Mental health and wellbeing

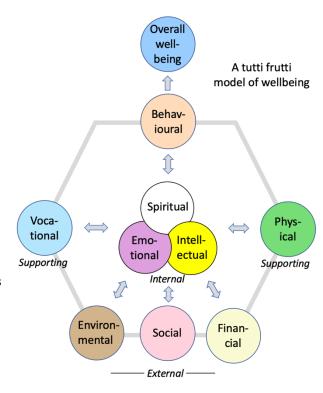
How does mental health relate to the Tutti Frutti model of wellbeing?

"Mental health includes our *emotional*, *psychological*, and *social well-being*. It affects how we think, feel, and act."

Emotional wellbeing and social well-being are included as part of the Tutti Frutti model.

For psychological wellbeing, Carol Ryff's six-factor model² is based on six factors: 1. autonomy; 2. environmental mastery; 3. personal growth; 4. positive relations with others; 5. purpose in life; and 6. self-acceptance. These six factors map to the *Tutti Frutti* wellbeing model, as follows:

- 1 = attitude;³ occupational wellbeing; social wellbeing
- 2 = environmental wellbeing
- 3 = intellectual wellbeing
- 4 =social wellbeing
- 5 = occupational wellbeing; spiritual wellbeing
- 6 = attitude



So, "mental health" appears to span seven of the eight wellbeing types.

The missing type is financial wellbeing. In this case, O'Rellly (2013),⁴ in a review of the Gallup Press book, *Wellbeing: The Five Essential Elements*, wrote:

"There's a direct correlation between wellbeing and Gross Domestic Product (GDP). In other words, people who live in countries with high GDP have a significantly greater chance of a high score on the Wellbeing index than people who live in poorer countries."

Overall, it looks like mental health is equivalent to overall wellbeing, this being a by-product of the interactions among and between the nine of other Tutti Frutti wellbeing types.

¹ CDC 2024, About Mental Health, https://www.cdc.gov/mentalhealth/learn/index.htm, accessed Aug 10th, 2024; Substance Abuse and Mental Health Services Administration 2023, What is mental health?, https://www.samhsa.gov/mental-health, accessed Aug 10th, 2024

² Ryff CD & Keyes CL 1995, The structure of psychological well-being revisited, *Journal of Personality and Social Psychology*, vol. 69, no. 4, pp, 719–27, https://doi.org/10.1037//0022-3514.69.4.719

³ Attitude is an aspect of behavioural wellbeing

⁴ O'Reilly N 2013, Wellbeing: The five essential elements, *The Journal of Positive Psychology*, vol. 8, no. 2, pp. 174–176, https://doi.org/10.1080/17439760.2013.765502