



Talk about it!


- Courage
- Joy of life
- Meaning of life

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What is Existential Health?

- How you look at life determines your ability to deal with adversity and take advantage of life's joys.
- Existential health is about how you think, feel and act in your life. Good existential health gives you a buffer that makes it easier to face difficulties, courage to face challenges and greater opportunity to enjoy life's joys.

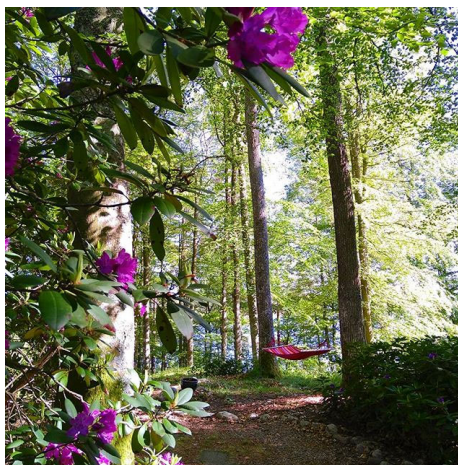


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What is Existential Health?

- Whether or not one has good physical and mental health, we can sometimes feel fragile and vulnerable.
- Existential health is about how you view your opportunities in life and how you deal with crises. Some people live with many needs and deficiencies but still think life is meaningful. Others seem to have it all, both physically and mentally, but still find it difficult to feel joy in life.

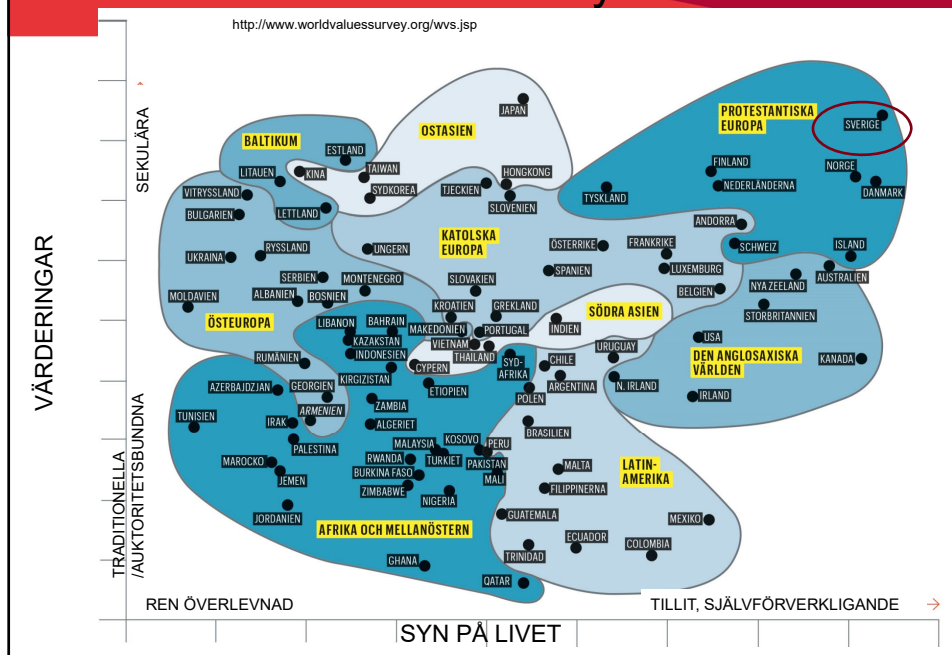


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World Values Survey: kulturkartan




There is an oft-cited international study called the World Values Survey that presents data on a so-called culture map.

The lower horizontal axis measures view of life: From (left) pure survival ---- to (far right) quality of life, trust and self-realization. The further right a country sits, the more important is the freedom of the individual.

The vertical axis measures values: From traditional religious conceptions and respect for authorities (bottom)---- to secular and less authority-bound values (top).


The Nordic countries are at the top right. The map shows that Sweden in particular differs markedly from other countries. Swedes are described as people who want to be both socially and financially independent. We are the world's most individualized and secularized country.

There are positive aspects to this independence: we are curious and take care of ourselves. However, self-centeredness and freedom can also create loneliness. Sometimes one may refer to this culture map to explain why people are not feeling well in our country.

In health care, existential health becomes especially relevant, both for those in need of care and for those who provide care.

The idea is that our own consideration of the existential issues makes us better equipped to meet the patient's needs as well.



The World Health Organization (WHO) lists eight essential elements for good existential health:



Åtta teman för existentiell hälsa

- Harmoni och inre lugn
- Upplevelse av sammanhang
- Existentiell styrka och kraft
- Tillit som livskraft
- Meningen med livet
- Upplevelse av helhet
- Upplevelse av förundran
- Förhoppning

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Essentials For Good Health

- Harmony and inner peace
- Experience of belonging
- Existential strength/power
- Trust as a life force
- Meaning of life
- Experience of wholeness
- Feeling of awe and wonder
- Hope ←

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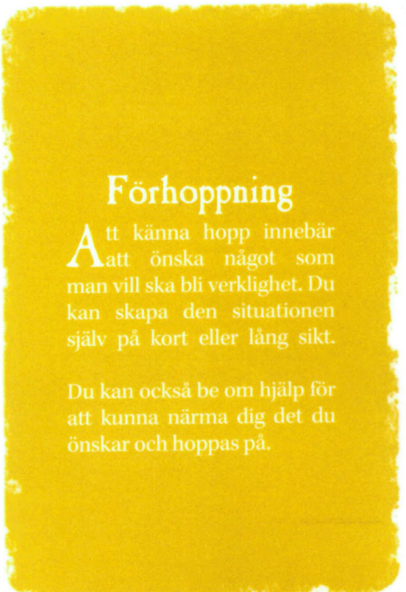
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We reflect around

- Thoughts
- Feelings
- Actions

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Hope

To feel hope means to desire something that you want to become a reality. You can create this situation yourself in the short or long term.

You can also ask for help to achieve what you want and hope for.

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Tanke
*Vad hoppas du på,
på kort och lång sikt?*




Thoughts

What do you hope for in
the short and long term?








Känsla
*Hur känns det när du
tänker på det du hoppas på?*


*Om du tänker tillbaka, hur minns
du att det känns när någonting
blir som du önskar?*



Feelings

How does it feel when
you think about what you
hope for?

If you think back to the past,
how do you remember feeling
when something you hoped
for came true?



Handling


Vad är det första konkreta du kan göra för att närma dig det du hoppas på?

Vad skulle du behöva för att kunna behålla ditt hopp?

Actions

What is the first concrete thing you can do to get what you hope for?

What do you need to keep your hope alive?



Your reflections!

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Quote from encounter group - patients

- "It's nice to shift focus from my sickness to my health."
- "Listening to each other has given me new insights and ideas. I thought I was the only one who felt this way."
- "By talking about mental illness I feel less ashamed."
- "When I hear myself talk, I begin to understand why I'm having a hard time right now."

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Quote from conversationgroup - staff

- "Finally, the existential dimension is beginning to find its way into healthcare. These issues are a major part of a person's life and affect their health to the greatest extent. Big THANKS for this course !!!"
- "Something everyone had to go on. Rewarding for one as an individual. Benefits for patients."
- "Important issues to address both for myself and for my work. Is about the life that affects the mental feeling. Need to be talked about in health care to reduce mental illness in the long term."

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Thank you for listening!



Anna-Karin Jeppsson and Thomas Sjöberg

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