Gelephu as a Model for Mindful Mental Wellbeing and Longevity: Building Cities that Heal.

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Introduction

Urbanisation is one of the defining trends of the 21st century. With more than half of the world's population now living in cities (World Health Organization [WHO], 2025), the design and management of urban spaces profoundly affect public health, especially mental wellbeing.

While cities offer economic opportunities and cultural vibrancy, they can also generate considerable stress, loneliness and psychological strain, due to overcrowding, noise pollution and social disconnection (American Psychiatric Association, 2021).

Against this backdrop, Bhutan's vision for Gelephu Mindfulness City (GMC) stands apart. Here, urban planning begins not with traffic projections or commercial zoning, but with a guiding question: "How can a city itself become a source of healing?"

This inquiry underpins the GMC project, an ambitious initiative that blends the country's Gross National Happiness (GNH) philosophy with scientific research on mental wellbeing, longevity and the human relationship to nature. This aligns with emerging global consensus — from the WHO's Healthy Cities framework to the UN's New Urban Agenda — that mental health is a prerequisite for sustainable development (United Nations, 2016).

In this light, Bhutan's visionary approach, grounded in GNH, balances economic progress with cultural preservation, environmental harmony and psychological resilience. Bhutan's rich spiritual heritage offers a unique lens

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on longevity that prioritises the quality of life over the mere extension of years.

The origins of GMC can be traced to His Majesty The King's 116th National Day Address (December 17, 2023), where the vision for a "Mindfulness City" in Gelephu was first articulated. His Majesty emphasised that this new city would embody Bhutan's values, while opening pathways for future generations, inviting the nation to co-create a bold and mindful urban experiment.

The GMC project exemplifies Bhutan's commitment to integrating mindfulness, environmental harmony and social equity into urban development. Unlike conventional initiatives driven primarily on economic metrics, GMC draws from Bhutan's rich Buddhist traditions, alongside environmental psychology research, to cultivate a city designed to heal minds, bodies and communities (Time, 2025; Basnet, 2025).

Conceived as a collective achievement cultivated through mindful public leadership, the project reflects the country's commitment to translating Gross National Happiness into tangible spatial and economic form.

This study is drawn from a wide range of official government reports, national media coverage and Royal speeches, together with conference proceedings, international analyses, architectural plans, interviews with GMC representatives, and field observations from meetings and conversations during visits to Bhutan.

These diverse materials allow the article to trace the legal, institutional and infrastructural foundations of GMC, also capturing the evolving narratives expressed in public dialogues and visual renderings with local and international resonance. In particular, masterplan visuals prepared by Bjarke Ingels Group and media provide insight into how GMC portrays its vision of harmony between culture, ecology and innovation.

Through this synthesis of texts, speeches and visuals, the article positions GMC as more than a national development project; it is a case study on how mindfulness, design and governance intersect to craft a city imagined as both deeply Bhutanese and globally significant.

Bhutan's Gross National Happiness and the Cultural Roots of Mindfulness in Urban Life

Bhutan's GNH philosophy is foundational to the country's approach to development and wellbeing, positioning it as a pioneering alternative to conventional economic measures like GDP. Introduced by the Fourth King of Bhutan, Jigme Singye Wangchuck, in the 1970s, GNH is based on the conviction that "Gross National Happiness is more important than Gross Domestic Product" (Centre for Bhutan Studies & Gross National Happiness Research [CBS & GNH], n.d.).

Rather than prioritising economic output alone, GNH employs a multi-dimensional framework grounded in four pillars: Sustainable and equitable socio-economic development, conservation of the environment, preservation and promotion of culture, and good governance.

These pillars are elaborated through nine domains, including psychological wellbeing, community vitality, health, education and ecological diversity. This holistic model reflects Bhutan's deep commitment to creating conditions conducive to happiness and flourishing at individual, community and national levels.

GNH's emphasis on psychological wellbeing aligns closely with the mindfulness practices embedded in Bhutanese culture, highlighting the inseparability of mental health and societal progress.

Within this context, mindfulness in Bhutan transcends individual practice and becomes a collective cultural resource integrated into daily life, education and governance. Traditional Bhutanese mind-body practices promote self-awareness, emotional balance, and interpersonal harmony, reinforcing psychological wellbeing (Biswas-Diener, Diener, & Lyubchik, 2015).

The Gelephu Mindfulness City seeks to institutionalise GNH principles in an urban sphere, ensuring that the built environment nurtures mindfulness and wellbeing. This integration manifests not only in green and blue spaces and public architecture, but also in policies that uphold social equity, environmental sustainability and participatory governance.

Deepening GNH's Influence on Urban Mental Health Policy

GNH's strength lies in its multi-dimensional measurement approach. Unlike GDP's narrow economic focus, GNH employs a comprehensive index, measuring happiness and wellbeing indicators across the population. This approach enables policymakers to identify mental health gaps and target resources effectively (OECD, 2024; Thinley, 2019).

For instance, GNH surveys highlight psychological distress and loneliness as priority concerns, prompting investments in community wellbeing programmes, mindfulness education and environmental restoration.

This data-driven but culturally grounded methodology empowers cities like Gelephu to tailor mental health interventions within their unique sociocultural fabric. The synthesis of tradition and modern governance creates a policy environment rarely seen in other urban contexts. The result is a city that does not just treat mental illness but proactively cultivates mental wellness through systemic urban design.

Scientific Foundations: Mindfulness, Nature Exposure, Happiness and Mental Health

Beyond cultural traditions, an impressive body of scientific research affirms the profound impact of mindfulness and nature exposure on mental health. Studies by Bratman et al. (2015) reveal that time spent in natural environments reduces neural activity in the subgenual prefrontal cortex, a brain area linked to rumination and depression.

This neurological evidence complements epidemiological data showing that children with greater access to residential green space have significantly reduced risks of developing psychiatric disorders later in life (Bratman et al., 2015; Engemann et al., 2019). Access to nature supports not only long-term outcomes but also immediate benefits.

Astell-Burt and Feng's (2019) large-scale cohort studies from Australia indicate that adults living near urban green spaces experience lower psychological distress. Similarly, Zhang et al. (2020) highlighted that adolescents with regular access to parks and natural settings improved attention, and lowered rates of anxiety and depression. Even brief daily

exposure to natural environments — as little as 15 minutes — can boost mood and cognitive functioning (Harvard T.H. Chan School of Public Health & Natural Capital Project, 2025).

Mindfulness complements these effects in ways that extend from the psychological to the neurological. Neuroscientific research shows that mindfulness strengthens emotional regulation, supports neuroplasticity, and fosters resilience (Tang, Hölzel, & Posner, 2015).

Happiness research underscores that while genetics and life circumstances play a role, intentional practices such as mindfulness, gratitude and social connection decisively shape wellbeing (Lyubomirsky, Sheldon, & Schkade, 2005). Robert Waldinger's longitudinal study confirms that strong, supportive relationships are the single strongest predictor of long-term health and happiness (Waldinger & Schulz, 2023).

As George Vaillant (2012) concluded: *"Happiness is love. Full stop."* Taken together, these findings establish a clear foundation: Mindfulness and nature exposure are not luxuries but essential elements for psychological health, cognitive functioning and life satisfaction.

The Synergy Between Mindfulness and Nature: A Psychological Perspective

Psychological theories provide insights into why mindfulness and natural environments reinforce one another. Attention Restoration Theory (ART) (Kaplan, 1995) suggests that urban environments often demand directed attention, leading to cognitive fatigue, while natural settings engage effortless attention, allowing the brain to replenish its resources.

Mindfulness meditation similarly trains the brain to observe thoughts without judgement, reducing rumination and enhancing emotional regulation (Tang, Hölzel, & Posner, 2015). Together, mindfulness and nature create a feedback loop that nurtures cognitive recovery and emotional resilience.

Complementary theories highlight additional dimensions of this relationship. Tuan's (1974) concept of "topophilia" — the emotional bond

between people and place — helps explain why cultural landmarks, temples and landscapes in Gelephu can foster belonging and wellbeing.

Nassauer's (1995) Ecological Aesthetic Theory further argues that landscapes designed with visible care signal trustworthiness and stewardship, while Kaplan and Kaplan's (1989) Preference Matrix links the perceived naturalness and legibility of environments to psychological comfort.

Empirical research underscores these theoretical insights. Beatley (2011) demonstrates that access to green urban spaces correlates with increased physical activity, lower stress and higher life satisfaction.

Zhang et al. (2020) similarly show that thoughtfully designed natural settings strengthen social cohesion and reduce anxiety. Applied to Gelephu, these findings suggest that integrating green corridors, walkable lanes and culturally resonant public art into the city's design can significantly enhance both individual health and collective resilience.

In practice, this synergy shapes the design philosophy of the GMC. By situating mindfulness practice areas within natural settings — such as forested walking trails, riverside parks, and water-feature meditation zones — the city can maximise the restorative potential of both mindfulness and nature. The result is an urban environment that not only reduces psychological distress but actively cultivates longevity, resilience and a deep sense of place.

Designing Mindful Urban Spaces: The Role of Green and Blue Infrastructure

One of the most visible features of GMC's approach is the integration of lush green spaces and tranquil blue water spaces within the urban environment. Parks, community gardens, tree-lined streets and water bodies are designed to serve as restorative refuges, enabling residents to engage in contemplative practices or casual social interactions. These spaces support psychological restoration by providing sensory engagement, reducing cognitive fatigue and lowering stress hormone levels (Ulrich et al., 1991; van den Bosch & Ode Sang, 2017).

In addition, the presence of water features and blue spaces — such as ponds, streams and fountains — complements green spaces by providing calming auditory and visual stimuli that further enhance wellbeing. This multi-sensory approach aligns with environmental psychology research emphasising the restorative and mindfulness-promoting effects of thoughtfully designed natural environments (Antonini Philippe, Schwab, & Seifritz, 2022).

In Gelephu, wetlands, urban forests and riverside parks are deliberately woven into the city's core. Research shows that such spaces not only improve air quality but also lower cortisol levels, reduce depression and encourage physical activity (Twohig-Bennett & Jones, 2018).

Biophilic Architecture and Mindfulness-Centred Urban Design

Beyond parks and open spaces, GMC applies biophilic design principles to architecture and streetscapes. This approach emphasises incorporating natural materials, organic shapes and daylighting into buildings to maintain a continuous connection between residents and nature (Kellert, 2018; Kellert, Heerwagen, & Mador, 2008; Sternberg, 2009).

For instance, the new airport in Gelephu features forested lounges, meditation zones and yoga spaces, blending transit infrastructure with nature to ease traveller stress.

Furthermore, mindful urban design incorporates active design principles that encourage walking, cycling and physical activity, all of which support mental health (Sallis et al., 2012; World Health Organization, 2018). Pedestrian-friendly streets, combined with traffic-calming measures — such as narrow lanes, raised crosswalks and reduced vehicle speeds — foster safe and inviting environments for movement, social interaction and spontaneous engagement with public spaces (Pucher, Dill, & Handy, 2010).

In addition, the city incorporates quiet zones with natural sound buffers to mitigate urban noise pollution — a significant contributor to stress and sleep disturbance (Basner et al., 2014; Halperin, 2014). These acoustic considerations, together with visual and tactile biophilic elements, create

multisensory sanctuaries that reinforce mindfulness and enhance overall wellbeing.

Urban Biodiversity and Ecological Vitality

Beyond individual wellbeing, urban green spaces contribute to ecological diversity, a key GNH domain. Biodiverse parks and green corridors foster habitats for native flora and fauna, enhancing ecosystem services such as air purification and climate regulation. These environmental benefits translate into improved human health by reducing pollution exposure and mitigating urban heat island effects (Elmqvist et al., 2015).

Gelephu's urban forestry initiatives, including native tree planting and wildlife-friendly greenways, serve as living classrooms that deepen residents' connection to nature and reinforce cultural respect for the environment. By this blend of ecological stewardship with cultural values, Gelephu exemplifies how mindful urbanism can simultaneously nurture both planetary health and human wellbeing.

Healing Architecture and Social Spaces

Building design in GMC also prioritises social wellbeing by creating communal spaces that foster social interaction and cultural activities. Courtyards, plazas and community centres are designed to be welcoming and accessible, encouraging residents to gather.

This social architecture counters the isolation often associated with urban life, and aligns with GNH's community vitality pillar. Such spaces facilitate the informal social support networks that are proven to buffer stress and enhance mental health (Kawachi & Berkman, 2001).

Csikszentmihalyi's (1990) concept of "flow" — deep immersion in meaningful activity — finds a civic parallel in GMC's approach. When residents experience public life as engaging, restorative and socially rewarding, the city itself becomes a catalyst for psychological flow, enhancing both individual wellbeing and collective cohesion.

Governance, Education and Community Engagement: Creating a Culture of Mindfulness

The success of a mindfulness city depends on governance frameworks that prioritise wellbeing in all policies. Bhutan's unique blend of cultural governance and modern administrative practices ensures mindfulness is integrated into urban planning, health services and community development (Ura, Alkire, Zangmo, & Wangdi, 2012).

Mindfulness education is embedded at all levels — from early childhood to higher education — equipping residents with emotional literacy and resilience skills (Hayward, Pannozzo, & Colman, 2008). Complementing those efforts, community engagement initiatives foster social capital by encouraging participation in mindfulness programmes, cultural festivals and public decision-making forums, thereby strengthening social cohesion and reducing loneliness (World Health Organization, 2022).

Gelephu's governance model emphasises transparency, inclusion and equity, ensuring that marginalised groups — including women, youth, the elderly, and people with disabilities — are active participants in shaping the city's future. This participatory approach cultivates collective ownership of both wellbeing and cultural preservation, reinforcing the integration of mindfulness into the city's social and institutional fabric.

Policy Integration and Mental Health Services

In alignment with the principles of GNH, Gelephu's municipal governance plan is in the process of integrating mental health considerations across sectors, recognising their intersections with housing, transportation and environmental quality. This evolving comprehensive approach aims to embed mental health within the broader framework of urban development, rather than treating it in isolation.

Public health systems in Gelephu aim to incorporate mindfulness-based therapies alongside community support networks, enhancing both accessibility and cultural relevance of mental health care (Goldberg et al., 2018; World Health Organization, 2022). Early intervention programmes in schools and workplaces will further contribute to fostering a mentally

resilient society, ensuring that preventative and restorative measures are available at multiple stages of life.

Technology and Mindfulness: Harnessing Innovation Without Losing Balance

While technology can sometimes contribute to stress and distraction, GMC adopts a nuanced stance, exploring ways to leverage digital tools to support mindful living. Plans include deploying smart environmental sensors to monitor air quality, noise and crowd density, eventually enabling city managers to optimise conditions for calm and comfort (Reuters, 2024).

Alongside these efforts, digital platforms are being developed to provide culturally tailored mindfulness resources, telehealth counselling and community networks. Research shows that mobile mindfulness and digital mental health interventions can reduce stress and improve access to care without undermining interpersonal connection (Firth et al., 2017). This technology-enabled support respects Bhutan's cautious modernisation approach, balancing innovation with cultural continuity (Bjarke Ingels Group [BIG], 2023).

Mindfulness as an Economic and Social Catalyst

Mental health disorders pose substantial economic burdens through lost productivity and healthcare costs worldwide (World Health Organization, 2022). GMC is working to establish a foundation for a mentally healthy society that can support a resilient and innovative workforce.

The city encourages the development of mindful capitalism; it models a blend of economic activity with social and environmental responsibility. Local enterprises are being encouraged to focus on cultural industries, eco-tourism and crafts, generating livelihoods while reinforcing Bhutan's identity and sustainability objectives (Ura, Alkire, Zangmo, & Wangdi, 2012).

Longevity and Holistic Wellbeing in Gelephu

Healthy aging encompasses more than physical health; it requires psychological resilience, social connectedness and supportive environments.

Bhutan's GNH framework explicitly recognises longevity as an integral dimension of wellbeing, closely linked with happiness, community vitality and health (Ura, Alkire, Zangmo, & Wangdi, 2012). Gelephu's urban design embodies this principle, fostering conditions that nurture long, fulfilling lives.

Building on the scientific foundations outlined earlier, mindfulness plays a particularly critical role in aging well. It reduces chronic stress and inflammation, slows biological processes that accelerate aging, and protects cellular health (Epel et al., 2009).

Sinclair (2020) emphasises how lifestyle factors such as stress reduction, social engagement and mental health activate epigenetic mechanisms promoting cellular repair and longevity[2], while Mario Martinez (2017) further highlights that unconscious emotions, belief systems and stress responses affect gene expression via epigenetic pathways. His mind-body connection framework suggests that emotional awareness, resilience and purpose directly influence health outcomes, positioning mental wellbeing as a driver — not merely an outcome — of longevity.

The benefits of nature exposure also take on particular importance in later life. Green and blue spaces support mobility, cardiovascular health and cognitive function in older adults (Twohig-Bennett & Jones, 2018). Gelephu's intergenerational design — with walkable neighbourhoods, accessible communal areas and healthcare services — fosters independence while addressing loneliness, a major risk factor for morbidity and mortality (Holt-Lunstad, Smith, Baker, Harris, & Stephenson, 2015).

Urban design also shapes aging outcomes through clean air and water, nutritious food access, and communal spaces that promote social integration (Fratiglioni, Paillard-Borg, & Winblad, 2004). Gelephu's plan aligns with "Blue Zone" principles observed in global longevity hotspots: Plant-based diets, natural movement, strong community bonds, and a sense of purpose (Buettner, 2012). Here, mindfulness acts as "ikigai" — a meaningful reason for being — linking daily life to deeper purpose and fulfilment.

2 Positive psychological states such as purpose, social connection, and stress reduction have been shown to influence biological processes like telomere maintenance, inflammation pathways, and gene expression, linking mental wellbeing with cellular aging and resilience (Epel et al., 2009; Sinclair, 2020).

Cultural context further enhances these practices. In Bhutanese society, elders are traditionally revered and actively integrated into community life (Dorji et al., 2017), in contrast to the isolation often experienced by seniors in many urban settings worldwide.

While the degree of social integration can vary, particularly in more remote or rapidly urbanising places, this ethos of respect provides the foundation for resilience. This integration of cultural respect, environmental design and social connectivity creates a resilient ecosystem where longevity and mental wellbeing reinforce one another.

Longevity itself is shaped as much by psychological and social wellbeing as by biology. Csikszentmihalyi's (1990) concept of "flow" highlights the importance of meaningful engagement in sustaining resilience, while Diener and Chan (2011) demonstrated that higher subjective wellbeing predicts better health outcomes and longer life expectancy.

Advances in epigenetics show how social environments literally "get under the skin", influencing gene expression linked to stress regulation and immunity (Meaney & Szyf, 2005; Uddin, 2017). Mindfulness contributes directly to these processes by reducing inflammation and slowing telomere shortening, markers of biological aging (Mendioroz et al., 2020; Bossert et al., 2023).

Ellen Langer's pioneering work reframes mindfulness as active noticing and engagement with the present, showing that openness, flexibility and context sensitivity not only improve psychological wellbeing but also produce measurable physiological gains, including enhanced memory, reduced stress markers, and improved longevity-related outcomes (Langer, 1989; 2014; 2009).

Gelephu's model demonstrates how mindfulness, nature, cultural values and urban design can combine into a holistic framework for aging well. By aligning scientific evidence with Bhutan's GNH philosophy, the city offers a compelling vision of how societies worldwide might address the twin challenges of aging and mental health.

Comparative Insights: Examining Other Global Contexts Enriches Understanding

The pressures facing urban mental health are global, with rising anxiety, loneliness and burnout increasingly recognised as public health challenges. If Gelephu succeeds, it will serve as a powerful demonstration that cities can be intentionally designed to counter these trends.

However, replication in other contexts requires political will, cultural adaptation and governance innovation. As Beatley (2011) notes, resilient cities require "deep green" policies — not merely protecting nature but making it the framework around which urban life is organised. The Gelephu model suggests that a mindful city is not a luxury for the affluent, but a necessity for collective wellbeing.

Comparative analysis highlights that these principles are neither novel nor impossible in diverse urban contexts. Nordic cities such as Copenhagen and Helsinki exemplify walkability, extensive green infrastructure and strong social cohesion, producing high happiness and longevity scores (Beatley, 2012).

Singapore offers another compelling case: Despite its high density, the city integrates rooftop gardens, green corridors and water features into everyday urban life, demonstrating that access to nature and restorative spaces can coexist with modern infrastructure (Newman & Matan, 2013).

Curitiba, Brazil, has long prioritised public transit, green belts and accessible parks, reinforcing the vision of environmental sustainability that aligns with equity and social wellbeing (Rabinovitch, 1992). Medellín, Colombia, transformed historically marginalised neighbourhoods, through innovative public libraries, parks and cable cars, improving social cohesion and mental health outcomes (Brand, 2013).

Similarly, Vancouver, Canada, integrates walkable streets, waterfront access and neighborhood green spaces, showing that even large urban centres can embed restorative environments into daily life (Boddy, T., 2004).

Small towns in Japan illustrate the value of integrating cultural heritage with urban infrastructure. Accessible community centres, public rituals

and proximity to nature collectively enhance residents' life satisfaction, resonating with the concept of "ikigai", that has been linked to longevity in Okinawa (Buettner, 2012) findings on social cohesion. These examples affirm that mindful urban design, grounded in both environmental and social principles, is neither utopian nor exclusive.

These comparisons reveal that Gelephu's focus on mindfulness, nature and social integration is not an isolated experiment but part of a broader, global paradigm in which urban environments actively foster wellbeing, longevity and collective flourishing.

Conclusion: Gelephu as a Global Model for Mindful Urban Mental Wellbeing

Gelephu's pioneering Mindfulness City initiative represents a transformative approach to urban development; one that prioritises mental health as a fundamental dimension of sustainable progress. Rooted in Bhutan's Gross National Happiness philosophy (Ura, Alkire, Zangmo, & Wangdi, 2012) and enriched by robust scientific evidence on mindfulness and nature's healing power, GMC offers an inspiring blueprint for building cities that actively foster wellbeing.

By harmonising cultural wisdom, ecological stewardship, inclusive governance and innovative design, Gelephu can demonstrate that cities can be sanctuaries of healing, resilience and collective wellbeing, rather than sources of stress. The deliberate integration of green and blue infrastructure, biophilic architecture, and mindfulness education creates an environment where individuals and communities do not merely survive; they will thrive.

The science of longevity adds an additional layer of urgency and inspiration. Research in geroscience has shown that the biological pace of aging can be influenced by lifestyle, environment and psychosocial factors (Sinclair, 2020). Complementing this, Martinez (2017) argues that cultural beliefs and emotional climates shape health outcomes through mind-body pathways, reinforcing that wellbeing is not only an outcome but also a driver of healthy aging.

In an era when urban mental health crises escalate with alarming speed, Gelephu challenges policy makers to re-imagine cities not merely as

engines of growth but as ecosystems of healing and purpose where mental wellbeing is a central objective — intersecting housing, transportation, environmental quality, social equity and public health policies.

To realise this vision globally, governance must prioritise:

1. Embedding culturally rooted mindfulness practices into urban planning and governance to honour local heritage while promoting emotional resilience, and ensuring they are accessible to all residents.

2. Ensuring equitable access to high-quality green and blue spaces to maximise restorative benefits across all communities, enhancing social justice and environmental health, and reducing mental health disparities.

3. Incorporating biophilic and active design principles in architecture and infrastructure to reduce stress and improve cognitive function, to nurture continuous human-nature connections and support physical wellbeing.

4. Integrating mindfulness education and community engagement initiatives to build social capital, to strengthen social capital and collective resilience, reduce loneliness, and foster collective care.

5. Leveraging technology thoughtfully so it supports — rather than undermines — mental health, balancing innovation with cultural continuity.

6. Promoting mindful economic development that aligns with social and environmental wellbeing, cultivating sustainable livelihoods, in keeping with GNH principles.

7. Prioritising social equity and inclusion in mental health strategies to ensure marginalised voices shape policy and benefit from care, and recognising that inequality erodes both wellbeing and lifespan

8. Committing to environmental sustainability and climate resilience as foundational pillars that sustain both mental and physical health across the life course.

Despite challenges such as rapid urbanisation, congestion, pollution and economic pressures, these obstacles also offer opportunities for innovation. By embedding GNH principles, leveraging empirical research on happiness and longevity, and actively engaging residents, Gelephu can pioneer a "healing city" model for the 21st century. This vision would not be possible without the leadership of His Majesty Jigme Khesar Namgyel Wangchuck, whose foresight has redefined what national progress can mean in the 21st century.

As Waldinger and Schulz (2023) remind us, "Good relationships keep us happier and healthier. Period." In Gelephu, those relationships extend beyond human networks to rivers, forests and shared spaces that sustain life itself.

If we can learn to design cities that heal, we may discover that the path to happiness and longevity begins not in the clinic but in the streets outside our door. Gelephu offers not just a local experiment but a global invitation to re-imagine urban life as a source of restoration, connection and enduring wellbeing.

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