

Reflections on well-being

Koen Verbruggen

Power Shift Sweden – 9 Oct 2016

 koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>

Who are you

Background and experience
of the people in the audience

Some yes / no questions

 koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>

Who are you

1) Do you feel something is missing / wrong
in our current society ?

2) And in our social movements ?

 koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>

Who are you

3) Is well-being important to you ?
(mental and emotional health)

4) And that of your peers ?
(colleagues and friends)

5) Do you actively work towards that ?

 koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>

Well-being

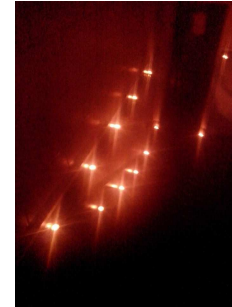


By the way,
I'm wearing
the smile you
gave me.
Hplyrkz.com



koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>

Well-being



Stems from a need

- a feeling
- an observation
- personality / values



koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>

Well-being

**Call me crazy but I
love to see people happy
and succeeding. Life is a
journey, not a competition.**

“Build someone up. Put their insecurities to sleep. Remind them they’re worthy. Tell them they’re magical. Be light in a too often dim world.”



koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>

Well-being

“The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers and lovers of all kinds”

— Dalai Lama

**Sensitive people
should be treasured.**

They love deeply and think deeply about life. They are loyal, honest, and true. The simple things sometimes mean the most to them. They don't need to change or harden. Their purity makes them who they are.



koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>

Well-being

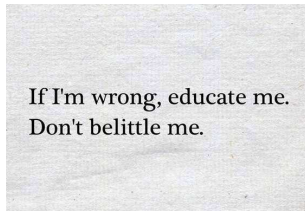
Complementary / counter-balance

- “bad things” we want to change
- rushing for next task / deadline
- appreciation, not only complaints / criticisms
- mind people and process, not only “product”



Well-being

**Educating the
mind without
educating the
heart is no
education at all.**
Aristotle



Well-being

Small things make a world of difference

- A human touch can go a long way
- Kindness and understanding and effort



Well-being



Well-being

“The strongest drug that exists for a human is another human being.”

— Unknown

I think one of the greatest feelings in the world is when someone openly tells you how much you mean to them. stuff like that is so rare.

 koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>

Well-being

Part of goal AND road



**Be good to
people for
no reason.**

 koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>

Well-being

Together

IS A BEAUTIFUL
PLACE TO BE

 koen@mind-heart-soul.org
<https://blog.mind-heart-soul.org>