

## FundWell

*A Swift Summary of Wellbeing Stuff for Funders*

*January edition of FundWell is curated by The Wellbeing Project*

What would it look like if we truly understood how changemakers around the world are doing, not just through anecdotes or moments of crisis, but collectively, rigorously, and at scale?

In April 2026, The Wellbeing Project will launch the first-ever **State of Changemaker Wellbeing Survey**, a global effort to listen to 10,000 to 15,000 changemakers across regions, movements, and contexts. Developed in partnership with the [Center for Healthy Minds](#), the survey uses scientifically validated measures to capture both the pressures shaping social change work and the conditions that support sustained wellbeing.

This initiative goes beyond measuring burnout. It is about establishing a shared baseline that helps funders, organizations, and networks better understand the day-to-day realities of changemakers, and what shifts when wellbeing is taken seriously as part of how change is funded and supported. Over time, this will become a biennial report, strengthening learning, informing funding practice, and supporting advocacy for greater attention to, and investment in, changemaker wellbeing across the sector.

Funders play a particularly strategic role. By sharing the survey across grantee portfolios, funders can help surface honest insights, signal care for grantee wellbeing, and contribute to a collective evidence base that benefits the whole field. Several funders in our network have already committed to participating and we warmly invite others to join this shared, sector-shaping effort.

If you want to learn more about how to get involved in the State of Wellbeing Report, register to be part of our upcoming **Online Briefings** where you'll learn how you, your foundation and your grantees can be part of this important effort.

Express your interest



Photo Description: Collective Moment at the Global Health Summit, 2025 in Ljubljana

Photo Credits: The Wellbeing Project

## FundWell Essentials

### [Healthy Minds Framework](#)

A science-based model that explores four interconnected domains of wellbeing — awareness, connection, insight, and purpose — giving funders and practitioners a common language for thinking about human flourishing.


### [Wellbeing Toolkit for African Changemakers](#)


A practical set of strategies and tools designed to support changemakers' wellbeing in daily life and long-term work, grounded in evidence and practice.


### [The Possibilists Global Report](#)

A global, data-driven study exploring the lives, work, challenges, and resilience of young changemakers from 110 countries. The report highlights systemic pressures like financial insecurity and burnout alongside rising initiative creation and life satisfaction.

## Talking Points: pick one and start a conversation!

 What might change in funding practices if we had clearer, collective insight into how grantees and partners are actually doing?

 How can tools like wellbeing surveys be shared in ways that signal care and trust, rather than compliance or monitoring?

 What responsibilities do funders have when evidence shows that certain funding practices contribute to stress, precarity, or burnout?

## Words on Wellbeing

“Choosing to be curious is choosing to be vulnerable because it requires us to surrender to uncertainty. We have to ask questions, admit to not knowing, risk being told that we shouldn't be asking, and, sometimes, make discoveries that lead to discomfort.”

— Brené Brown

Looking to go deeper? Explore our [Philanthropy x Wellbeing Hub](#).

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

---

[Subscribe](#)

[About The Wellbeing Project](#)