



CREATING JOYFUL AND VIBRANT FAMILY WELLNESS

Practical Tips for Happiness and Health

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ABSTRACT



This guide provides actionable strategies for nurturing happiness and well-being within families. Drawing on principles of positive psychology and holistic health, it offers practical tips to cultivate joyful and vibrant family wellness. From prioritizing quality time and encouraging healthy eating habits to fostering open communication and setting collective goals, these recommendations aim to strengthen familial bonds and enhance physical and emotional health. By implementing these practices, families can create a supportive environment where each member flourishes, fostering harmony and fulfillment in their shared experiences. Through embracing these insights, families can embark on a journey towards sustainable happiness and holistic wellness, fostering resilience and unity amidst life's challenges.

LET'S GET STARTED

Creating Joyful and Vibrant Family Wellness: Practical Tips for Happiness and Health is a comprehensive guide designed to empower families to cultivate a positive and thriving environment in which each member can flourish. Grounded in principles of positive psychology and holistic health, this guide offers a range of practical strategies aimed at promoting familial happiness and well-being.

One key aspect highlighted in this guide is the importance of quality time spent together as a family. Research consistently demonstrates the positive impact of shared experiences and bonding activities on familial relationships and overall happiness. Practical suggestions are provided for incorporating meaningful family time into daily routines, such as family dinners, game nights, or outdoor adventures.

Additionally, the guide emphasizes the role of healthy eating habits in promoting physical health and emotional well-being within the family. By prioritizing nutritious meals and snacks, families can support optimal growth and development while instilling lifelong habits that contribute to overall wellness.



What you need to remember is that creating goals and healthy wellness routines for the family is not an overnight process. Nor does it have to be a task that feels out of your reach. Building routines to improve family wellness can be a slow, steady process. View it as a set of baby steps that you and your family can take to improve wellness over time and start living a life of better health and happiness.

If you're not sure how to get started with wellness at home, I'm here to show you how. But first, let's look at what wellness is in the first place.

Finally, the guide encourages families to set collective goals and aspirations that promote growth and fulfillment. By working towards shared objectives, families

can cultivate a sense of purpose and unity, strengthening their bonds and enhancing their overall satisfaction with life.

WHAT IS WELLNESS?

Although there are many views on the meaning of the term “wellness,” one common definition is that wellness is “a conscious, self-directed and evolving process of achieving full potential.” Let’s look at what they’re actually trying to say here.

- Wellness is self-directed.
- Wellness is an evolving process.
- Wellness leads to achieving full potential

Another definition offered by the National Wellness Institute (NWI) is: Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

So, both of these definitions have something in common here. You can see that they both emphasize that wellness is a self-directed or autonomous process. They say that it is an evolving process. And both of the definitions also emphasize the end result and this is defined as either achieving full potential or having a more successful existence.



SIX COMPONENTS OF WELLNESS

The NWI also defines six components of wellness which they describe as:

1. Physical wellness: diet, exercise, medical care
2. Intellectual wellness: problem solving, creativity, learning
3. Occupational wellness: personal satisfaction, achievement, ambition
4. Social wellness: personal relationships, community, connection with nature
5. Emotional wellness: awareness and acceptance of feelings, trust, respect
6. Spiritual wellness: meaning and purpose, beliefs, values

These six dimensions of wellness are each equally important. They are distinct areas of our lives that we can control and enhance through our daily behaviors and habits.

Many people equate wellness with diet and exercise. But as you can see, this is only one dimension of wellness that needs our attention. Of course, having a balanced diet and consistent exercise routine are very important for wellness – especially, to prevent chronic health conditions such as type 2 diabetes – but these are not the only areas to focus on.

So, now you have a better understanding of wellness, you may wonder, “What is Family Wellness?” Let’s look at that now.

WHAT IS FAMILY WELLNESS?

Family wellness can be interpreted in various ways depending on what lens you’re looking through. But in general, it means that a family unit – whether biological or not – is able to work well together in many (or preferably, all) of the wellness areas mentioned above.

Wellness within the family also means that a family has a sense of belonging, shared traditions, and regular routines that foster stability and security. These may all sound like elusive goals, but you’re probably already making strides in many of these areas of family wellness within your own home. For instance, ensuring that the family feels a sense of security means that you may be gainfully employed and being responsible with the family budget in order to maintain your household. But

there are many less obvious things that families can do together to create an environment of family wellness.



In the next part of this Family Wellness Guide, we'll look at other simple and effective ways to start building a plan and create healthy routines at home with 12 tips to improve family wellness.

WHAT IS SOUND WELL-BEING?

Sound well-being encompasses a state of holistic health and contentment, where individuals experience a harmonious balance across various dimensions of their lives. It goes beyond mere absence of illness or distress and encompasses physical, emotional, social, and psychological aspects of wellness. At its core, sound well-being involves feeling fulfilled, resilient, and connected to oneself and others.

Physical well-being forms a fundamental pillar of sound well-being. It involves maintaining a healthy lifestyle through regular exercise, balanced nutrition, and adequate rest. Physical well-being enables individuals to enjoy optimal health, vitality, and energy, supporting their ability to engage fully in life's activities and pursue their goals.

Emotional well-being relates to the ability to understand, express, and regulate emotions effectively. It involves developing resilience in the face of challenges, cultivating a positive outlook, and nurturing healthy relationships. Emotional well-being enables individuals to navigate life's ups and downs with greater ease, fostering inner peace and contentment.

Social well-being encompasses the quality of relationships and connections with others. It involves fostering meaningful connections, building a supportive social network, and engaging in positive interactions with family, friends, and community. Social well-being promotes a sense of belonging, acceptance, and inclusion, contributing to overall life satisfaction and happiness.

Psychological well-being encompasses cognitive and mental aspects of wellness, including self-perception, personal growth, and purpose in life. It involves developing a sense of self-awareness, resilience, and self-acceptance, as well as pursuing meaningful goals and aspirations. Psychological well-being enables individuals to experience fulfillment, meaning, and a sense of accomplishment in their lives.



Spiritual well-being relates to the search for meaning, purpose, and connection to something greater than oneself. It involves exploring one's values, beliefs, and sense of belonging to a larger community or universe. Spiritual well-being provides individuals with a sense of inner peace, fulfillment, and alignment with their core values and principles.

Overall, sound well-being encompasses a holistic approach to health and happiness, integrating physical, emotional, social, psychological, and spiritual dimensions of wellness. It involves nurturing a sense of balance, fulfillment, and connection across all aspects of life, empowering individuals to thrive and flourish in their journey towards optimal well-being.

UNDERSTANDING WELFARE AND WELL-BEING

The terms welfare and wellbeing are often used interchangeably. In the broadest sense, welfare refers to the wellbeing of individuals, families and the community. Wellbeing can be considered as ‘a positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions’ (WHO 2021).

Welfare is understood by some people to mean wellbeing, while others see welfare as primarily government-funded income support payments and welfare services. However, support and services in many areas of life aid welfare in the broader sense and are critical to the wellbeing of an individual and their family. Wellbeing can influence, and be influenced by, a person’s interaction with services and formal and informal supports.

A person’s wellbeing can be influenced by environmental, social and economic factors at the individual, family and community level, and each person’s unique circumstances and experiences contributes to their wellbeing. Wellbeing is multidimensional, covering aspects of life including housing, income, work and job quality, health, knowledge and skills, civic engagement, social connections, safety and work-life-balance (OECD 2020). Analysis of data from the Household, Income and Labour Dynamics in Australia Survey showed social relationships and connectedness are positively associated with subjective wellbeing, as measured by self-reported life satisfaction (AIHW 2021). The analysis showed other factors also play an important role for better life satisfaction – such as employment (unemployed people reported notably lower life satisfaction than employed people) and mental health (which, on average had a greater impact on life satisfaction than physical health) (AIHW 2021).

Health, welfare and wellbeing are strongly interrelated. The World Health Organization (WHO) defines health as ‘a state of complete physical, mental and

social wellbeing and not merely the absence of disease or infirmity' (WHO 1946), recognising that a person's health status is linked to their wellbeing. See Health and welfare links.

Not only is current wellbeing and day-to-day factors affecting it important, so too are the resources that support future wellbeing such as natural, economic and social capital (OECD 2020).

MEASURING WELL-BEING

Good data about welfare and wellbeing are important for understanding how different factors interact and affect a person's life. Data at the national, community, service and individual level can provide a strong evidence base, help measure progress over time, and enable better policies and decision making for improved outcomes for Australians. For example, understanding how individuals engage with and navigate welfare services can help those responsible for planning, implementing, delivering and evaluating policies and programs.

Certain elements of wellbeing can be particularly difficult to measure (for example, happiness, confidence and fair treatment). Other factors that shape wellbeing tend to be easier to measure. As such, a range of indicators can be used to provide insights on, and track changes in, wellbeing more broadly and at the national level. Some frequently measured wellbeing outcomes include:

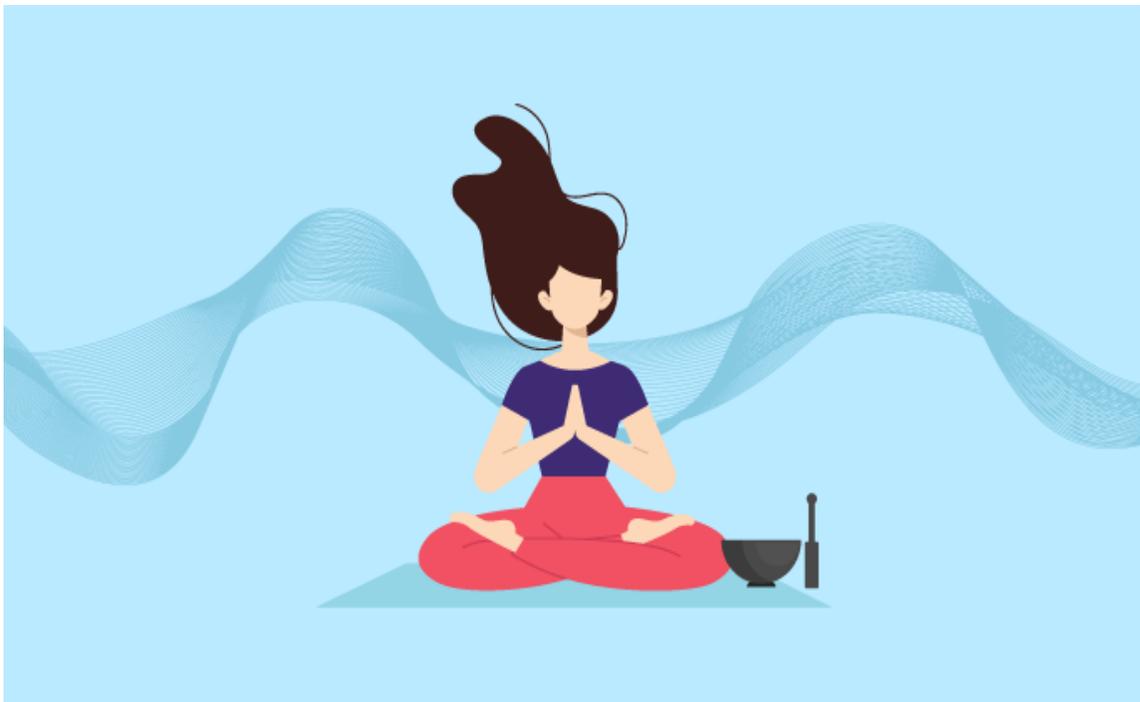
- housing status
- labour force participation
- education
- perception of safety in the community
- disposable income and
- community engagement.

INITIATIVES FOR SOUND WELLNESS FOR YOUR FAMILY

1. The Future of Sound Wellness is Here: Digital Health + Bioacoustics = Sound Wellness

There are many devices that are capable of collecting health information outside of a doctor's office or medical setting. Beyond specific home-use devices though, our own digital devices that we carry with us all the time, or

the wearable digital devices that are becoming more and more popular can now collect a plethora of health data that is monitored nearly constantly. The integration of biometric data collected by these digital devices, such as the Fitbit, the Oura ring, and the Apple watch, is being utilized to tailor music, sound, and acoustic resonance therapies to modulate psychology and physiology. Spotify is now offering personalized wellness music solutions and companies like Muse have devices such as a headband that teaches meditation using sound. Biometric influenced and/or personalized playlists are helping accomplish a certain task or achieve a certain mental state through data collection and analysis of physical health data via digital health devices. The future of wearables and hearables such as enhanced hearing aids that do triple duty to collect biometric data, enhance hearing, and deliver therapeutic music and sound are on the rise, and expected to become more pervasive in the coming years.



2. Music and Sound Enhance Quality of Life for Aging and Elderly Populations

Music therapists have long known the benefits of music and sound for the aging. As our global population of baby-boomers ages into retirement and beyond, the need for healthcare solutions for the largest demographic in the

world is greater than ever. Music holds the key to enhancing the quality of life for the elderly, both in terms of mental and emotional wellness and physical wellness. Reminiscence Music Therapy allows those with dementia to recall long term memories, connect with reality in the here-and-now, and connect with others, including family, friends, and caregivers. These moments of lucidity can not only provide joy and reduce agitation in dementia patients, but they often allow family and friends to experience the person they have lost, providing a sense of closure and fond memories that they can cherish even after their loved one is gone. Parkinson's patients are often frustrated by the lack of coordination and tremors they experience in their bodies—their minds are clear about their intentions for movement, but their bodies simply won't cooperate. Music-based Gait Rehabilitation and Rhythmic Auditory Stimulation are used with Parkinson's patients to facilitate smooth movement which allows them to regain mobility and functional activities of daily living. Stroke patients often lose the ability to speak clearly, however, they can sing the words they are trying to say much more easily because the area of the brain that produces sung words is separate from the area that produces spoken words. Melodic Intonation Therapy can be used to help these patients retrain their speech patterns through song. The same Rhythmic Auditory Simulation used to aid Parkinson's patients in smoothing out their movements is also used to facilitate movement in stroke rehabilitation. Finally, telehealth has brought music therapy to older adults around the world during the pandemic and will continue in both live and pre-recorded media.

3. A Parallel Pandemic: Music and Sound Healing Help Address the Post-Pandemic Mental Health Crisis

Never has the need to focus on mental and emotional health been more important than now. The World Health Organization (WHO) has declared a “parallel pandemic”—the mental health crisis that has resulted from the impact of the isolation, fear, and grief elicited by the COVID-19 pandemic. WHO reports a 25% increase in anxiety and depression around the world over the last two years and estimates that nearly 50% of young people suffer from some mental health issue. They propose that these effects will be with us for at least a generation. Thankfully, the stigma attached to mental health

is declining, and especially among young people, seeking treatment and engaging in self-care is seen as positive. However, the capacity of mental health services is stretched thin in every part of the world, with an inability to meet demand leading to a need for more scalable self-service solutions to positively impact mental health. Music and sound therapies provide a natural solution as they are easily accessible, especially with the ubiquity of digital devices and music streaming services. Music is generally well-liked and enjoyed by most people and can be easily personalized to a person's individual tastes, something that is incredibly important in the use of music for improving mental and emotional health. The incorporation of sound and music into wellness apps such as Calm, Headspace, and others, supports personalized programming that enhances mental and emotional health. Self-care and wellness listening trends on music streaming services increased exponentially during the pandemic and continue to rise. Services such as Endel provide music soundscapes powered by artificial intelligence to enhance emotional wellbeing and wellness. The use of music and sound to improve wellness is at an all-time high, but the potential for growth is also exponential.



4. Sound Body, Sound Mind: Sound Wellness Improves Fitness to Improve Overall Health

Peloton, Soul Cycle, and Therabody Reset Outlets utilize sound, music and acoustic resonance therapies to support motivational fitness routines as well as provide optimal rest and recovery experiences. Millennials, Gen Zs,

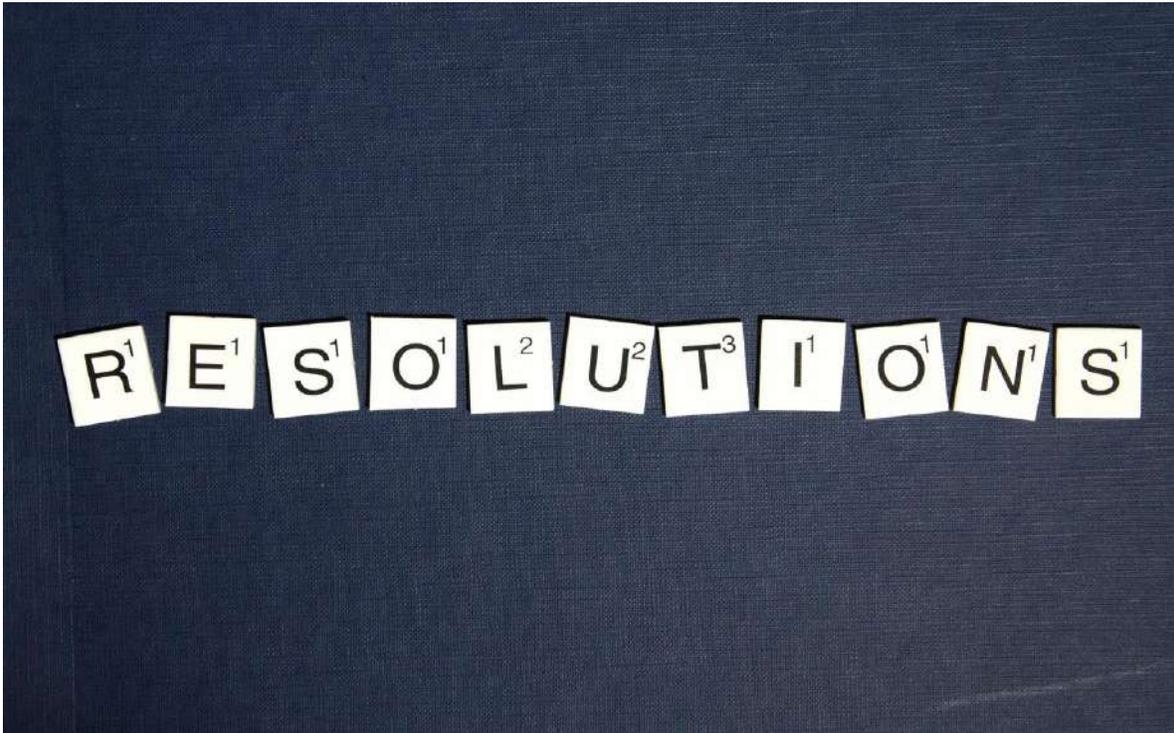
professional athletes and fitness experts are curating custom playlists focused on pop and trap music for high intensity workouts and austere instrumentals for Pilates, yoga, meditation and other movement and martial arts practices. In addition, many health and fitness clubs are now introducing rest and recovery spaces that support enhanced mental, emotional and spiritual awareness programming to enhance their members' overall health and wellbeing. Sound Healing meditations, guided imagery and other programs that incorporate hemi-sync, binaural beats, solfeggio, and isotonic frequencies are being delivered through treatment tables, loungers, and even patented fitness flooring. New community-based programs such as drumming circles, sound baths, live music and sound healing events are being introduced globally. We envision new programs such as children's story time, sensory integration for special needs, and advanced elderly support increasing as more clinical research demonstrates how the healing power of sound and vibrational frequencies can help mitigate bone loss, increase circulation, enhance body/mind awareness and more.

5. Sound Asleep: Using Sound to Enhance Sleep Environments

The quality of our sleep directly impacts our mental, emotional and physical wellness. Sleep patterns have changed over time with the advent of technology that has allowed us to be productive twenty-four hours a day. Around the world, societies who are concerned with high productivity also tend to suffer from poorer sleep practices. This combined with the stress and anxiety experienced in these cultures and the compounded impact of the mental health crisis elicited by the pandemic, has led to the need for sleep aids and interventions on a massive scale. From natural to medicinal applications, to products designed to enhance the sleep experience, such as special beds and bedding, to harnessing the power of the lullaby sung to calm babies to sleep in virtually every culture, potential solutions abound. Music and sound have been an especially important tool, as they are easy, inexpensive, intuitive, and readily available. Just as a mother sings her baby to sleep, so too can a song soothe a person's physical and mental state to bring them to a place where they can ease into a more restful period of deep sleep. To this end, there has been a proliferation of sleep playlists on all digital platforms, including apps such as Spotify, Calm, and Headspace.

Sleep soundscapes like Max Richter's SLEEP album and SLEEP events are being offered globally. Products like the Dreampad Pillow plays music through bone conduction to aid in falling and staying asleep.

TAKING RESOLUTIONS TO MAKE FAMILY HEALTHIER



- **Renew your daily anchors**

Choose one daily activity that will be unyielding, no matter what the day may bring. Committing to your anchors not only helps frame your day, but also helps secure the daily rhythm of those around you. These behaviors will set the tone of your home life, with the power to provide security and calm, even when life goes sideways.

Daily anchors don't have to be flashy or time-consuming—most involve morning and evening routines and habits around mealtimes. Pick one or two anchors and commit to 30 days.

Examples of anchors can include:

- Eating breakfast at home
- Reading at bedtime
- Prayer or meditation

- Physical movement

- **Prioritize family meals**

If I told you there was one thing that could improve your family's nutrition, boost mental health, increase food variety, lower teen pregnancy rates, protect against obesity, decrease the risk of eating disorders, improve self-esteem and decrease tobacco use, you probably wouldn't believe me. But the truth is all these benefits can come from routine family meals. What makes family meals so magical is not the food, but what happens around the table. No matter if you have takeout, frozen pizza or a gourmet meal, your family will reap the benefits of authentic connection, eye contact and quiet comfort that family meals bring. Start by committing to eating with your family one night a week, focusing on simple foods and no screens. Add more family meal times when you can.

- **Build a boundary**

When our home life feels like it's going off the rails, it's often due to a broken boundary. Although we can see the results of these breaks in our kids and partners, the responsibility of rebuilding healthy boundaries lands in our own laps.

Boundaries create healthy personal space. They are a gesture that recognizes the value of ourselves and the value of others. Boundaries are how we prioritize self-respect and maintain our personage. And when our kids see us manage boundaries purposefully and respectfully, it demonstrates the ability they have to do the same.

Areas of life that need boundaries might include:

- Social media usage
- Screen time (total usage or shut-off/wake-up times)
- Gaming time
- Professional work hours (email replies/phone calls/meeting requests)
- Expenses and spending
- Relationships
- Family time

Heading into the new year, resolve to create a boundary to fix an unhealthy habit.

- **Respect Sleep**

Sleep is often one of the first things we sacrifice when life gets stressful, but it's essential to our health and wellness. Sleep is necessary for optimal immune system function, academic performance, sports performance, obesity prevention, memory work, body repair, mental wellness and stress reduction.

Healthy sleep habits are not just about the hours, but when shut-eye occurs, too. Sleep quality changes as we rest. The most restorative hours of sleep come early in the evening, changing to lighter sleep toward the morning. In turn, early evening bedtimes may lead to improved sleep quality. Resolve to improve your sleep for yourself and to help prioritize sleep for your family.

- **Schedule your checkups**

We can't care for our families when our physical or mental wellness is suffering. Taking time for our own health is one way to prioritize our love for others. Annual wellness exams and screening tests can save lives, so make a resolution to get the health maintenance that you may have been neglecting.

Talk with your primary care physician for specific advice, but here are a few recommended wellness items for most adults:

- Mental health screening
- Dental checkup and cleaning
- Blood pressure measurement
- Alcohol dependency screening
- Yearly eye exams
- Infectious disease screenings and adult vaccinations
- Cervical cancer screening beginning at age 21
- Annual mammogram beginning at age 40
- Colonoscopy screening beginning at age 45

- **Get a hobby**

Hobbies make you interesting. They help release stress and keep your brain sharp. They are things that bring us pleasure and purpose—and things that make you, you!

Some of the happiest parents I know are ones who prioritize their own growth while sharing the joy of learning new things with their kids. This year, resolve to learn something new or reignite a passion that has been pushed to the back of the shelf. Show your kids that personal growth never gets old and that learning lasts a lifetime.

Here are some of the hobbies my friends and family have taken up this past year:

- Watercolor painting
- Mastery of the Rubik's Cube
- DIY home repair
- Learning chess
- Playing Roblox
- Learning sign language
- Succulent gardening
- Archery
- Half-marathon challenges
- Volunteerism

Making healthier choices has the ability to improve balance in our own lives while providing stability and guidance for our kids. This coming year, resolve to parent with confidence and effectiveness. Choose progress over perfection while leaning into the coming year refreshed and ready.

BUSTING THE MYTHS: WHAT YOU REALLY NEED TO CLEAN (AND WHAT YOU DON'T)

There is no denying that the Internet is bombarded with tons of DIY tips and tricks to maintain a tidy and sparkling home. Of course, some are tried and tested hacks, but most are clear-cut myths that only make your house look dirtier. Therefore, it

becomes imperative to bust the common cleaning myths and follow the right approach to tackle accumulated dust, dirt, grime and stains in your abode. If you are worried about your hard-earned bond money before the property inspection, hire trained people for a quality bond cleaning Brisbane.



They follow proven methods to remove dirt and stains with perfection. You can also maintain a clean abode by busting the following myths or misconceptions. This guide will help you understand what needs to be cleaned along with the right approach. Let's Get Started!

Myth#1: Feather Dusters Are Great For Removing Dust

Fancy and beautiful feather dusters have created a lot of hype in the cleaning world. Unfortunately, this over-hyped tool only spreads loose dirt and dust particles around and won't add anything to your housekeeping chores. Instead, use super-absorbent microfiber cloths and dusters to remove accumulated dust and pollen from hard surfaces. It can help fetch tiny dust particles from fans, walls, windows, frames, cupboards, etc without spreading it over other surfaces. The best part is microfiber cloths are affordable, reusable and sustainable.



Myth#2: Wipe Down Glass With Newspaper For A Streak-Free Shine

You should never clean your window screens, mirrors or any other glass surface with a newspaper. It can only leave ink and unpleasant streaks behind, ruining your house's overall look and feel. Instead, use paper towels and microfiber cloths to wipe down the glass.



For a streak-free shine, run a rubber squeegee to get rid of excess water or solvent from the surface. Professionally-trained cleaners always use squeegee and microfiber cloths when washing windows during an expert bond cleaning

Brisbane. They leave no stone unturned to give you sparkling results before the rental inspection.

Myth#3: All Green Cleaners Are Safe To Use

This is one of the most common misconceptions that must be busted for a clean and healthy abode. All green cleaning products available on the market do not necessarily mean they are safer. Many companies disguise their customers using vague terms such as ‘natural’, ‘organic’, ‘eco-friendly or ‘green’ on the packaging bottles. But in reality, most of these products are laden with alternative chemicals or toxic ingredients that are equally harmful to humans and the environment. So, it is always good to read the labels and buy products with certified Eco-labels on the packaging. You can also follow green cleaning practices by preparing DIY green cleaners at home using white vinegar, baking soda, salt, lemon, essential oils, etc.

Myth#4: Use White Vinegar As A Natural Cleaner For All Surfaces



There is no denying that white vinegar is one of the most powerful cleaning agents. It can help maintain a clean and healthy home without releasing toxic fumes into the air. However, you need to bust the myth that vinegar can clean anything. The acidic acid in vinegar can cause damage or discolouration to natural stone surfaces, such as ceramic, marble, quartz, granite, and sintered surfaces. So, it is good to use

baking soda, which is alkaline and can help you remove stains and spills from natural stone surfaces.

Myth#5: Rub Carpet Stains For Effective Results

You should never rub or scrub the carpet spills and stains. It can only damage the fibres of your carpet and allow the stain to embed deeper into the fabric. According to seasoned bond cleaners in Brisbane, you should blot the carpet stain with a damp cloth or paper towel. For stubborn stains, spray white vinegar solution and blot the area with gentle hands.



Myth#6: Apply Wooden Furniture Polish Every Time You Clean

Do not follow this hack, which could damage your plush furniture in the long run. Of course, furniture polish is a crucial part of your cleaning regime, but you don't need to apply it every single time when sprucing up your furniture. It is good to polish your wood surface once every three weeks to keep it looking fresh and shiny. Use a microfiber cloth to wipe down dirt and spills from the furniture.

Myth#7: Air Fresheners Can Clean The Indoor Air

You may find plenty of fancy air fresheners on the market that claim to absorb almost all the pungent smells from a house. Unfortunately, these products only cover up bad odours with a strong fragrance. Once the scent fades, the unpleasant smell can return. So, it is good to identify and remove the sources of bad odours

using safe and sound products. You can use vinegar, essential oils, baking soda, etc to remove mould, mildew, carpet spills, pet stains and grime from your house and ensure a fresh-smelling living space.



Wrapping Up!

Maintaining a tidy and germ-free home is a pivotal part of healthy and hygienic living. However, keeping up with all cleaning hacks can be difficult because it can ruin all your efforts. So, with the help of this guide, you can also bust the common house cleaning myths and consider only proven hacks to tackle dirt, grime and grease like a pro.

CONCLUSION

In conclusion, "Creating Joyful and Vibrant Family Wellness: Practical Tips for Happiness and Health" provides a comprehensive blueprint for families to cultivate happiness and well-being in their daily lives. By incorporating practical strategies such as prioritizing quality time together, promoting healthy eating habits, fostering open communication, establishing routines and rituals, encouraging self-

care, and setting collective goals, families can create an environment where each member thrives.

This guide emphasizes the importance of holistic wellness, recognizing that true happiness stems from a balance across physical, emotional, social, psychological, and spiritual dimensions. By nurturing these aspects of well-being within the family unit, individuals can experience greater resilience, connection, and fulfillment in their lives.



Ultimately, the journey towards joyful and vibrant family wellness is ongoing and requires commitment and effort from all family members. However, by implementing the practical tips and strategies outlined in this guide, families can create a supportive and nurturing environment where happiness and health flourish, fostering strong bonds and creating lasting memories for years to come.

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