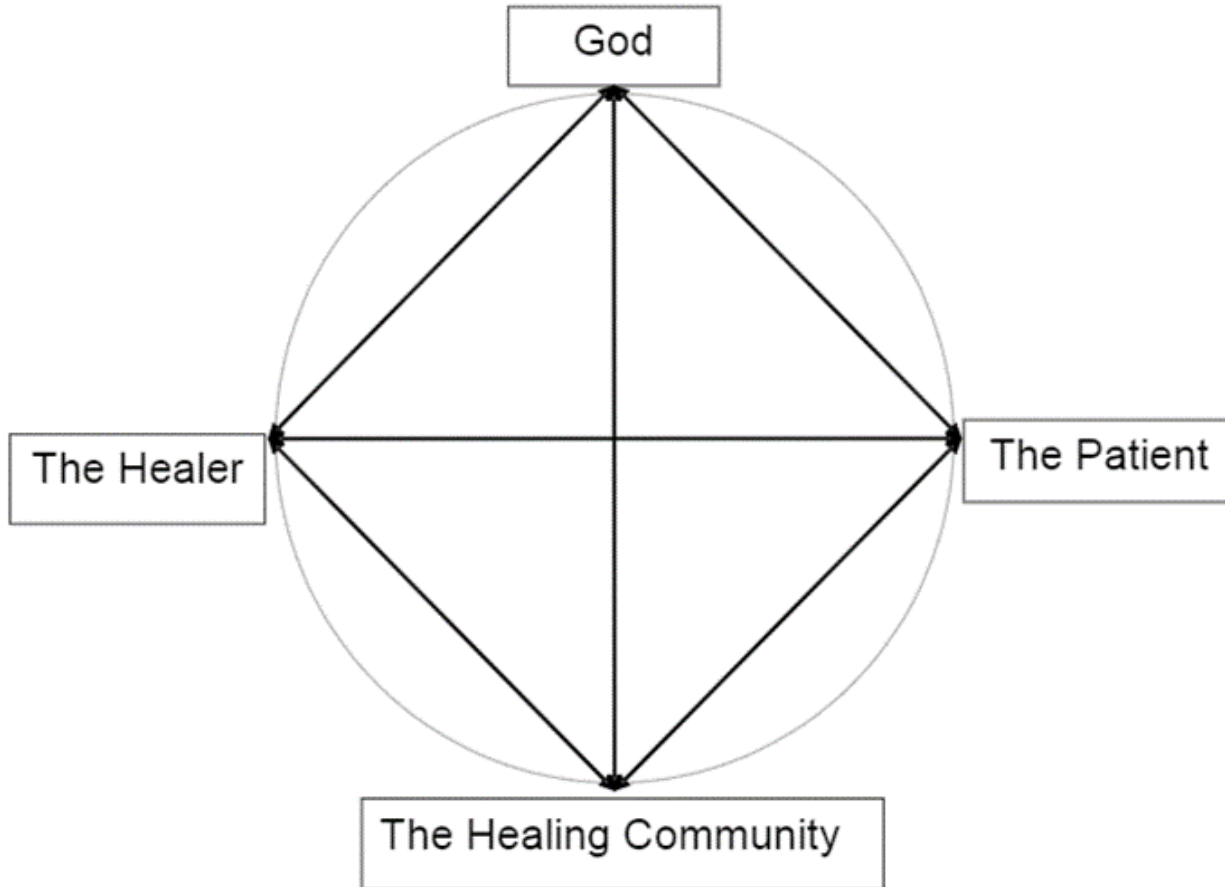
Spiritual Faith



ARE ESSENTIAL FOR MENTAL HEALTH.

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2. A new
conception of
mental health and
mental illness

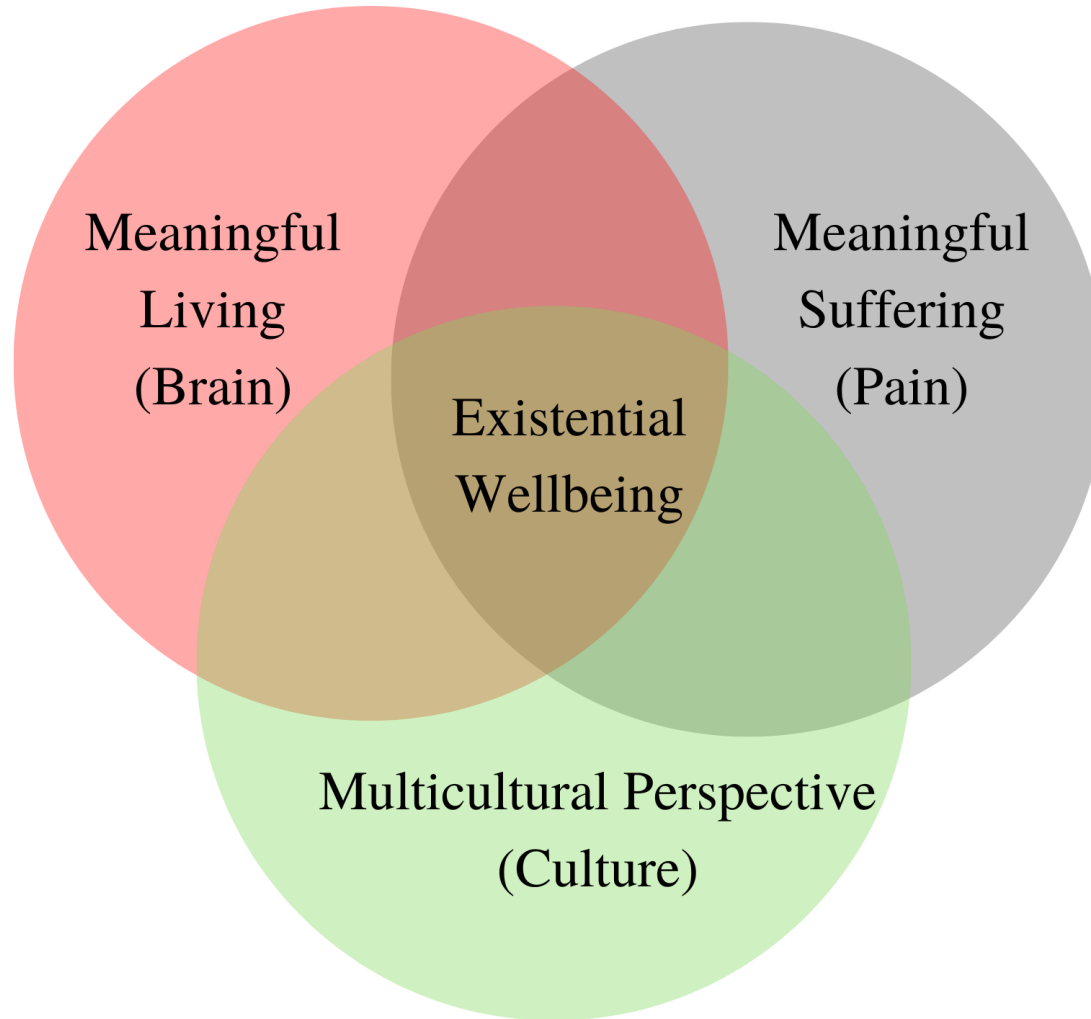


The Healing Wheel

(From Wong & Yu, 2021)

An Existential Positive Psychology Framework for Global Flourishing

Wisdom of the Soul and Yin-Yang Integration



A Holistic Model:
A meaning-centered
approach to mental
health

Sustainable existential wellbeing
as the core of global flourishing

A Holistic Model: A meaning-centered approach to mental health

1. Meaningful living
2. Meaningful suffering
3. Meaning of Love in a global village.

Leads to Existential Wellbeing (EWB) and positive mental health

Existential Wellbeing (EWB)

- “The total wellbeing or quality of life characterized by inner peace, joy, and harmony, resulting from both overcoming the dark side of life and meeting one’s basic spiritual needs for faith, hope and love, through the dialectics of Yin Yang or approach-and-avoidance systems.”

3. A new paradigm of EPP as the framework for sustainable wellbeing.

1. True Positivity is Seeing or Being the Light in the Darkness by Embracing Our Brokenness
2. Re-orientation from Egotism to Self-transcendence is Necessary for Positive Mental Health
3. Sustainable Flourishing Comes from Transcending Opposites Through Dialectics

What Does the Yin Yang Symbol Mean?

Black

- Yin
- Dark
- Night
- Cold
- Weak
- Retreating
- Winter
- Passive
- Asleep
- Quiet



White

- Yang
- Light
- Day
- Hot
- Strong
- Advancing
- Summer
- Active
- Awake
- Loud

3. A new paradigm of EPP as the framework for sustainable wellbeing.

EWB: The Missing Component in Wellbeing Research

- Anderson (2014): suffering and quality are intertwined.
- Clifton (2022): increasing unhappiness or suffering is the blind spot in wellbeing research.
- EWB is based on preventing and transforming suffering as the necessary path to live a great life.

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.

AGAPE

HOPE
(Agency)

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

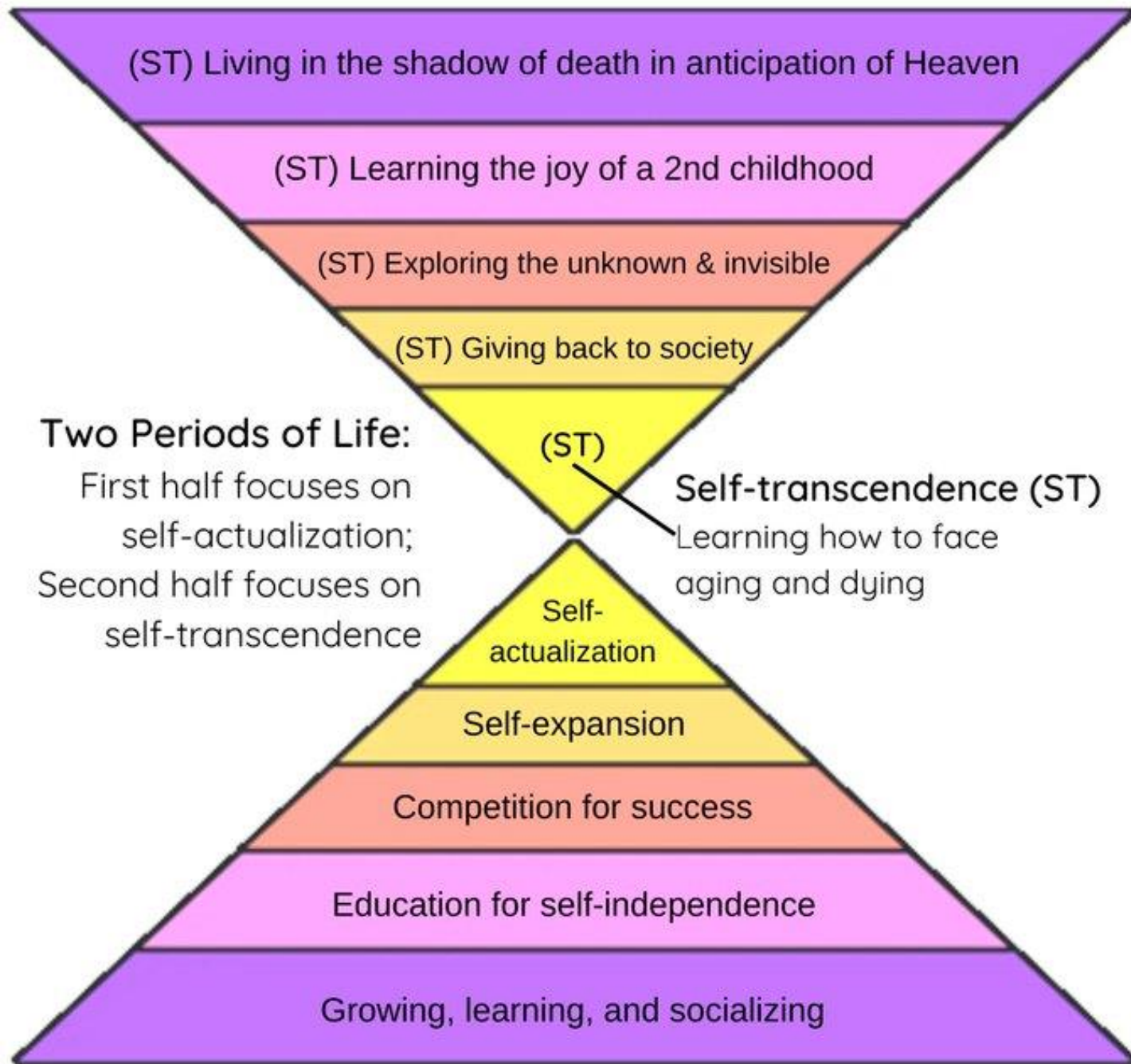
LOVE
(Communion)

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

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4. How to implement EPP and achieve sustainable existential wellbeing

- The full meaning of meaning can be understood as self-transcendence—the essence of human existence.



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“The meaning of life is to find your gift. The purpose of life is to give it away.”

— Pablo Picasso

What is the Relativity Theory?

Our ability to transcend and transform severe suffering is relative to:

1. Our willingness to have faith to pray for God's help.
2. Our awareness of the need to re-oriented away from the horizontal egotistic pursuit for happiness to the vertical spiritual approach to connect with God and serve the common good.

What is the Relativity Theory?

The concept of relativity is also the key to understanding under what conditions the new model will work.

- In times of peace and prosperity, the traditional approach to wellbeing and mental health works reasonably well.
- However, in time of high levels of disruption, trauma, or suffering, something different is needed.

12 Rules of Meaningful Living During Hard Times

1. Connect with our true self.
2. Connect with others.
3. Connect with God.

THE CONNECTED LIFE

4. Face an uncertain and risky future with courage.
5. Accept the dark side of life.
6. Transform tragedy into triumph.

THE RESILIENT LIFE

7. Be aware of one's need for change.
8. Control one's impulses & inordinate desires.
9. Determine to do the right thing & follow the right path.

THE RESPONSIBLE LIFE

10. Create a new path when is no path.
11. Imagine a better way, a better future.
12. Look up for inspiration.

THE CREATIVE LIFE

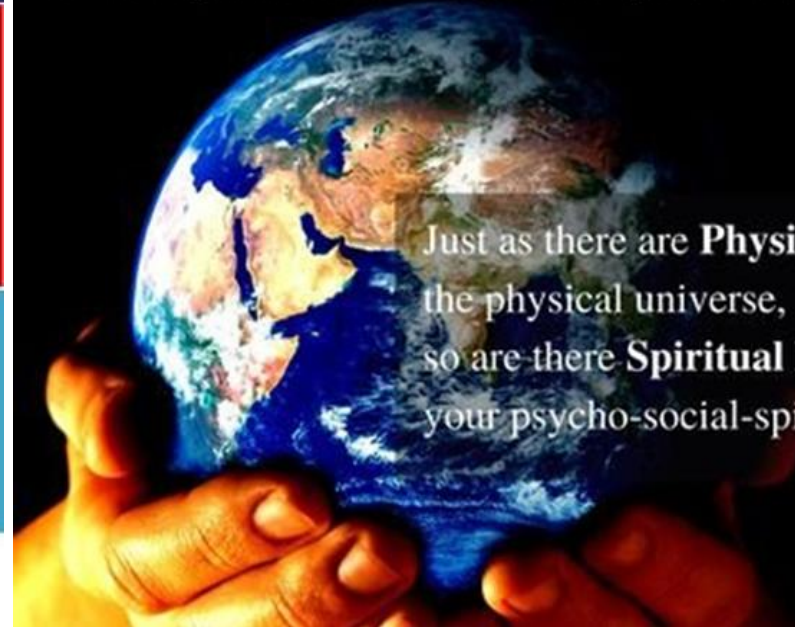
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THE 3 SPIRITUAL LAWS

that govern your relationships and contribute to your positive mental health:

- 1) **Love yourself** by staying connected with your calling and becoming what you were meant to be.
- 2) **Love others** and make a unique and significant contribution to your family, community and humanity.
- 3) **Love God** with all your heart, soul, and mind so that you can attain oneness with the Creator and his creation.

A meaningful life is the result of following the above spiritual laws.



Just as there are **Physical Laws** that govern the physical universe, so are there **Spiritual Laws** which govern your psycho-social-spiritual world.

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- (1) **Double vision** – Keep one eye on your highest aspiration, and another eye on present reality.
- (2) **Dual-systems** – maintain an adaptive balance between opposing forces through inner dialogue.
- (3) **Keep faith** – when things are beyond human control, be still and let your faith in God be your anchor.
- (4) **Be content** with what you have, but continue to improve yourself.
- (5) **Accept life** as it is but work towards a better better future.
- (6) **Have the courage** to embrace the dark side and find you light on the other side.
- (7) **Seek self-transcendence** and connectiveness with the self, with others, and with God.

Towards a General Theory of Global Wellbeing



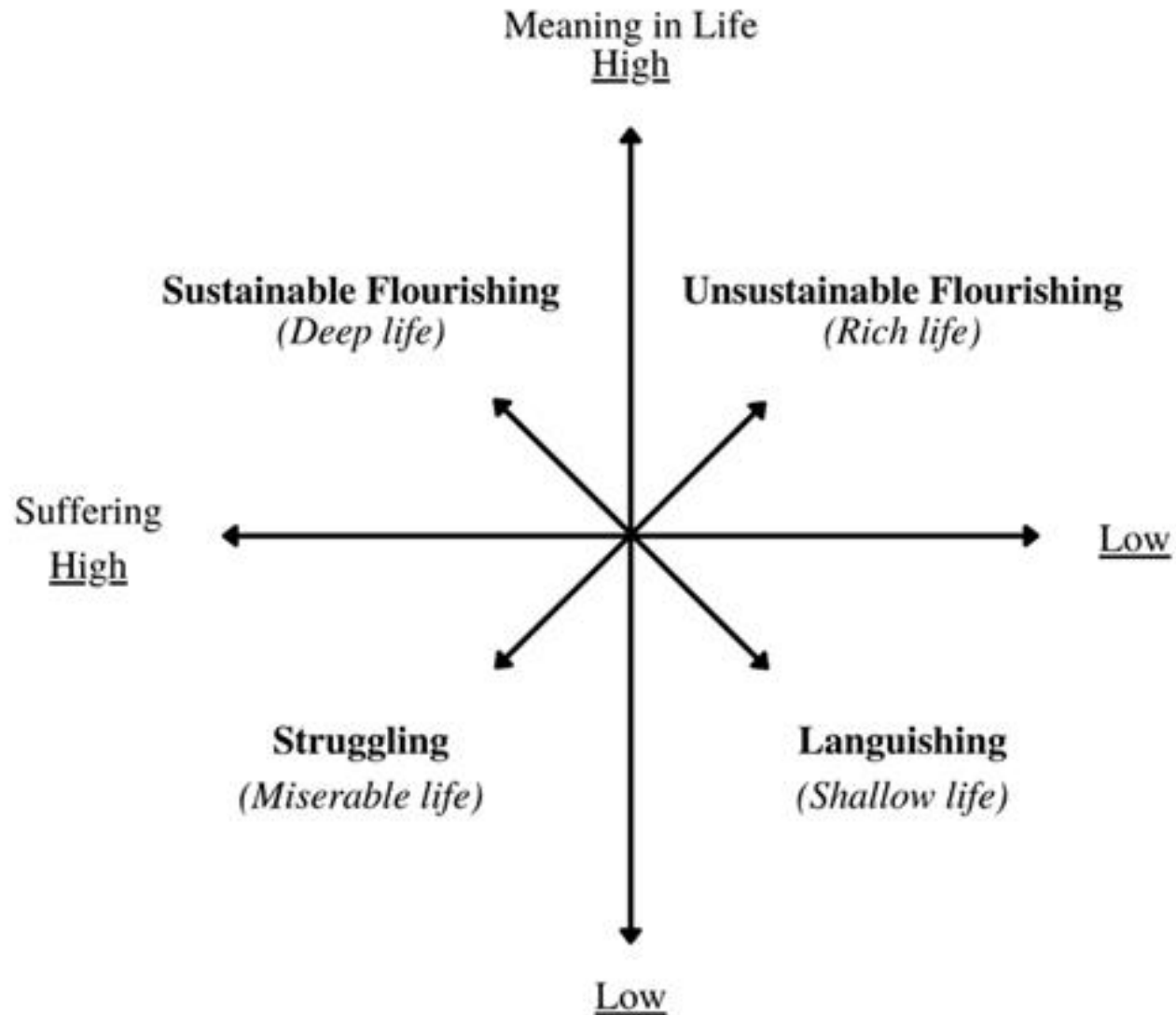
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Through levels of processing, at the deepest level, all disciplines reach the same conclusion. Through the dialectical process of self-transcendence, at the highest level, all people can reach the same awe-inspiring mystery. Through selfless sacrifice, we can serve the greatest number of people. Through holistic integrative research, we can best approximate the ultimate truth of wellbeing.

Conclusion

The Complete Model of Mental Health Based on Existential Positive Psychology

Paul T. P. Wong & Richard G. Cowden



Conclusion

Summary

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Thank you for your interest!

- For more information on Existential Positive Psychology and Existential Wellbeing, please visit www.drpaulwong.com
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