

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 is 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 your identify. Is that 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 me a little about yourself – where you live, what you do etc?	
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	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 help to care for look after my Dad 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 well-being 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 actually 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 self care, 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? 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. 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? 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	
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	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. 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? 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 So do you think the concept of wellbeing is important in todays world, for people generally? 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	
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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?

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.

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 – its 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.

So how easy is it to look after your own wellbeing?

difficult – its 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...

	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? 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? 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"	
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	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 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, its something you feel quite strongly about?	
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	Oh yes, yeah. So I pick up after our dogs and sometimes end up picking up after other dogs as well.. 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 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. 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]. So 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 standby.. 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 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]	
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	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? 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	
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