

What makes a good progress and well-being indicator?

Dear Treasury

I am a recent Arts graduate and never done something like this before.

My submission shall be more to add my interest in areas that I feel are relevant for gauging and building wellbeing.

It concerns me that mental health issues occurs at the rates seen in some reports. As wellbeing and mental health are so aligned here are some comments which may directly relate to enhancing mental health.

- How bio philic work places are or are not ie. less bio philic the more likelihood of workplace stress
- Mental and physical problems related to sedentary work styles
- Food related health issues on physical and mental health ie. more public awareness on the detrimental effects of sugar, alcohol and any all process foods. Huge health care costs related to a consuming a standard diet
- Problems related to meat consumption for people and the environment (animal agriculture being a key catalyst of climate change)
- Making workplace wellbeing programs more common in all organizations and businesses ie. vibrant people make for business health
- Making human spirituality and spiritual care a more significant feature in Australian mental health care
- Making connecting with Nature a more significant feature in Australian mental health care
- The connection between enhanced experiences of wellbeing/ human spiritual experience and an active relationship and reverence for Nature.
- How reverence, care and stewardship for Nature has many benefits ie. enhancing pro social behaviour , regenerating the land and earth that is the centre of all our lives and nurturing deeply a sense of connection to something greater than ourselves.
- Non sectarian quality of caring for Nature as a public cohesive factor or faith that all people can align with regardless of religion as driver for personal and planetary change in a positive way.
- We can all believe in the planet that sustains us all in all ways. A sound basis for cultivating higher human emotions such as reverence, love, awe, respect, reciprocity, wonder, compassion= 'world peace'
- Having more public health initiatives around the efficacy of eating a vegetarian whole food plant based diet not only to address many common health conditions but that this diet is better environmentally and socially ie. sharing common resources more equitably and sustainably

- More education in the public about how people can live more ecologically aware way of life
- Much much better recycling of all things= no land fill as all can be recycled ultimately
- How a waste and disposable culture disconnects us from Nature and thus from ourselves and each other.
- A deeper appreciation within the economy that knows, sees and acknowledges in all ways that Nature is the one and only source of all the economy makes, creates and sells. Nature has always freely given the resources that are then 'sold' within the 'economy'. More mainstream ideology around Nature beings our absolute centrepiece without which there is no economy
- More public awareness on intergenerational justice regards ecological common resources. It is our duty to hand the planet resources to the future people.
- More connection for White Australians to their/ our indigenous heritage for the sake of spiritual orientation and nature reconnection.