

Well Being In the Nation

Starting Conversations in Your Community

Well Being In the Nation (WIN) looks to the leadership of people in places across the country who confront challenges to enrich health and well-being for everyone. We know that profound and important changes can start with a single conversation.

What are we doing now—or what could we do—to secure the vital conditions for well-being, both for ourselves and for future generations?

None of us can achieve our full potential without vital community conditions:

- Basic needs for health and safety
- Lifelong learning
- Meaningful work and wealth
- Stable housing
- Healthy environment
- Reliable transportation
- Sense of belonging and civic muscle

We have no say in how these vital conditions were shaped by people who lived in our communities before us: the legacies of previous generations are the starting points for our lives. We can, however, transform current and future vital conditions for ourselves, our families, and the next generation.

We invite you to share conversations happening in your community around vital conditions for everyone's well-being. These conversations could start at home, at work, at school, over coffee with friends, or as a way to build new relationships.

Given WIN's focus on *intergenerational* well-being, we particularly encourage finding or creating opportunities for conversations between more experienced leaders (or community elders) and youth or emerging leaders.

Regardless of where you are or who you are with, we encourage you and other participants to enter into these conversations by:

- Listening for what's true for others
- Sharing what's true for you
- Discovering what we share in common

*Interested in sharing portions of your conversations with WIN (or need help setting up a conversation)?
Contact Elizabeth Hartig at Community Initiatives to learn more: ehartig@communityinitiatives.com.*

Well-being in the Nation distinguishes two related ways of viewing health and well-being:

Personal Health & Well-Being: Individual perspectives and experiences that affect how we think, feel, and function, as well as how evaluate our lives as a whole.

Vital Conditions for Health & Well-Being: Properties of places and institutions that we all depend on to be healthy and well.

Learn more at: <https://www.WINNetwork.org>

We invite you to use and adapt the following questions for your specific context and needs.

<p>Have a shorter amount of time? Or simply want invite folks to think about intergenerational well-being and/or introduce WIN resources? Consider this set of questions.</p>	<p>What comes to mind when you hear the term well-being?</p> <ul style="list-style-type: none"> • How would you characterize our community’s well-being?
	<p>Do you believe young people here are more or less likely to experience a high level of well-being as they become adults?</p> <ul style="list-style-type: none"> • Trending up or down – and why?
	<p>What are “we” doing to create the conditions for <u>all</u> community members to participate, prosper and reach their full potential?</p> <ul style="list-style-type: none"> • What can we do to ensure a positive legacy for all of our children and grandchildren?

<p>Have time for a little longer conversation? Or perhaps this is with a group who is already working to improve their community? Consider this set of questions.</p>	<p>What comes to mind when you hear the term well-being?</p> <ul style="list-style-type: none"> • How would you characterize our community’s well-being? • Who’s thriving and who’s not thriving in our community?
	<p>Do you believe young people here are more or less likely to experience a high level of well-being as they become adults?</p> <ul style="list-style-type: none"> • Trending up or down – and why? • What are your biggest concerns for young people and future generations in this community? • What gives you hope?
	<p>What are “we” doing to create the conditions for <u>all</u> community members to participate, prosper and reach their full potential?</p> <ul style="list-style-type: none"> • What can we (e.g. our partnerships or initiatives) do to ensure a positive legacy for all of our children and grandchildren? • How do we hope the legacy of our efforts will be seen and described by future generations?

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