Wednesday, July 24, 2024

My Upcoming Wellness Initiative

I will soon be embarking on a **wellness initiative** to address many overlooked needs.

It can bring fresh understanding of our needs by applying anankelogy, the new social science for understanding the dynamics of our needs.

Applied anankelogy offers a new service called *responsivism*.

**Responsivism is the belief and practice that responding to each other's needs generates far better results than pursuing hostile legal options.**

Where activism seeks to change policies to compel behavior to honor one’s own needs, responsivism incentivizes all sides to honor the needs of others as each would have the other honor their own. A wellness campaign applies this need-responsive standard.

**Everyone’s wellness depends on how well their needs resolve.**

A wellness initiative assesses how responsive we each are to each other’s needs.

To incentivize us to shift from **anti-wellness** habitsto **pro-wellness** routines.

We all resist full wellness, at least some of the time on some level. What we often trust as good turns out bad for our needs. Such as avoiding pain that only exists to report our overlooked needs, which prompts more pain. A wellness initiative incentivizes us all to be more **need-responsive** and less **feel-reactive** toward each other.

This includes knowing each other’s specific needs, then addressing how we impact those needs. To rely less on rules and more on personally relating to each other’s affected needs. We can then resolve more needs to support each other’s wellness.

You will soon receive more information about this need-responsive wellness initiative. It includes some benefits to you. Thank you.

|  |  |
| --- | --- |
| **Learn more at https://www.anankelogyfoundation.org/wellness-initiative** | |
| **1. Personally Responsive** | **2. Properly Responsive** |
| for those close to you, to melt alienation with kindness | for colleagues in your life, to respect your overlooked need |
| **3. Professionally Responsive** | **4. Powerfully Responsive** |
| for professionals in your life, to support your wellness | for authorities over your life, to speak truth to power |