

## **POSITIVE HEALTH PROGRAM (POS-H-PRO)**

For decades health sciences have been focused on ill-health prevention and risk-mitigation and rightfully so. However, by sticking to these paradigms rather than working on an identification of assets which may be beneficial to health, longevity, we are probably missing an opportunity to make our lives better, more complete, and resilient even under unfavorable conditions. Making our life more complete implies not only being healthy, but also being happy, living purposeful life, cherishing social relationships and feeling financially secure. Frequent and unpredictable crises require from us to maintain strong moral character which helps to flourish despite unfavorable conditions. Finally, making our life more complete requires addressing the principal relationship between our work-life and our home-life.

Although previous work has considerably influenced the current approach to human flourishing, the evidence on positive contributions to physical health and well-being remains substantially limited. Also, although several positive stimuli have been already examined and found to positively contribute to some relevant aspects of human flourishing, evidence on positive impact of work life on health and well-being is still missing. Despite the already acknowledged importance of positive work factors (e.g., positive and supportive climate at work, helpful coworkers) that are expected to let people cherish work, most work has focused on the negative role of work (e.g., work burnout, unemployment).

The project [POSITIVE HEALTH PROGRAM (POS-H-PRO)] seeks to identify positive stimuli that promote human flourishing, which includes physical, emotional, social, spiritual and financial well-being (as is health defined by WHO). Thus, it focuses on concepts that go beyond “fixing” current health imperfections. Using an engineering analogy, one can say that it seeks to build a highway to human flourishing that through positive stimuli in daily life and at work will lead to complete well-being.

Specifically, POS-H-PRO examines the impact positive factors in life and while-at-work have had on alleviating the negative effects disease burden, social distancing and economic shutdowns related to COVID-19 have had on health and well-being. Second, POS-H-PRO studies how cultural attendance and participation help to live longer and healthier life. Finally, since everyone desires having purpose in life and this factor is also a well-recognized as positively affecting health and longevity, POS-H-PRO aims at identifying factor that make life more meaningful and purposeful.

Using rigorous methods and reliable data sources POS-H-PRO identifies new, so far, understudied factors positively contributing to human flourishing. It also provides evidence on how to help people live fulfilled lives, especially in a dynamically environment related to population aging, evolving life styles (sedentary life styles, e-cigarettes), and environmental challenges, not disregarding the recent threats related to the COVID-19. The findings of the project POS-H-PRO will help to inform policy makers and practitioners about the efficiency of strategies that enable individuals to attain and maintain well-being. They will also help to establish which policies will be most likely successful in promotion of human thriving.