



FundWell

A Swift Summary of Wellbeing Stuff for Funders

An inevitable question that comes up when discussing wellbeing is 'but what's your definition of wellbeing?'. And after engaging in many of these discussions I'm not sure there's one answer to that question. Wellbeing is highly contextual, multifaceted, and changeable. But just because we can't form one universal definition doesn't mean we shouldn't articulate contextually relevant definitions. So today's edition of FundWell is all about how different communities describe wellbeing—fully acknowledging that there are many.

We hope something here resonates, and sparks inspiration to define or describe wellbeing for your organisation or community. Give it a try. Especially in groups, achieving something can be easier once you have agreed upon what it looks like.

Be well,

Jessamyn & the Funders+Wellbeing team



Photo: Werner Holmberg - Landscape from Leppälahti in Kuru , Unfinished Modified for perspective and color correction

FundWell Essentials

- Feminist nonprofit, Frida Fund, takes an artistic approach to articulating the spectrum of [wellbeing-protecting actions](#) their team collectively strive for.
- The Finnish Ministry of Social Affairs & Health gets specific and practical about the [behaviours they encourage](#) to protect workplace mental health and wellbeing—including explicit inclusion of emotions at work.
- [Mason Durie's Foundational Principles Of Wellbeing](#) are often cited in Aotearoa New Zealand's Government. They represent a unique Māori perspective on health and wellbeing.

Talking Points: pick one and start a conversation!

- What 3 affirmations would capture your organisation's approach to protecting wellbeing? Do art, beauty, and aesthetics play a part in your definition of wellbeing?
- Does your organisation believe "emotions belong in the workplace"? Does it believe emotions belong in the nonprofit-funder relationship?
- How does the land you reside on and traverse feature in your understanding of wellbeing? What is your definition of wellbeing rooted in or to?

Words on Wellbeing

"I was so physically and emotionally burned out... that I could almost smell the smoke." [Listen to or read](#) Wanja Muguongo, queer African feminist, social justice activist, and movement builder, describing her journey from burnout to self-care.

How does your funding organisation define wellbeing? Does it support wellbeing for its stakeholders? [Reflect and share here, in the Funders + Wellbeing Survey.](#)

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