

# The rise of a new diplomacy focused on emotional well-being.

*The interconnected nature of systemic problems, emotional well-being, and global conflicts underscores a profound truth.*

MIAMI, FLORIDA, USA, December 28, 2023 /EINPresswire.com/ -- [Systemic problems](#), deeply embedded in the fabric of societies, are like the roots of a diseased tree. They spread far and wide, often unnoticed, until the symptoms become too glaring to ignore. These issues, when unresolved, lead to a cascade of conflicts, deeply affecting the emotional well-being and mental health of entire populations.

This ripple effect is vividly illustrated in various conflicts around the world, such as those in Israel and Gaza, Ukraine and Russia, and others.



Luis Gallardo and World Happiness Foundation  
Thanks Giving Celebration

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The path to a peaceful and resilient world lies in addressing not just the external manifestations of these conflicts but their emotional and psychological roots.”

*Luis Gallardo. Founder and President of the World Happiness Foundation*

At the heart of many of these conflicts lies unresolved systemic issues - be it political, social, economic, or a complex mix of these. In Israel and Gaza, for example, historical grievances, territorial disputes, and a clash of national identities have led to protracted conflict. This has not only caused immediate suffering and loss but also engendered deep-seated trauma and mistrust that transcends generations.

Similarly, the conflict between Ukraine and Russia is rooted in historical, cultural, and political complexities. The trauma inflicted by such conflicts is not just physical; it scars the collective psyche, leading to what is known as

intergenerational trauma. This kind of trauma is passed down, often subconsciously, shaping the perceptions, emotions, and reactions of future generations. It creates a cycle of fear, suspicion,

and sometimes, a continued thirst for retribution.

These conflicts are microcosms of a larger global pattern where unresolved systemic issues perpetuate cycles of violence and trauma. From Africa to the Americas, Asia to Europe, no continent is immune. The effects are not just localized; they ripple across the globe, impacting international relations, economies, and global peace.

What exacerbates these conflicts is not just the lack of resolution of the systemic issues but also the neglect of the mental health and emotional well-being of those affected. Traditional diplomacy often focuses on political and territorial resolutions, neglecting the deep emotional and psychological scars.

To break these cycles, a new approach to diplomacy is needed - one that prioritizes mental health and emotional healing alongside political solutions. This involves acknowledging and addressing the collective trauma, facilitating dialogue that transcends mere political discourse, and fostering an environment where healing is as important as resolution.

Mental health professionals, peacebuilders, and diplomats must work together to create frameworks that not only address the root causes of conflicts but also provide avenues for emotional healing. Initiatives that foster understanding, empathy, and shared human experiences can bridge the deep divides created by these conflicts.

It is high time to recognize that the trauma inflicted by violent conflicts is a global issue that needs to be banned from our planet. A holistic approach, one that combines political solutions with emotional and psychological healing, is not just desirable but essential for a peaceful and healthy global society.

The ripple effects of not solving systemic problems are profound, leading to a perpetuation of conflict and trauma. The cases of Israel and Gaza, Ukraine and Russia, and other global conflicts underline the need for a new diplomacy - one that places mental health and emotional well-being at the forefront. By doing so, we can hope to break the cycles of violence and trauma, paving the way for a more peaceful and empathetic world.



## The emotional nature of human beings

Extending from the recognition of the profound impact of unresolved systemic issues and intergenerational trauma on global conflicts, it is crucial to understand and acknowledge the emotional nature of human beings. This understanding should be the cornerstone of our health and education systems, emphasizing that educating for happiness and emotional well-being is not just a luxury, but a necessity.

Human beings are fundamentally emotional creatures. Our emotions drive our decisions, shape our relationships, and influence our well-being. Despite this, traditional systems of education and health have often sidelined emotional education and mental health in favor of more quantifiable metrics of success, such as academic achievement or physical health. This oversight is a significant factor in why societies repeatedly find themselves entangled in cycles of conflict and trauma.

Emphasizing happiness and emotional well-being in education and health systems can have far-reaching effects. When individuals are equipped with the tools to understand and manage their emotions, they are better prepared to handle conflicts constructively, empathize with others, and build healthier relationships. This shift in focus can lead to the development of more emotionally intelligent, resilient, and compassionate individuals and communities.

In educational settings, this means integrating emotional intelligence into the curriculum. Schools should teach children how to recognize and express their emotions healthily, understand the emotions of others, and develop coping strategies for dealing with negative feelings. Such education helps in nurturing a generation that is better equipped to handle personal challenges and societal conflicts.

Similarly, health systems should prioritize mental health to the same extent as physical health. This involves not only providing resources for those struggling with mental health issues but also promoting practices that support emotional well-being in the general population. These practices include mindfulness, stress management techniques, and community support systems.

Moreover, educating for happiness and emotional well-being goes beyond formal education and healthcare. It requires a cultural shift towards valuing emotional health and recognizing its role in overall well-being. Media, workplaces, and government policies all play a vital role in fostering an environment where emotional health is a priority.

The link between emotional well-being and global peace is undeniable. When individuals are emotionally healthy, they are less likely to resort to violence or get trapped in cycles of trauma. By prioritizing emotional education and mental health in our systems, we not only enhance individual well-being but also contribute to a more peaceful, understanding, and empathetic world.

In summary, addressing systemic problems and breaking the cycle of intergenerational trauma requires a fundamental shift in how we approach health and education. Recognizing and nurturing our emotional nature by educating for happiness and prioritizing mental health can lead to more resilient, peaceful societies. It is a critical step towards healing the wounds of past conflicts and preventing future ones, thereby contributing to a healthier, happier world.

The [World Happiness Foundation](#) as a beacon of this transformative approach.

Building on the understanding of the integral role of emotional well-being and happiness in creating a more peaceful and resilient world, organizations like the World Happiness Foundation have emerged as beacons of this transformative approach. The foundation's existence and its various programs underscore the growing global recognition of the importance of happiness and emotional health in societal development.

One of the flagship programs is the Gross Global Happiness initiative, hosted at the United Nations University for Peace. This innovative program embodies a shift from traditional metrics of progress, like Gross Domestic Product (GDP), to those that prioritize the well-being and happiness of individuals. It focuses on integrating peace and happiness into the fabric of societies worldwide, recognizing that sustainable peace is intrinsically linked to the happiness and well-being of individuals and communities.

The [World Happiness Fest](#) is another significant initiative celebrating happiness as a fundamental human right. Timed around March 20th, the International Day of Happiness, this festival brings together people from various walks of life to share ideas, practices, and experiences related to happiness and well-being. It serves as a global platform for spreading awareness about the importance of emotional health and happiness in personal and societal development.

Recognizing the need for skilled professionals in this field, the World Happiness Foundation places a strong emphasis on training and education. Programs that train Chief Well-being Officers and Happiness Practitioners are essential in this regard. These professionals are equipped with the knowledge and tools to integrate happiness and well-being into various organizational structures, be it in corporate, educational, or governmental settings. Their role is crucial in steering these institutions towards practices that prioritize the emotional health of their members.

Moreover, the foundation runs specialized programs such as Cities of Happiness, Schools of Happiness, and Enterprises of Happiness. These programs are tailored to specific environments and aim to embed the principles of happiness and well-being in these microcosms of society. Cities of Happiness focuses on urban planning and community development that foster environments conducive to happiness. Schools of Happiness aim to integrate emotional well-being into the educational system, ensuring that the next generation grows up with a solid foundation in emotional intelligence. Enterprises of Happiness target the corporate world,

promoting workplace cultures that prioritize employee well-being, leading to more productive and positive work environments.

The work of the World Happiness Foundation is pivotal in the global movement towards recognizing and actualizing happiness as a fundamental human right. Through its various programs and initiatives, the foundation is setting a precedent for how societies can be restructured and reimagined with happiness and well-being at their core. This paradigm shift is crucial not just for addressing systemic problems and breaking cycles of conflict and trauma but also for building a more harmonious, resilient, and joyful world.

The World Happiness Foundation and its programs play a vital role in advancing the global understanding of happiness and well-being. By focusing on peace, happiness, and emotional health in various sectors of society, the foundation is paving the way for a future where happiness is not just an aspiration but a tangible, universal right.

2023 and the foundations created towards 2024

In conclusion, the interconnected nature of systemic problems, emotional well-being, and global conflicts underscores a profound truth: the path to a peaceful and resilient world lies in addressing not just the external manifestations of these conflicts but their emotional and psychological roots. The cycles of violence and trauma, fueled by unresolved systemic issues and perpetuated through intergenerational trauma, highlight the urgent need for a paradigm shift in our approach to diplomacy, health, education, and societal development.

Organizations like the World Happiness Foundation are at the forefront of this transformative shift, emphasizing the importance of happiness and emotional well-being as fundamental human rights. Initiatives like the Gross Global Happiness program, World Happiness Fest, and the training of Chief Well-being Officers and Happiness Practitioners, alongside specialized programs for Cities, Schools, and Enterprises of Happiness, are leading examples of how this new approach can be integrated into various aspects of society.

Ultimately, the pursuit of happiness and emotional health must be woven into the fabric of our global society. By prioritizing these aspects, we can hope to heal the wounds of past conflicts, prevent future ones, and create environments where individuals and communities can thrive. This holistic approach, which balances emotional well-being with traditional measures of progress, holds the key to a more harmonious, empathetic, and joyful world. In embracing this perspective, we are not just resolving current conflicts but are also paving the way for a future where peace, happiness, and emotional health are accessible to all.

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