

The MONASTERY



Wellness Descriptors

As part of The Monastery's development of a Wellness Journal for work with women there has been significant exploration of the various descriptors of wellness.

We have referenced the Declaration of Human Rights (1948), the Ottawa Charter (1986), Maslow's Hierarchy of Needs, Positive Psychology (Martin Seligman), the Recovery Model, the medical model of disease and a range of other readings and models.

This following is a brief summary of wellness descriptors as defined by the above and as applicable to The Monastery.

Wellness is:

- defined by the individual and is affected by internal and external factors including background, personal experience, self-knowledge and awareness of their potential
- on a continuum, changes throughout life and can always be improved
- maintained by attending to all the life domains including:
 - physical
 - emotional
 - spiritual
 - cultural
 - social
 - mental

Choice and hope are fundamental to wellness as are adherence to the human rights of:

- dignity and worth for each individual
- freedom of speech and expression of self
- freedom from fear and want
- justice and peace
- universal respect
- safety
- rest and leisure
- education
- connection to land and culture
- family choices
- living with information.

We believe that a violation of human rights for individuals and groups within society, leads to being unwell. The Monastery addresses each aspect of these rights through our program, character values and beliefs of our service philosophy.

Positive Psychology states that to be happy an individual needs:

- positive experiences
- positive individual traits
- positive institutions working in harmony.

At the Monastery we align ourselves with a basic tenet of positive psychology. We believe that in recognising an individual's particular strengths/ talents/ virtues and using them for the benefit of something greater than ourselves, brings happiness.