Mental Wellness: How Shall We Think about Overall Psychological Health?

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Love, Work, Play

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Realistic and Reliable Self-Esteem

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Sense of Values / Conscience / Superego

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Balance Between Self-Definition and Self-in-Relationship

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Sense of Vitality / Passion / Meaning-Making

- Winnicott: "A person can be normal without being alive."
- McDougall on "normopaths": "These patients remain, if anything, excessively attached to external reality but on the condition that affective links with others remain severed . . . By these means the patient may hope to protect himself from intolerable hurt, but at the price of cutting any tie that might draw him into the circuits of desire and the orbit of other people's wishes, fears, and refusals."
- Bollas: "We could say that the psychotic has 'gone off at the deep end', the normotic has 'gone off at the shallow end'."

Acceptance / Capacity to Mourn / Surrender

- Montaigne: "He who dreads suffering already suffers what he dreads."