

## **Transcript of the HSBC Research Fellowship at University of Oxford: How to improve your wellbeing**

### **English**

I think there are three key areas

where individuals can focus on to improve their wellbeing.

And the first one is on your physical health.

And if you're able, do more sports.

The mental health effects of sports are well documented  
and they're surprisingly large.

So if we observe a person's physical health status today,  
we have a fairly good predictor of their mental wellbeing a few years down the line.

The second one is,

Invest into your social relationships.

It turns out that the more often you have social interactions,

The deeper your friendships,

The greater people's self-reported life satisfaction and wellbeing tends to be.

So the third thing is to work on economic security.

It turns out that it's often not just the level of a person's  
income or wealth that is the key determinant of wellbeing.

It's most often the degree to which you're secure with,  
with respect to your economic resources.

So that you're in the knowledge that also in the future,  
there will be an income or a cushion to fall back on.

And so far as an individuals find themselves able to  
generate some economic security,

that's probably more important than generating a higher level  
of economic resources of themselves.