

## **Transcript of the HSBC Research Fellowship at University of Oxford: The four elements of wellbeing**

### **English**

There're many actions that people can do to improve their wellbeing

and they're first and foremost to do with health, physical and mental health.

So lots of physical activities.

Engaging yourself mentally as well.

And keeping an eye out for burnout, depression, and other anxiety disorders.

Financially, as was mentioned, make sure there's a solid stream of income

that is secure and protected

against potential downfalls, because we are more sensitive to losses than we are to gain.

So insurance products are play an important role here.

And finally also the social element is key in driving general wellbeing.

And so maintaining strong, healthy relationships with your friends,

family, and the larger community is key as well.