



WELL-BEING SOCIETY CLUB

BY EMIRATES CENTRE FOR HAPPINESS RESEARCH



WELLBEING

BY WELLBEING SOCIETY

“The future is ours and we as society members want to be an inspiration for everyone by putting in all efforts in instilling a positive outlook towards our future”

WHATS NEW!

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Welcoming Message

Omar Saeed Aldhuhoori
President of the Wellbeing Society.
(WS)

It is my honor to welcome you as the president of the Wellbeing Society. The Wellbeing Society is a great platform for students based on the foundation of promoting positivity and wellbeing in the university community. Through innovative activities and events, we as a team will work together towards our goal of spreading awareness on the importance of wellbeing in and out of the University environment.

While doing so stressing on the importance and benefits of wellbeing in improving the overall productivity.

With a collective effort from my team members I will ensure that under my leadership we implement strategic plans to not only promote our societies goals but also achieve our vision.

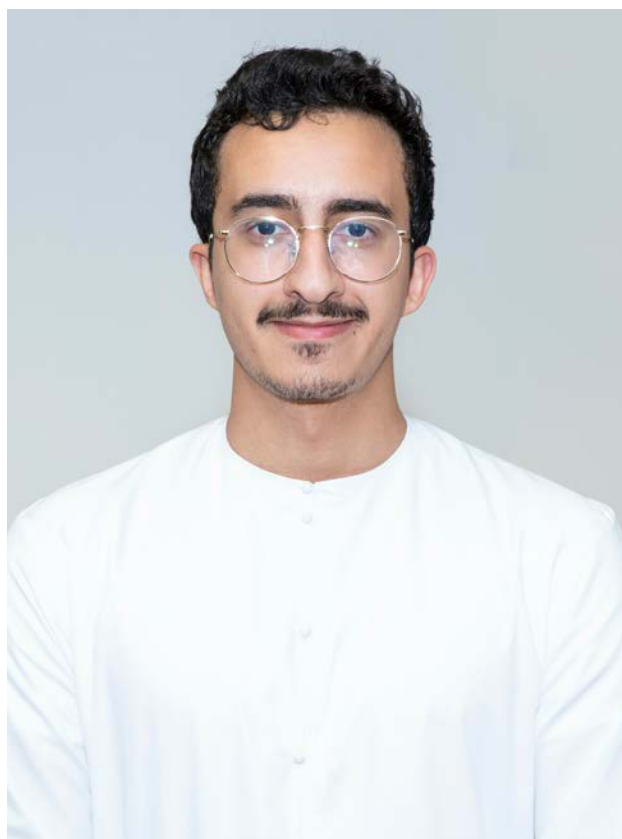


Khaled Mohammad Aun AlMarri
Vice-President of the Wellbeing
Society. (WS)

As the Vice President of the Wellbeing Society I welcome you all.

Our commitment is to put in all efforts through various initiatives through Youth activation to help achieve the goal of promoting wellbeing and positivity In the University community. The underlying foundation is utilizing the minds and Energies of enthusiastic, motivated and ambitious youth to help achieve our goals.

I look forward to playing a pivotal role in helping the society achieve its goals.



Well-being Society

The Well-being Society

Is a student body under the banner of the Emirates Center for Happiness Research which gives the students of the United Arab Emirates University a platform to bring in innovative ideas that help the center achieve its mission and goals. The foundation of this society is based on great team work and good leadership skills that helps the students collectively use their amazing skills and talents to help promote wellbeing in the University circle.

Vision

To provide innovative initiatives by the students for the students of the UAE University to lead influence and contribute to reaching the state of positive wellbeing.

Mission

To provide a platform for the students to discover their skills, talents, strengths and passions based on the desire of promoting wellbeing.

Goal

Our goals are to promote a collaborative environment, to promote the flow of fresh and innovative ideas and to encourage Inclusivity, Diversity, and Leadership opportunities.

Future Initiatives:

Our future initiatives are to go beyond the boundaries by collaborating with more societies, creating a culture of more student involvement and integration and reaching out to more people in promoting the centers vision.



UAEU WELLBEING PROGRAM

The UAEU program for wellbeing prepared by the Emirates Center for Happiness Research was presented in the Innovation week.

It aims to spread the concept of wellbeing in the University community This program introduced in the Innovation Week involved the three domains of wellbeing which were Physical Wellbeing, Psychological Wellbeing and Occupational Wellbeing.

Psychological Wellbeing

It is a term used to define an individual's emotional and overall functioning. People who report higher on psychological wellbeing tend to be more happier in their lives.

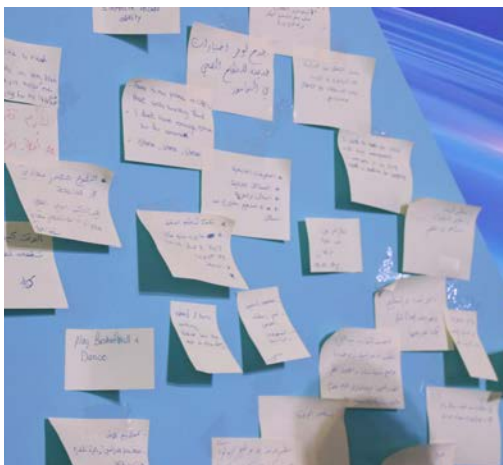
Occupational Wellbeing

It refers to all aspects of an individual's working life and how they are able to balance their professional and personal lives.

Physical Wellbeing

It refers to an ability to perform physical activities and carry out social roles that are not hindered by any physical limitation. It refers to a healthy life with healthy eating habits.

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Our Activities

WRITING LETTERS ACTIVITY AND PROPOSING A NEW NAME FOR THE SOCIETY



On 10th of February, 2020 all the team members were given the task of writing a letter for another person from the team. This letter could include gratitude and appreciation notes, inspiring quotes and future best of luck messages.

This activity was conducted to promote greater team bonding and understanding between the team members.

This activity was a great idea as it helped all the team members know each other much better.

It also promoted good writing skills and imaginative and positive thinking. I really liked this activity although I found it hard to write a letter to my friend as I found it hard to find words to thank and appreciate a person so near and dear to me.

It was not only me who felt this way but all the other team members also really appreciated this idea as this gave them a chance to express their gratitude and feelings towards those who were really important in their lives.

By the end of this activity all the team members seemed to be very excited to take their letter back home and share with their families. Also, there was a greater sense of belonging and friendship seen between the team members by the end of this activity

Proposing a new name for the society

Having a new name for the society was a great task for all the society members. After having discussions and having suggestions from all the board members the name of the society was changed to the "Wellbeing Society".

The foundation of this name is based on having a student body which will promote wellbeing focusing especially on the three domains of psychological, physical and occupational Wellbeing.

WORKSHOPS

UAEU INNOVATION WEEK
 FEBRUARY 3RD - 2020 , MONDAY



Amongst the many workshops presented in the Innovation week arranged by the Emirates Center For Happiness Research at the United Arab Emirates University the most interesting one was on **"Quality of Life"** presented by Mr. Ammar Al-Muaini.

In his workshop Prof. Ammar shed light on some really interesting facts on how to improve the quality of life and not to give up into any unfortunate situations or circumstances one is experiencing. He stressed a lot on being patient and having the passion to achieve whatever one aspires to achieve. He also talked about the five rules of life which if followed by anyone would lead to a more happier life. He stressed a lot on not getting overwhelmed by any challenges one experiences in their life but to learn from them and not to repeat the mistakes in our future. Every experience in our life teaches us a lesson and we need to learn that lesson.





WORKSHOPS

UAEU INNOVATION WEEK
FEBRUARY 4RD - 2020 , MONDAY



This workshop presented in the Innovation lab was a great step to changing my perspective and outlook towards my life. The workshop was started with a really interesting question asked to the audience "What makes you happy?" This question greatly sparked my curiosity into what happiness means to me and after thinking a little I realized that my family makes me happy.

My family is the true happiness in my life. This workshop helped me get a greater insight into the field of happiness and wellbeing. We were also asked the question regarding our sleep patterns and how many hours do we dedicate to our sleep. I realized that I sleep only for 4 hours which was not healthy.

To have a peaceful mind and a healthy body it is very necessary that a minimum eight hours should be spent in sleeping.

At the end of the workshop I ended up promising myself that I will bring about a positive change in my lifestyle and sleep adequately to lead a healthier life.

On 4th February, 2020

Mr. Saeed Aldhuhoori

presented a workshop

titled

"Live the Moment"

as part of the

Innovation Week held

by the United Arab

Emirates University.





Attending the workshop on the 10th of February **“From Happiness to Well-being”** in the Dubai Future Academy by Dr. Tayyab Rashid (Clinical Psychologist at the University of Toronto) was both insightful and stimulating.

Dr. Rashid came all the way from the University of Toronto Scarborough to shed more insight on the meaning of happiness and well-being through an interactive workshop seminar hosted in the ambient confines of Dubai’s 3D printed Future Academy rooms. This workshop was attended by the students and faculty members of the United Arab Emirates University.

UAEU students in the Happiness and Well-being club took it upon themselves to dig deeper into what they practice by finding out more information on the human psyche about happiness from an expert.

Dr. Rashid, a renowned clinical psychologist, has been studying what it means to be happy and the degrees of which an individual’s happiness can peak and plummet. He started off showing the audience some interesting statistical facts about happiness such as relationships and genetics playing a huge role in a person’s happiness. The workshop was extremely enriching and the ambient environment with light flooding the room from the treetops surrounding the white building was an experience in its own.



WORKSHOPS

UAEU INNOVATION WEEK

FEBRUARY 4RD - 2020 , MONDAY



Waking up and going to talks given out by motivational speakers at eight o' clock in the morning is probably not what most UAEU students would be willing to do. However, the atmosphere in the room where Dr. Rashid Al Riyami had his talk made everyone feel like the day was well past dawn.

Dr. Riyami, head of physical education UAEU, was anticipating a room mixed with sleepy employees and students alike. He was right.

Dr. Riyami pointed out once the room was full how everyone was feeling grungy and tired; that exercise before coming to work (like he had done before his speech) can change your mornings forever.

Dr. Riyami went on to talk about his daily life, how in leading a more active life by walking or physically being there instead of resorting to the comfort of technological advancements such as emails update the person in the next building can change your personality for the better by making you a more strong yet confident character in your work environment.

The first part of Dr. Riyami's speech made the audience wake up and realize how tired everyone was and maybe a bit guilty for spending those extra five minutes in bed.

After the first section of the speech was over, Dr. Riyami decided to question the crowd on common facts about nutrition such as "the purpose of water" or what constitutes a good diet.

Most of which answers provided by the audience were right. Water, the most essential element for all life, is useful for expelling toxins and waste through our skin through sweat, which brought Dr. Riyami back to another crucial point we should exercise. One last factor that the audience partially answered was the idea of a good diet.

Dr. Riyami is not a firm believer of "diets" such as keto or vegan diets. Instead, Dr. Riyami encourages people to choose their diet depending on what they truly want their body to end up looking like.

Lead a healthy life, switch up your lifestyle, and feel confident in being an educated healthy individual.