

# Background

## “Positive” conceptualization of well-being

Hedonic (from ἡδονή “pleasure”) and Eudaimonic well-being (from δαίμων “daemon”):

### Hedonic well-being:

Positive emotions  
Absence of negative emotions  
Life satisfaction  
Happiness

### Eudaimonic well-being:

Autonomy  
Personal growth  
Self-acceptance  
Meaning of life  
Competence  
Social connection

Flourishing