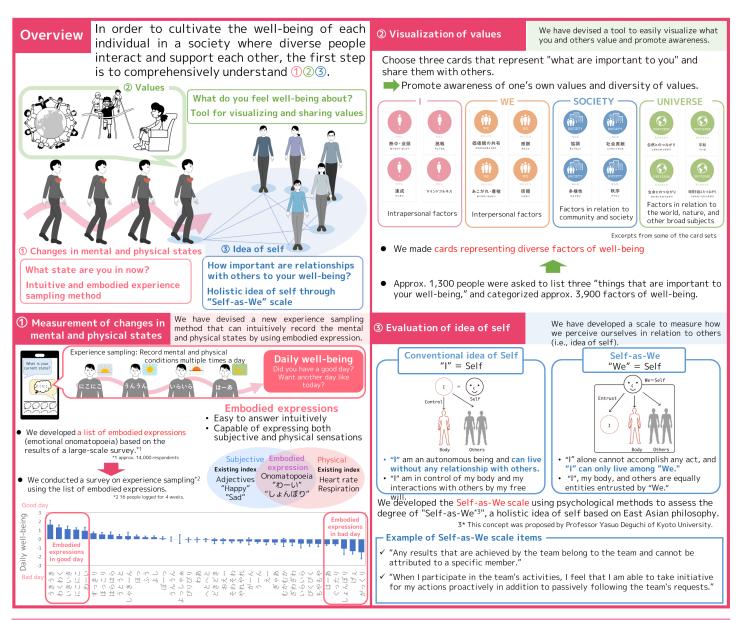
## Measuring well-being through diverse aspects

## Abstract

When do we feel well-being (a state of physical, mental, and social flourishing)? To find out, it is necessary to comprehensively understand ① our mental and physical state, ② what is important to us, and ③ how we relate to others. In this study, we devised original methods to measure all three. ① We devised a new experience sampling method that uses embodied expressions to intuitively record daily changing states while reflecting physical sensations. ② We devised a tool to visualize the value of each individual's diverse well-being. ③ We developed the "Self-as-We" scale to assess the degree of holistic idea-of-self based on East Asian philosophical traditions. In order for people feel well-being in their daily lives, they need to be aware of and evaluate their own physical and mental states and their values and idea-of-self, and to collaborate with others. We believe our research supports this process from the perspectives of psychology, philosophy, engineering, and design.



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