

Research Methods - Qualitative Report: Thematic Analysis: ‘Individual and Environmental Wellbeing’.

Abstract

The following research report is discussing wellbeing and the internal and external factors that can influence people's health and wellbeing. The two main types of wellbeing that are discussed are environmental and individual wellbeing. The research report thematically analysed a qualitative interview with one female participant. There were no significant findings of statements as no statistics were used throughout this report. Results showed that the majority of literature available is supported by what the female says within her interview. However, some areas of literature including; having a clean environment and the relationship to mental wellbeing need further research to identify the relationship. Findings show exercise, healthy eating, having a clean environment, being aware of enlightened self-interest and having a fixed routine can all positively impact people's physical, psychological and social well being by increasing energy levels, reducing stress levels and easing symptoms of mental health illnesses. This can then improve people's satisfaction with their life and quality of life.

Introduction

Wellbeing is a combination of mental and physical health which can be influenced by internal and external factors. In general wellbeing is where an individual experiences more positive emotions than negative and how they perform (Mental Health Foundation, 2015). The individual should feel satisfied with their life altogether. There are various factors that influence the wellbeing of individuals which include; physical, economical, emotional, psychological and social wellbeing and how satisfied an individual is with their life (CDC, 2019).

Environmental wellbeing is where individuals are surrounded by pleasant, safe and secure, clean, well kept, crime free, work, resources in the home, living conditions, noise and air pollutant levels. Having a clean environment can influence individuals' health and wellbeing in many ways as research from Norris, T. (2020) states that a clean environment is fundamental for human's physical health and wellbeing. Clean air and environments, green spaces and safe workplaces have shown to have a positive impact on people's quality of life. Research is still ongoing however, so far it suggests that people who expose themselves in clean outdoor environments reduce symptoms of mental health illnesses and reduce levels of stress (*Healthy Environment, Healthy People*, 2017).

Research has been carried out by (Mental Health Foundation, 2018) which shows exercise is not only beneficial to your physical health but, it can also have an extensive beneficial impact on your mental wellbeing. Even minimal exercise can have a big positive impact on mental wellbeing by increasing energy levels, reducing symptoms of mental health and even preventing mental health illnesses from occurring and creating a positive mood. Exercise is a good way of eliminating stress, treating anxiety and depression whether it be alone or combined with medication or therapy and boosting self-esteem (NHS, 2018).

According to (*Individual and Community Well-Being*, n.d.) individual wellbeing is a combination of people's physical, psychological and social health with many factors influencing these on individuals such as; availability of necessities; food, housing, living conditions, income, positive social relationships. Individual wellbeing is where a person feels satisfied with their overall life. Individual wellbeing can be measured in many ways but, the most common method is self reporting, individuals can report their household income, unemployment levels and crime rates in their environment. One scale used to measure individuals of the general public's mental wellbeing is the Warwick-Edinburgh Mental Wellbeing Scale (WEMWS) with its aim to improve everyone's wellbeing. It consists of a 14 item scale including positive statements which can be marked 1 - 5. Results can range from 14-70 with the highest scores suggesting that the individuals live with a more positive mental wellbeing than the lower (*Warwick-Edinburgh Mental Wellbeing Scale (WEMWS)*, n.d.).

Research regarding healthy eating and the impact on wellbeing has been conducted and has shown that poor diets are the biggest cause of ill health which could be preventable. Factors of why this is a leading problem is that healthy food is not affordable for everyone, it is 3 times more expensive in comparison to unhealthy food, with it being much harder to consume healthy foods in deprived areas in the UK and more fast food restaurants available in the area (*Our food and our health*, 2017). Individuals would also gain more energy and better mental wellbeing from eating healthier foods high in minerals, vitamins and fibre in relation to unhealthy, fast foods high in fat, salts.

Method

Participants

For this qualitative study report, a lone female participated in an interview. The interview was provided to students pre-recorded and transferred into writing. Students participating in this report were required to analyse the transcribed interview utilizing thematic analysis.

Data Collection

A qualitative interview involving one female was conducted in order to accumulate data for this qualitative study report. The interview was recorded and transcribed previously before becoming available to students to use.

In the case where the student conducted the qualitative interview themselves, they would have provided the participant with an information sheet, consent form, debrief sheet, an interview schedule and the student would have used a voice recorder .

The information sheet would contain a concise explanation of what the research project incorporates, delineating the main aim of the research project, their right to withdraw, how their data will be used and handled and inform the participant what is expected of them when taking part e.g., expected duration, location, what it includes

(*Guidance on Completing a Participant Information Sheet*, n.d.). This is given to the participant firstly in order for them to have an insight of what the research project consists of.

A consent form is one of the principles of ethics and consists of statements from the information sheet provided for example; “I can confirm that I have read and understood the information sheet”, “I understand that I have a right to withdraw from this study at any point throughout” (jcjb@cam.ac.uk, n.d.). The consent form would also include space for a signature and date at the bottom ensuring they have gained the participants informed consent. The participant would then be given a copy of the information sheet and consent form alongside the researcher (*Informed consent*, n.d.). The consent form protects the participants dignity, rights and well-being and is a legal document required in research projects (Musmade et al., 2013).

The Debrief Form would be presented at the end of participation which provides the participants with information on why this research study was carried out, what is going to be done with their data, their right to withdraw, how the data will be analysed, the hypothesis being tested, level of data confidentiality and the benefits of participation (The British Psychological Society, 2021). The debrief form will also include the researcher and head researchers contact details if participants wish to contact further regarding the study or have any complaints (*How should the debrief be written?*, 2019). The debrief form is one ethical principle that should be included to ensure that participants are fully informed about the research study, their data and their rights (Sharpe & Faye, 2009).

In this particular research report the data was collected by a third party and provided to the student however, if the student was to collect the data they would have to decide on their intention for the interview, create interview questions (open ended questions), construct an interview sheet, consent form and debrief form to present to participants, develop an interview schedule and time sheet, gather participants to engage in the qualitative interview, obtain a voice recorder, carry out the interview on targeted participants, analyse and transcribe the interview and develop the final report.

Data Analysis

Thematic analysis (Braun & Clarke, 2006) was used in this research report to identify themes and subthemes from a transcribed qualitative interview. Thematic analysis is a type of research that identifies patterns and themes from data. Thematic Analysis was carried out on this research study which is where qualitative data is transferred into quantitative data. The data can be transferred into a transcript and the data is examined and categorized into potential codes which then can be identified into themes when the researcher is familiarised with the data. The themes which are developed are explored in more depth, developing into more specific, significant sub-themes. The researcher can

define and make notes on the sub-themes and conduct their final report (Maguire & Delahunt, 2017).

Results

Qualitative interview - One individual female on wellbeing

Themes	Sub-Themes	Supporting Quotes
Mental Health	Enlightened Self-Interest	"Being in a carer's role you end up looking after everyone else other than yourself." "If you don't look after yourself you go not chance in looking after anyone else"
	Exercise & Healthy Eating	"Um if I'm feeling particularly stressed I'll try and go and have a walk around some woods or somewhere green, I find that really soothing – it's very relaxing." "I find eating healthy keeps moods a bit more stable, and um, listening to music, of course, and exercise."
	Fixed Routine	"I have to keep an established routine, and that's when I feel the best." "with a routine of getting up with the dogs, taking them for a walk, um, and I do practice the mindfulness meditation bit but I don't always do the formal practices"

Environment	Cleaning Environment	"I just have a big old rant about people leaving their dog shit everywhere then I end up feeling quite angry and annoyed and there's nothing I can do about it, so I just pick it up and put it in the bin".] "it ~~also~~ stop me from ranting about other people being litter bugs. So instead of moaning about it I'll do something about it and pick up a can".
	Symbiotic Relationship - Environment & Wellbeing	"I think they can be all symbiotic, and I think that ...people should look after themselves firstly, but should also look after the environment around them". "if you are living in a shithole you are not going to be happy". "if something's nice around you then you are probably going to enjoy living there". "I think the environment does have a positive effect on your attitude and how you feel..."

Realisation, Awareness and Understanding	Physical and Psychological Well Being	"So yeah I'd say it counts as all three, whereas before when I was younger I would have just thought of the physical side of it and neglected the actual, y'know, psychological part as well." "But I understand now that to have a full sense of being well that you need to look after all of them." "had some counselling, also went through some stress control and wellbeing course...um.. I'll start again...basically I went through a sort of treatment process that lasted a few months"
	Enlightened Self-Interest	"<u>being</u> in a <u>carers</u> role you end up looking after everyone else other than yourself." "if <u>you</u> don't look after the carer.. you know, once the carer falls, who is going to look after the other people? So I finally realised that the <u>carer</u> has to come first".

The first theme that will be discussed in this report is; mental health. Throughout the analysis of the transcribed interview the theme 'mental health' arised with various features which were put

into the category of sub-themes as they were discussed by the participant throughout. The sub-themes include; 'Enlightened Self-Interest', 'Exercise and Healthy Eating' and 'Fixed Routine'.

Sub-theme 1.1 'Enlightened Self-Interest'

Enlightened self-interest is where an individual acts in the best interest of others before themselves. When the interviewee realises that self interests need to be taken care of first in order to be able to look after others as she stated "Being in a carer's role you end up looking after everyone else other than yourself." and "If you don't look after yourself you got no chance in looking after anyone else." This suggests that she was putting her parents before herself until she realised that she needs to put her interests first in order to be able to support them.

Sub-theme 1.2 'Exercise and Healthy Eating'

Exercise and healthy eating are both proven to increase experiencing positive moods, reduce the risk of experiencing negative moods, increase your self-esteem and energy levels. "Um if I'm feeling particularly stressed I'll try and go and have a walk around some woods or somewhere green, I find that really soothing – it's very relaxing." stated the interviewee which supports research in that it helps improve mood. "I find eating healthy keeps moods a bit more stable, and um, listening to music, of course, and exercise." This also supports the research showing that she self reports her mood is more stable with healthy eating and exercise.

Sub-theme 1.3 'Fixed Routine'

Theme 2: Environment

Sub-theme 2.1 'Cleaning Environment'

Having a clean environment is vital for promoting positive health and wellbeing as supported by recent research. It promotes a positive mood, reduces symptoms of mental health illness and reduces levels of stress. The interviewee says that. "I found that if I just have a big old rant about people leaving their dog shit everywhere then I end up feeling quite angry and annoyed and there's nothing I can do about it, so I just pick it up and put it in the bin." "So instead of moaning about it I'll do something about it and pick up a can." This supports the research of having green spaces and a clean environment. It can promote a positive mood and reduce the negative feelings as she stated she can have a rant but there's nothing that can be done.

Sub-theme 2.2 'Symbiotic Relationship - Environment & Wellbeing'

Recent research that has been conducted has evidence to support that having a clean, safe environment can have a positive impact on your mental wellbeing. The interviewee states that "I think they can be all symbiotic, and I think that ...people should look after themselves firstly, but should also look after the environment around them". This then links back to enlightened self-interest as she is aware that people need to look after themselves first before attending to anything else. "if something's nice around you then you are probably going to enjoy living there". "I think the environment does have a positive effect on your attitude and how you feel...". These are other statements which were included that supported the research that having a clean environment has a positive impact on your mental wellbeing as being outside in the clean

air and environment can make you feel good about yourself and where you live, influencing you to have a more positive outlook on your life as a whole.

Theme 3: Realisation, Awareness and Understanding

Sub-theme 3.1 'Physical and Psychological Well Being'

It is important to take all aspects of wellbeing into account to ensure overall wellbeing is stable. The types of wellbeing include; physical, social, psychological, environmental and life satisfaction. Most people view wellbeing as only physical and disregard all others that all have an influence on the overall wellbeing. "So yeah I'd say it counts as all three, whereas before when I was younger I would have just thought of the physical side of it and neglected the actual, y'know, psychological part as well." This shows that all that was taken into account was the physical side of wellbeing whilst the psychological wellbeing was being ignored. "But I understand now that to have a full sense of being well you need to look after all of them." "had some counselling, also went through some stress control and wellbeing courses...um.. I'll start again...basically I went through a sort of treatment process that lasted a few months." This shows that from being more aware she understood that all aspects of wellbeing had to be recognized and taken care of in order to have an overall good wellbeing.

Sub-theme 3.2 'Enlightened Self-Interest'

"being in a carers role you end up looking after everyone else other than yourself." "if you don't look after the carer.. you know, once the carer falls, who is going to look after the other people? So I finally realised that the carer has to come first". This suggests that she now realises that she has to look after herself and put her interests first before anything else in order to be able to support her parents the best she could. She realised that because she was looking after everybody else first and forgetting herself it induced stress and mental illnesses which could have been avoided if she was aware she had to put her own interests and wellbeing before others.

Discussion

From the results of this research report there was no significant, specific statement as there was no statistics used throughout. Relating to the relative literature in this report it did support what the interviewee was speaking about throughout. Where the interviewee stated that exercise helps to relieve stress, and ease mental health symptoms - it makes her feel better overall. She also mentioned that when eating healthy and exercising it helps keep her mood stable - reduces the risk of her experiencing negative feelings. The strengths of this report are that the interviewee's statements support the relevant literature. However, the limitation and suggestions are that further research is needed in order to expand and explain how and why these factors are beneficial on wellbeing and why and how they may have negative impacts on wellbeing. Another suggestion would be to include more statistics on this topic in order to be able to carry out comparisons on whether the factors seem to be beneficial to a lot of people or only a few. Overall, the relevant literature is supported throughout and there are lots of factors that influence people's overall wellbeing, however there should be more literature available - more with statistics and comparisons of people's opinions to compare.

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Appendices

Key: Interviewer in bold/interviewee in plain font

	Ok, well thank you very much for agreeing to take part in this interview this evening. It should take around 30 mins of your time if that <u>is</u> ok? Yeah sure, no worries, happy to help Great – thanks so much. Just to confirm then that we will be recording the interview and transcribing it, but we will make sure that the transcript is anonymised and that any specific context is changed to protect <u>your</u> identify. Is <u>that</u> ok? Yes great – thank you. So the purpose of this interview to explore the concept of “wellbeing” at both an individual and wider environmental level and to ask you to tell me about what you understand about wellbeing. You don't have to answer every question and can stop the interview at any time if you need a break or don't wish to answer a question. Ok? Yep ok Great – are you ok to start? Yep. Ok, so just to give us a bit of context to the remainder of the interview, could you just tell <u>me</u> <u>a</u> little about yourself – where you live, what you do etc? My name is Juliet. I live with my husband in Swansea and have two dogs and three cats. I'm a part-time worker and <u>help to care for</u> look after my <u>Dad</u> as well, with my Mum OK that's great thank you. So what we would like to explore in this interview is your understanding of what we mean by “wellbeing”, and what the word wellbeing means to you, and how important you feel it is to you. So to start off with, when you think about the word wellbeing, what does it conjure up in your mind? What does it <u>actually</u> make you think of? How would you define wellbeing? Um, I think in my opinion, well for me personally, wellbeing is, a bit to do like almost to do with looking after yourself, a bit like <u>self care</u>, um, I can't think of another way to say it now.... Just looking after yourself, in the best way possible Ok so when you talk about looking after yourself, do you mean in physical terms, or in emotional terms, or mental terms, or all three together? How do you sort of understand it?	Carer for family member
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Well-Being	Now as I've got older I would say it would cover all three – physical and emotional and, um, three? [interviewer: well – mental]... so yeah I'd say it counts as all three, whereas before when I was younger I would have just thought of the physical side of it and neglected the actual, y'know, psychological part as well. But I understand now that to have a full sense of being well that you need to look after all of them.	Realisation, awareness and understanding that you have to take care of all aspects of wellbeing not just physical
Realisation, Awareness and Understanding	That's really interesting that had changed from when you were younger... what do you think has changed to make you think of wellbeing as a more holistic concept... is there anything that has happened that you can think of to change that?	
Family impact - Stress	Well about 18 months – 2 years ago I had a bit of a breakdown through the stress of looking after both my parents, um, had some counselling, also went through some stress control and wellbeing course... um... I'll start again... basically I went through a sort of treatment process that lasted a few months... it wasn't so much like a really formal one, where we looked after the physical side with like drugs from the doctors for depression and anxiety, and then I went for counselling which dealt with the mental health aspects as well to help me sort out some... is it like cognitive therapy? Just to sort of help me wellbeing, to sort of bring it forth that I had to actually look after myself mentally as well, and um, I also practice mindfulness, I've done a course, a six week course, and that helps to put things into a lot better context of what wellbeing is as an individual but also other people's wellbeing around you kind of thing.	Stress caring for 2 parents – extreme mental or emotional distress – effecting daily lifestyle.
Stress		Treatment process – sought appropriate support
Treatment - Support		
Support	Thank you for that Juliet that's great – please only share stuff you are happy about though	
	No that's cool I'm happy to share	
	So would you say that it wasn't until you reached that point that you hadn't really thought about the importance of looking after your own emotional wellbeing? Did receiving that additional care and support make you realise why it was important?	
Enlightened Self-Interest	Oh yes, definitely, definitely. And being in a carers role you end up looking after everyone else other than yourself. But if you don't look after the carer, you know, once the carer falls, who is going to look after the other people? So I finally realised that the carer has to come first, well...as everyone should, look after themselves first, not putting other people's wellbeing above your own really – that's the importance	Looking after others before yourself – enlightened self-interest – neglecting own needs and wants – Altruistic.
Self-Care	So do you think the concept of wellbeing is important in today's world, for people generally?	
Realisation, awareness and understanding	Yes – I think probably people don't think about it enough, but they should do, because you're only here once aren't you? And if you don't look after yourself how are you going to look after everyone else around you? If you don't look after yourself you go not chance in looking after anyone else	Realisation and understanding that self-care has to come first before looking after others - looking after own well-being, stress management and having better self-esteem.
Caring for self needs		
Realisation, awareness and understanding		

	Okay great. Can you give me some idea of things you do on a daily or weekly basis that help you maintain that feeling of wellbeing? Do you find you have certain things that work for you?	
Having a fixed routine daily	I have to keep an established routine, and that's when I feel the best. Because at the moment I don't take any medication for the depression and anxiety – I can keep that at bay, luckily, with a routine of getting up with the dogs, taking them for a walk, um, and I do practice the mindfulness meditation bit but I don't always do the formal practices, so what you do is like when you go for a walk you try and keep yourself in the present.	
Routine		
Treatment Practice		
Support		
Self-Care	Hmm mmm So you go and enjoy your walk, and try and, well not really turn off negative thinking but just try and let things be, try and be at peace when you are walking around. Um if I'm feeling particularly stressed I'll try and go and have a walk around some woods or somewhere green, I find that really soothing – it's very relaxing. On the other aspect, eating healthy – I find eating healthy keeps moods a bit more stable, and um, listening to music, of course, and exercise. But sometimes it has to be quite a strict routine. Um I'm more aware of when I'm starting to go on a bit of downward spiral and with all this kind of training and a bit of therapy I can – not so much avert it – but try and go another way, so it has to be routine.	Healthy Eating – important for maintaining good general health and reduces risk of further physical health implications. Established routine – better management of stress and improved mental and physical health.
Exercise		
Self-Care		
Stress		
Eating Healthy		
Self-Care	So how easy is it to look after your own wellbeing? difficult – it's hard cos it's easy to slip into the "oh I'll just skip the walk today" or "I'll just have some chips" (just thinking I am having chips on the way home [laughter]. So it is quite easy so you have to remind yourself to look after yourself, but once you do it more you do find it becomes a bit of a habit...	Exercise – regular exercise embedded in routine can improve mental and physical health e.g., easing symptoms of depression, anxiety, improve focus, improve sleep and energy levels. Understanding of when own mental health is going downhill and have a routine to avoid symptoms.
Mental Health/ Fixed Routine	so what about wider issues – quite often these days we talk about wellbeing as also including wider issues such as environmental wellbeing, or societal wellbeing – can you tell me whether this wider concept of wellbeing is something you think is important?	Finding it easy to neglect the routine but, once following routine for a while it becomes part of your daily routine to look after yourself and wellbeing.
Litter Picking – Clean Environment	I think so yes, I think, especially by where we live, we live near a beach, and you can see that the community has made an effort, so when there's little on the beach for example we all go out and tidy it up. It doesn't actually have to be a collective day when everyone does it although we have those as well, you tend to find now that everyone wants it to look nice, and once things look nice, people want to look after them better, don't they? So that's just an example I've seen down by us...does that make sense?	Environment – nice and clean environment influences people's mood – mental health?
Environment		
Self-Care	Yes it does, Yep that's great, so what sort of thing do you actually do, then, to help	Cleaning environment - meet

Litter Picking Environment Self-Care	Yes it does, Yep that's great...so what sort of thing do you actually do, then, to help the environment you are in and your environmental wellbeing? Well I try to like, when I go on to my local beach and usually people have left their empty cans, and I'll pick up a couple of cans, and it doesn't have to be loads. And usually, what I like to do but I don't always do it, on the way back from my walk I'll pick up a can and chuck it in the bin, on the way past just pick up one bit of litter and chuck it in the bin So why do you that? Because I think a little bit, often, can make a difference... and [laughing] it also stop me ranting about other people being litter bugs. So instead of moaning about it I'll do something about it and pick up a can. So how does it make you feel in yourself when you do that? Quite self-satisfied [laughter]... I think "yey", I think "that's better" So it seems like quite a mutually beneficial thing to do you – you are helping the environment but also making yourself feel good as well? Yey So what about recycling then Juliet? Do you recycle? Yes – mostly [laugh] Ok [laugh] so tell me about your "mostly statement"... can you explain that a little bit more to me? Well pretty much, when I'm nice and organised, and got plenty of time and everything, I'll go "ooh look, I've used chicken – I'm going to wash the packet out – lovely – and I'm going to stick it in the recycling bin. All the intentions, good in the world, do it for the whole week, day before bin day, or morning of bin day, if its black bag day - it's like mouldy stuff in fridge – straight in the bin. So I've got to confess, it goes out of the window slightly then – so it goes straight in the bin without recycling – sorry! So the intention is there.. you are keen to do it but sometimes... Sometimes you hear the binmen reversing down the road and you're like "get out there!!" [laughter] And you mentioned you have dogs.. what about their um.. What – their "leavings?" [laughter] yes that goes in the black bags- actually I take	Cleaning environment - meet other people in community/close by – socialisation. Clean environment – Litter Picking – Influences good physical and mental well-being. Reduces risk of further physical health implications and reduces symptoms of mental health. Helping to clean the environment – pleased with actions carried out? Proud of self?
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	What – their “leavings?” [laughter] <u>yes</u> that goes in the black bags- actually I take that down the tip I’m quite good with that cos they don’t collect it for two weeks so otherwise they stink.. and the cat leavings too And when you are out walking as well, <u>its</u> something you feel quite strongly about?	
Cleaning up Dog Mess Environment Self-Care	Oh yes, yeah. So I pick up after our dogs and <u>sometimes end up picking up after other dogs as well.</u> And again...why is that important to you? Because, um, I found that if I just have a big old rant about people leaving their dog shit everywhere then I <u>end up feeling quite angry and annoyed</u> and there’s nothing I can do about it, so I just pick it up and put it in the bin. I don’t do it to every bit...[laughter] I don’t want you thinking that I’m kind of the mystery dog poo picker up-er [laughter]. <u>So</u> you haven’t got obsessive compulsive disorder yet then you don’t think [laughter] Yeah I probably have actually [much laughter]... Something I’m interested in exploring with people is their use of electricity, turning things off, use of <u>standby</u>.. obviously there’s been lots in the news this week about climate change etc., ... tell me a little bit about, you know, what you think about your use of electricity and resources. I think a <u>good example is that NatWest advert</u>, where you get cashback on your bills... there’s a man going around the house singing “I’ve got bills” and going around the house and turning everything <u>off</u>.. well that’s <u>me</u>.. I go around the house turning thermostats down in the morning, I’ll turn them up in the morning...I do switch the lights off, we have eco-bulbs everywhere, and I do switch the lights off in between. <u>So</u> you are quite strict about that then? Yes [laughter] – “why’s the house in the dark?” [laughter] So... we are coming to the end of the <u>interview</u>, <u>so</u> something I just want to explore a little is, given your experiences, do you think that looking after your own wellbeing in terms of your emotional and physical wellbeing, and looking after the environment are compatible? How compatible do you think they <u>are</u> or do you think perhaps they create quite a lot of conflict or difficulties? I think they can be all symbiotic, and I think that ...people should look after themselves firstly, but should also look after the environment around them, because if you are living in a <u>shit</u>hole you are not going to be happy –are you? Really? So <u>if</u>	Cleaning environment – feelings of achievements in helping to maintain a clean local environment Impact of stress/negative feelings? Tries to avoid by carrying out actions herself? Symbiotic – beneficial relationship. Play a part in looking after you and the environment to have a positive
Reflection Environment Beneficial Relationship –		

	climate change etc., ... tell me a little bit about, you know, what you think about your use of electricity and resources.	
Reflection Environment	I think a good example is that NatWest advert, where you get cashback on your bills... there's a man going around the house singing "I've got bills" and going around the house and turning everything off, well that's me.. I go around the house turning thermostats down in the morning, I'll turn them up in the morning...I do switch the lights off, we have eco-bulbs everywhere, and I do switch the lights off in between. So you are quite strict about that then? Yes [laughter] – "why's the house in the dark?" [laughter] So... we are coming to the end of the interview, so something I just want to explore a little is, given your experiences, do you think that looking after your own wellbeing in terms of your emotional and physical wellbeing, and looking after the environment are compatible? How compatible do you think they are or do you think perhaps they create quite a lot of conflict or difficulties?	
Beneficial Relationship – Environment and Wellbeing Self-Care Environment	I think they can be all symbiotic, and I think that ...people should look after themselves firstly, but should also look after the environment around them, because if you are living in a shithole you are not going to be happy –are you? Really? So if something's nice around you then you are probably going to enjoy living there a lot more...if you live somewhere surrounded by litter then you are probably not going to be happy. I think the environment does have a positive effect on your attitude and how you feel... Ok that's great, great. So have you got any thoughts about what you think society could do, and people could do generally, to try and encourage society to look after both their own wellbeing and the environment? That's a difficult one... I think it's got to come down to something simple and easy that everyone can do... which might come down to something like – gonna sound a bit hippiesh now – that everyone should be kind to each other but to the environment as well. So if everyone is nicer and a bit more thoughtful and mindful about what they do towards themselves, but also environmentally, like, an example – y'know, if someone's bin bag has split – don't just leave it lying on the road, why not just tie it back up... Ok that's great – thank you very Juliet for your time... is there anything you else you want to add or tell me about before we end the interview? No I don't think so... Ok – great – thank you again	Symbiotic – beneficial relationship. Play a part in looking after you and the environment to have a positive impact on your life and overall health.
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