

Patterns for Well-being in Life - 9 Patterns for Loving the World

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In this paper, we present Patterns for Well-being in Life, a pattern language that supports people achieve their own way of well-being in their daily life. We used Four Factors of Happiness studied by Takashi Maeno, as a framework of well-being. The elements of Patterns for Well-being in Life were extracted from tips to practice the four factors, and have developed into 27 patterns. Patterns for Well-being in Life is constructed in three categories: “Love yourself,” “Love others,” “Love the world.” This paper focuses on nine patterns in “Love the world.”

1. INTRODUCTION

Just a few years ago, people believed that their well-being is achieved when they commit themselves in achievements and actually earn money to live. However, like globalization, environmental changes, terrorism, and industrial developments, the world is changing rapidly. Through the rapidness, it is clear that the idea of living has changed for the society as well and we are in major need to reflect upon oneself again and think over what is needed to achieve our own state of well-being.

The study of well-being has began in Ancient Greece by philosopher Aristotle. Since then, there are many studies focusing on well-being, and now, the idea of well-being is used in many aspects of life. While a lot of well-being studies in the past have focused on the philosophical aspects of well-being, the study of Maeno, presents Four Factors of Happiness [1][2], which focuses on practical aspects of well-being in life.

This study of Patterns for Well-being in Life, takes in Four Factors of Happiness as a framework. We defined people practicing Four Factors of Happiness as people who live in well-being, then extracted tips in practicing Four Factors of Happiness in their daily life. The pattern language is constructed in three main categories and the language itself is made of 27 patterns in total, with nine patterns in each category (Fig 1). The three categories are as follows:

- **[Category 1] Love Yourself** By learning more about yourself and acting out what you really want to do, you can accept yourself more and thus begin to ignite the warmth and love toward yourself.
- **[Category 2] Love Others** As you learn the warmth of spending time and living with others, your own life will feel rich and enjoyable.
- **[Category 3] Love the World** The strong connections to the world, will reach your heart deep and make you feel closer to achieving your well-being.

Category 1 Love Yourself			Category 2 Love Others			Category 3 Love the World		
Reflection My Journey	My Place	Happiness in My Words	Treasuring the Relationships	Finding Overlaps	Discovering charms	Sensors on Body	Things that can be Told	Sparkles in World
Yourself from Others	With Your Supporters	Feelings Frist	Sharing Hearts	Balanced Being	Mindful Thanks	Flow of Feelings	A Loving Care	Place to be Freed
Through Emotion	On My Way	Towards Happiness	Tackle Together	Design Your Role	For Your Smile	Possible Routine	Timeless Bond	Arising Playfulness

Fig. 1 Pattern Names

This paper comes as third series of our previous PLoP papers: “Patterns for Well-being in Life: Supporting Life Design Based on 4 Factors of Happiness” and “Patterns for Well-being in Life - 9 Patterns for Being with others.” Each paper focused on category 1, category2, and now, this paper focuses on “Love the World,” which is the last category of Patterns for Well-being in Life.

Below, Section 2 explains Four Factors of Happiness, Section 3 describes the three categories of the language, and Section 4 mentions the making process of this pattern language. Finally, complete nine patterns of category 3, are introduced in Section 5.

2. Definition of Well-being

2.1 Other Studies on Well-Being

The study on well-being have started around more than 300 ago, by one of the most famous Greek philosophers, Aristotle. Out of many subjects he covers, he also focuses on philosophy of Eudaimonia, in other words, happiness. Thompson[3] mentions in his study of Aristotle, that Aristotle states explicitly in his book, “Nicomachean Ethics,” that Eudaimonia is the final and utmost goal of human life.

In more modern studies, the word “well-being” became common among a wider range of field, after the publication of “Subjective Well-Being” by psychologist, Diener[8]. His paper became widely used in many studies and at the same time, the study of well-being began to gain momentum. In 1900s, Seligman established a new psychology field, positive psychology, where he proposed a theory of PERMA (Positive Emotion, Engagement, Relationship, Meaning and Purpose, Achievement).

In defining the well-being in our study, we would like to introduce WHO’s (World Health Organization) definition of health. According to some other articles by WHO[4], they clearly notify the following notion:

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Additionally, in their constitution, WHO[5] claims that “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” which means that physical, mental and social aspect coincides with the definition of well-being.

Furthermore, recently, the study of well-being has begun to gain more focus in politics and economic field. For example, Government of Bhutan’s focus on GNH (Gross National Happiness), and economist Joseph Stigliz, one of the Nobel Prize winners, points out the importance of well-being in economics in his book, “Mis-measuring Our Lives: Why GDP Doesn’t Add Up”.

As the field of well-being gains momentum, our study focuses on practical aspect by defining tips to apply well-being in daily life. While other previous well-being studies have been more focused on well-being from philosophical and theoretical aspect, the Four Factors of Happiness by Maeno, has given an impact to the field of well-being as one of the first studies that focuses on well-being from the bottom up perspective. By using the Four Factors of Happiness as our framework, we aim to present practical explanation on well-being. Below, we explain the Four Factors of Happiness.

2.2 The Four Factors of Happiness

Four factors of happiness found by one of the authors, Takashi Maeno, is a list of four factors or elements needed for people’s positive state mentally and psychologically. While many researches in the field of well-being has focused on defining well-being, Maeno has aimed to find tips that support people in the process of achieving the well-being state. The four factors of happiness is written in a casual way to interact with the readers, and is structured by “Let’s try it,” “Thank you,” “It will turn out all right!,” and “Be yourself.” (Fig.2).

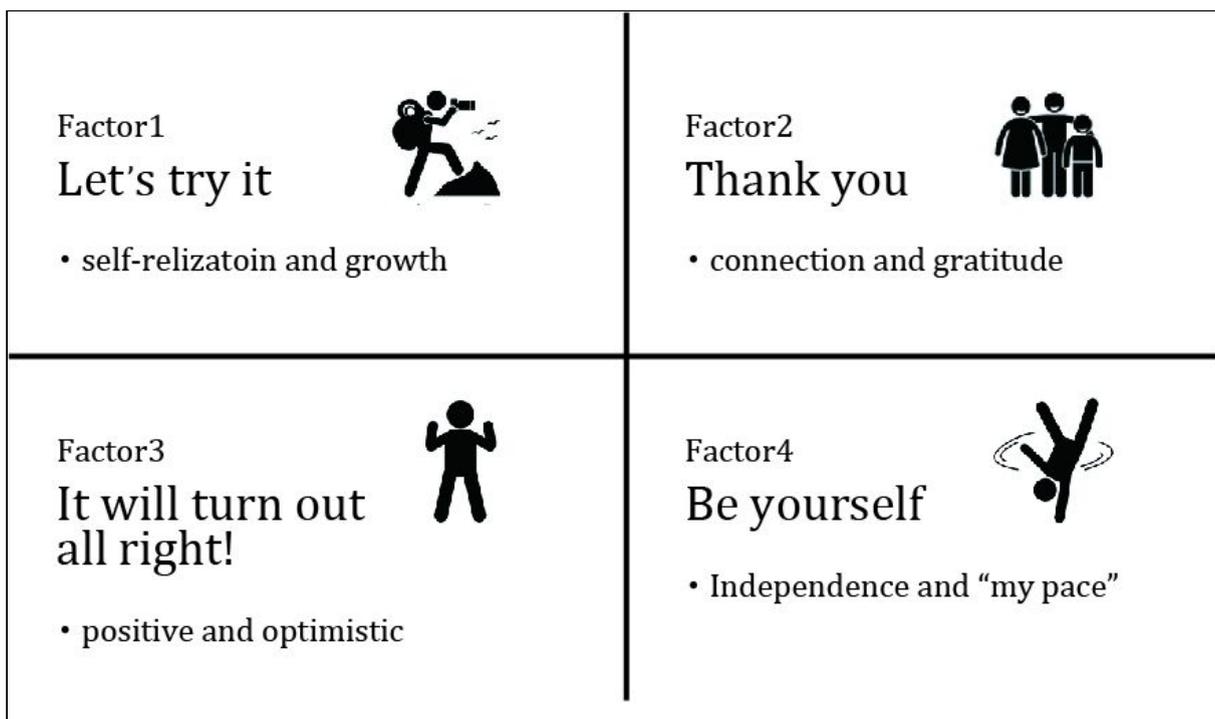


Fig.2. Four factors of happiness

While well-being contains both physical and psychological state, the factors only focused on psychological state. The reasons are first, it is because physical condition cannot be controlled by individual, and secondly, because psychological factors are often non-positional goods, external factors are often positional goods.

Eudaimonia could be translated as “happiness,” in English. However, Saeki[6] points out in his study that Eudaimonia has a similar meaning to Japanese word “shiwase.” As he explains,

Eudaimonia is not just about the emotion and temporarily state, but has a deeper meaning which is connected to how one could engross himself in his daily life and how one could intellect and have a life where one could make use of his own abilities. Kumano[7] also points out the similar meaning of shiawase, that “Japanese language dictionaries define shiawase as feeling blessed in one’s life without any worry and anxiety, and as a state of contentment and satisfaction.”

Although Maeno’s analysis has been presented with the name, “The Four Factors of Happiness” in English, he refers the word happiness to “shiawase” in the Japanese study. As the word “shiawase” includes both meanings of happiness and well-being, the difference between happiness and well-being is very vague in this content. Therefore, our study on Patterns for Well-being in Life focuses on the Four Factors of Happiness as a framework to define not happiness, but well-being in daily life.

3.1 Explanation on Three Categories

The Four Factors of Happiness mentioned above, was used as a framework to define our context of well-being in life in this study. Through interviews on people practicing Four Factors of Happiness, we found three categories necessary to achieve well-being in life. The categories include “Love Yourself,” “Love Others,” and “Love the World,” and are referred to self, interpersonal relationships, and the world (Fig.4). As related study, Calvo and Peters, behavioral psychologists have presented three categories for well-being, which is self, social, and transcendent [9].

<p align="center">Category 1 Love Yourself</p>	<p align="center">Category 2 Love Others</p>	<p align="center">Category 3 Love the World</p>
<p>By learning more about yourself and acting out what you really want to do, you can accept yourself more and thus begin to ignite the warmth and love toward yourself.</p>	<p>As you learn the warmth of spending time and living with others, your own life will feel rich and enjoyable.</p>	<p>As you feel some sense of connection to the environment, the world, and also the spiritual, psychological, and physical aspects of human beings, you begin to notice the phenomenon of nature and the greatness to how it works in the world. The feeling could grow to affection to the world, giving a sense of comfort to the world you live in.</p>

Fig.4. Summary of Category 1, Category 2, Category 3

First in “Love Yourself,” patterns in this category focuses on oneself such as self-esteem, self acceptance, and understanding oneself. In the second category, the focus shifts to communication, relationships, and behaviors with someone. Lastly, the patterns opens up its view to more wide range, to the world and many lives that live on earth. By achieving the three categories above, the patterns are made to cover the wholeness of creating a well-being life.

Looking at the past references as well, many researchers have passed on their studies related to the idea of each category. For the first category, Craven's studies come up close; In his paper he implies that "people who think positively about themselves achieve more, are healthier, happier, and get more out of life" and that "enhancing self-concept is fundamental to psychological well-being and maximizing human potential." [10] Although our current structure (Fig. 1) differs from our first version on "Patterns for Well-being in Life: Supporting Life Design Based on 4 Factors of Happiness,[11]" the category signifies the importance of loving oneself and creating a well-being from it.

For the next category, "Loving Others," Golden [12] and Glover [13] focuses on human's state of being with others, as one of the key concepts needed for mental stability and well-being state. In his research, Golden [12] has proven that "the presence of either loneliness or a non-integrated social network was associated with 81% of the risk of depression in those with one of both factors." Glover [13] also points out the "students reporting poor social connectedness (that is, having no-one to talk to, no-one to trust, no-one to depend on, and no-one who knows the well) are between two and three times more likely to experience depressive symptoms when compared with peers who reported the availability of more confiding relationships." Category 2 is written in our second paper, how it focuses on the connection and relationships with others becomes part of well-being.

Lastly, our main category of this paper, "Loving the World," focuses on the whole world and have a spiritual point of view. In the past, many researchers have examined the importance of nature in human's well-being. One of the researchers in the field, Capaldi [14], points out that "the evidence suggests that exposure to nature is a health and well-being promotion strategy that is underutilized (and perhaps unknown) by mental health care provider." Furthermore, the founder of pattern language, Christopher Alexander, also focuses on the spirituality, nature, and the life, and explains that it is related to a well-being life. Ed Diener's [15] *Advances in subjective well-being research* mentions that there are findings that the factors of subjective well-being differ depending on the regional culture. In 24 countries, including Japan and China, the concept of happiness comes from "luck", and Diener names it "luck based happiness". In the "luck based happiness", individuals consider themselves to have wide recognition that they are continuously connected with others and the world. This kind of view and positioning themselves in the complex network, is related to the Buddhist thought that is the cultural ground of Asia []. As the idea related to this complexity, there is a concept such as "augin" that there is nothing isolated and unrelated in the world.

4. Making Process of Patterns for Well-being

"Patterns for Well-being in Life - 9 Patterns for Loving the World" has been continuously written and revised. Our making process can be divided roughly into 4 phases. First, we collected tips by interview, organized them, made 3 categories, and wrote patterns.

First of all, we collected tips through interview called Mining Dialogue [16], a special interview style where interviewer and interviewee engaged in a dialogue to mine out information by asking questions that relates to solution, problem, context. We interviewed 14 people who practice four factors of happiness in daily life and collected specific tips for applying them in daily life. We wrote the tips down on sticky notes to organize after the interview.

Second, we grouped the tips by using KJ method [17] and made 39 clusters, basic form of patterns. The KJ method is a process to “gain full advantage of the emergence that occurs in this step, a note must be brought close to another based on a one-to-one relationship, and not by the guidance of existing categories.” [18] Then, we divided them into three Categories: understanding yourself, building relations with others, improving more, which was introduced in our first US PLoP paper.[11]

Third, after the US PLoP, we did structuring again. We looked over the tips we collected from Mining Dialogue and identified key essence for achieving well-being and redefined three categories: love yourself, love others, love the world. And then, we classified the tips into each category and made nine clusters for one category. In order to grasp the whole, we extracted solution from each cluster and gave name.

Lastly, we outlined the essence of patterns. We wrote out the solution first and then problem and finally the context. Then, We discussed and added information and gave name for each pattern.

5. Nine patterns for Loving the World

Sensors on Body

Things don't work so well as you expect.

▼ In this Context

You may have a hard time controlling your mood, and keep on feeling tired without knowing what you could do to improve your state.

- Sometimes, it's much easier to stop caring much about your health.
- When you are too integrated into something, you could lose interests in other things around you.

▼ Therefore

Observe your lifestyle — when you feel healthy and in a good mood, look for what is making you feel that way, and do the same as well when don't feel so well. For example in work, when you felt well with a high performance, you could reflect on your lifestyle and find out a perfect sleeping time that matches your needs. Also when you feel unwell and couldn't do things very well, you could look for what was wrong.

▼ Consequently

You will get closer to finding out a perfect lifestyle for yourself. If you are able to handle it, your usual physical and mental state could improve, raising your mood and performance as well.

Flow of Feelings

Sometimes, you may feel very emotional.

▼ In this Context

You could feel unsure how you should deal with the emotion, and feel very lost and overwhelmed by how you should get over it.

- You may think that you will feel more out of control if you let the emotions out.
- You may think it's better to keep it inside of you without giving troubles to others.

▼ Therefore

Set up your own time for yourself, and focus on all the thoughts you have in mind. For example, you could make you own time by going out running by yourself and spill your complaints and frustration there.

▼ Consequently

You could create a trigger for your emotions to flow out of you. Eventually, it becomes easier to spill out all the things you have in mind, and you will feel much stress free, after you become free from things that you were trying to keep it only to yourself. You will notice things that you were trying to ignore and then, you will be able to face the true insights of yourself.

Possible Routine

You want to start doing something new.

▼ In this Context

You could fail to take action, and feel frustrated and unsatisfied of yourself.

- Starting something new is hard because you will have to create a time to work on it.
- Even if you were able to do it once, it is hard to continue it as your routine.

▼ Therefore

Design the things you would like to try into your daily routine, by linking them to things that you enjoy or already do everyday. For example, if you enjoy posting pictures on instagram but feel reluctant about making breakfast everyday, you could combine the two together by making up a new routine such as “posing your breakfast on instagram.”

▼ Consequently

Your designed routine will make it easier to follow your attempts without much pressure. You will feel more willing to continue the attempts, and enrich your daily life with successes.

Things that can be told

You are choosing some things.

▼ In this Context

When the objects surrounding you seem useless, you may lose affection to them and also to yourself.

- You don't have time to carefully choose things.
- As long as you can use the objects for its purpose, you may don't mind if you like it or not.

▼ Therefore

Look for something that is worth mentioning or something that you have deep longing for.

For example you could look at objects that have their own stories or stories of someone who made that object.

▼ Consequently

You may feel proud of the things surrounding you. Your everyday life, will seem much special for you.

A Loving Care

You own many things.

▼ In this Context

Because you just own each objects, you may have no affection to them, and don't feel much excitement when you're using them.

- Caring for it takes time and effort.
- Things that you don't care about can be broken or lost.

▼ Therefore

Give care and affection to things you have. One way is to give some arrangements and originalities to your belongings. You could also brush them, clean them, and keep them in good condition

▼ Consequently

You may feel some affection to the surroundings and things you own. The things will seem more close for you.

Timeless Bond

You are trying but not sure if it will work out well.

▼ In this Context

You may lose your motivation and feel unsure if you should be keep on doing those things.

- You tend to focus on the negative things.
- When working alone, you could feel lonely and unsupported.

▼ Therefore

Say thank you to the connections and experiences that you have gone through in the past.

For example, reflect on your memories and give gratitude to people who have given you help.

▼ Consequently

You may recall or hold some emotions and affections to the experiences and the people that you have met in the past. As you realize the deep connection between your past and your present experiences, you may feel some excitement toward the future experiences opening up.

Sparkles in World

You are surrounded by various phenomena and things every day.

▼ In this Context

You began to feel bored and you may not be fine if everything become looks normal.

- You feel like everyday is always the same without anything unusual.
- When you are busy, you could lose interest in things happening around you.

▼ Therefore

Look for things you like and how special it is. For example, look at how powerful the plants are when they bloom themselves between the gaps in concrete roads, and imagine all the stories behind one plate of meal placed in front of you.

▼ Consequently

You will notice that everything in the world is made through the efforts of each person and object. Through that perspective, the world you know will not look so normal, but full of excitement and amazing characteristics.

Place to be Freed

You feel a bit tired.

▼ In this Context

You could feel more stressed from even the little things around you.

- You try to cheer yourself up, but feel more tired because of it.
- You don't know exactly what's disturbing you, but you feel a bit off mood and unsure of yourself.

▼ Therefore

Go to one of your favorite places or anywhere you feel comfortable at, and just do nothing but let yourself relax and rest. For example, spend a lot of time by going to places where you want to go, such as mountains, parks, bookstores and cafes, and creating comfortable spaces by music, lighting, and baths.

▼ Consequently

You feel as if you are wrapped up and open, and that place becomes your own place where you can relax.

Arising Playfulness

You live everyday life by planning.

▼ In this Context

You may not feel frustrated if you have subconsciously suppressed the feelings and urges you feel.

- If you try to behave like an “Adult” you could become close minded without enjoying yourself.
- Even if there are fun things, you may feel embarrassed and feel worthless when you’re just thinking actions in your head.

▼ Therefore

Follow your honest motives and let yourself play around in a way you wish. For example, when you feel like dancing, let yourself dance.

▼ Consequently

You can feel a sense of unity by feeling the place and combining your sensibility with the place. Fun and excitement come all at once, and this world looks beautiful and exciting.

6. Conclusion

In this paper we introduced Category 3 of Pattern Language of Well-being in Life. As our third version of the series, this paper could be read after “Patterns for Well-being in Life - Supporting Life Design Based on 4 Factors of Happiness” and “Patterns for Well-being in Life - 9 Patterns for Loving Others.”

Since the other versions of this series, many improvements and changes have been made on pattern structures and also the making process. However, while some of the patterns have good solution and correlate with other patterns, most of the pattern solutions is vague and not direct enough to motivate the readers action. For the needed updates, additional mining dialogue on pattern solutions and further updates of the sentences are needed.

Through our further studies on this pattern language, we aim to improve the quality and brush up every 27 patterns. When our patterns are completed, we wish to deliver them to the society to support people in achieving their own way of well-being in life.

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Appendix

The four factors are founded through a study of factor analysis results of mental/psychological factors of happiness. The survey was conducted for two days, from August 27th 2011 to 28th, on Rakuten Research, which is an online web research system operated by Racten, Inc. The survey was targeted to people aged 15 to 79, with 144 respondents in each 5 years.(Fig 3) The Questionnaire focused on respondents' mental/psychological state on a seven-point scale "does not apply at all," "mostly does not apply," "does not apply much," "neither applies nor does not apply," "somewhat applies," "pretty much applies," "very much applies."

Age range (yrs)	# of Male Respondents	# of Female Respondents
15-19	57	57
20-24	57	57
25-29	57	57
30-34	57	57
35-39	57	57
40-44	57	57
45-49	57	57
50-54	57	57
55-59	57	57
60-64	57	57
65-69	57	57
70-74	57	57
74-79	57	57
TOTAL	750	750

Fig.3 Result of Survey Conducted through Online Rakuten Research Form

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