



University of Jyväskylä

Understanding Wellbeing

Strengthening of the societal impact and understanding of the different dimensions of wellbeing and wellbeing research at JYU

Wisdom and wellbeing for people and society

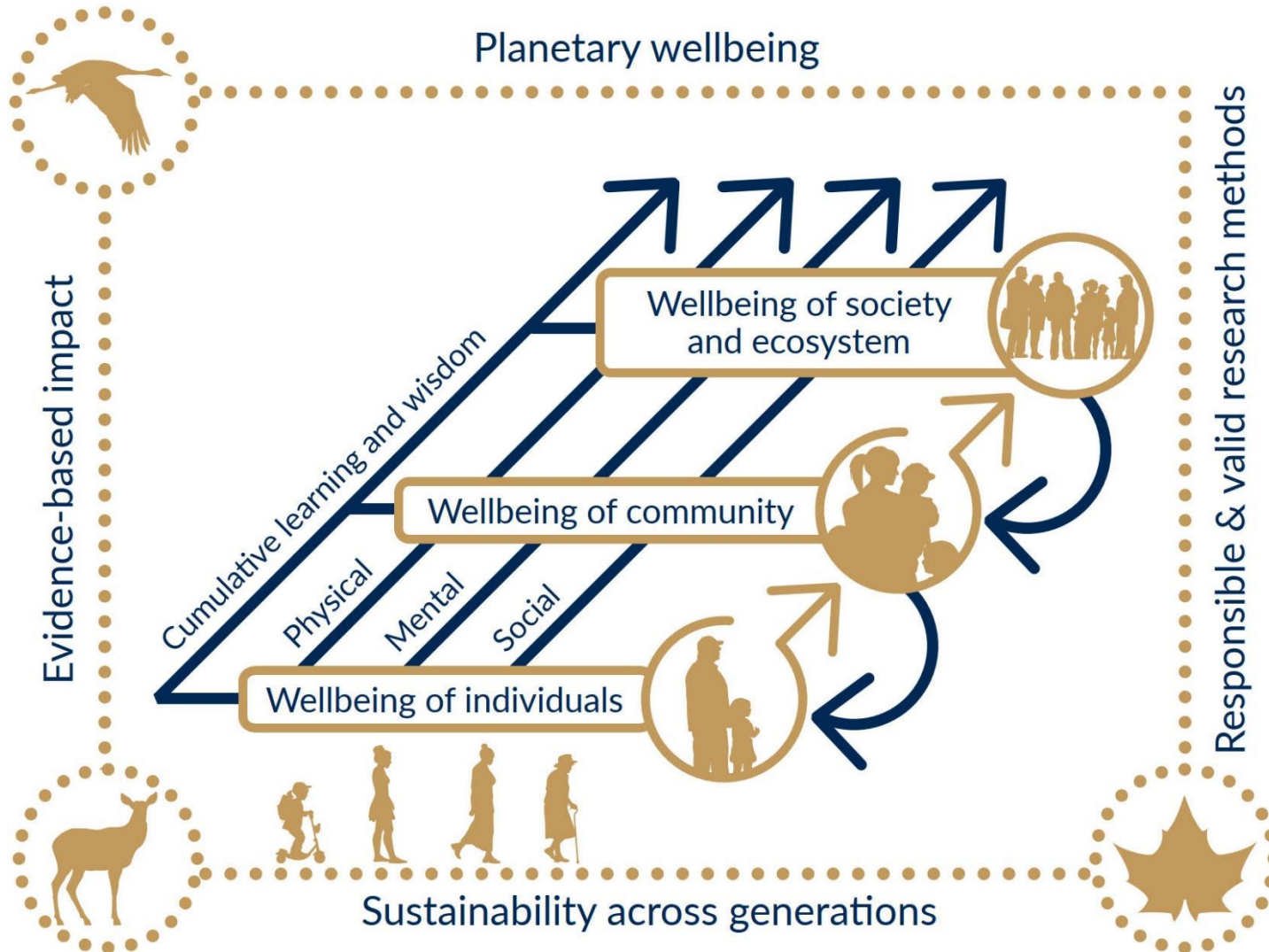
MENTIMETER question:
What brings you the most wellbeing during the Staff Week?



<https://www.menti.com/alpe28qq997w>

JYU vision:

Renewal of the society for greater equality and wellbeing



JYU as an interdisciplinary research hub

- **JYU.Edu** - World-class expertise on the impact of digitalization on learning and interaction, and data analysis
- **JYU.Well** - Ambitious integration of diverse disciplinary insights into a holistic understanding of wellbeing
- **JYU.Wisdom** - Facilitation of sustainability transitions within societies in a wider-than-customary manner

We increase our research capacities to apply new types of digital data and innovative data analysis integration for a greater impact on society.

Profi7

JYU is a forerunner in interdisciplinary wellbeing research

Various wellbeing-related frontier areas in all six faculties with annual research funding of approximately 25 M€, including Centers of Excellence and national profilation funding.



Multifaceted wellbeing

JYU.Well brings together expertise in wellbeing from different disciplines to create a more holistic and impactful whole. JYU.Well produces socially impactful wellbeing research by analyzing, developing, and disseminating new research-based interventions, administrative solutions and policy recommendations.



Transition from treating illbeing to supporting wellbeing

[Website](#)



[LinkedIn](#)



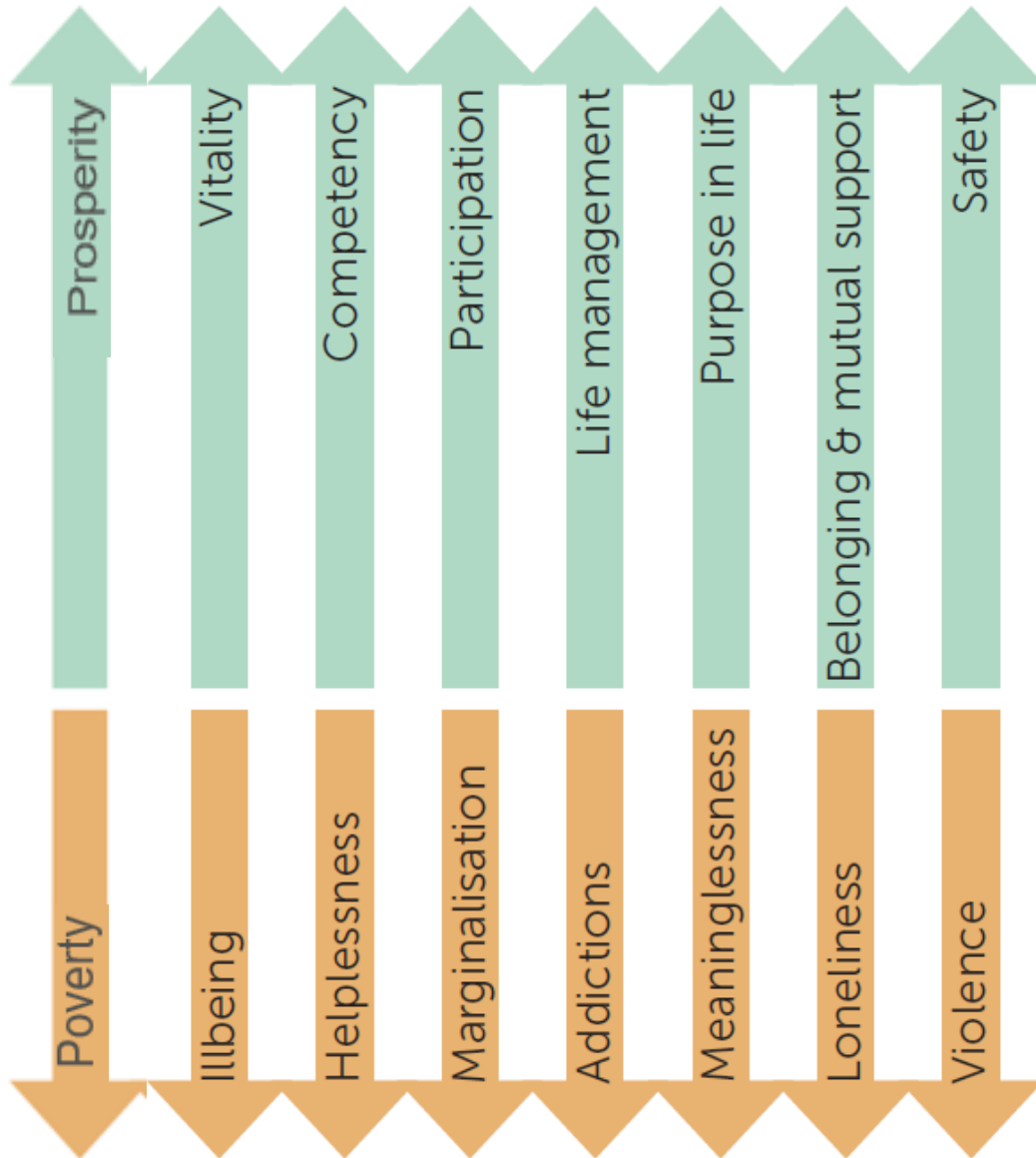
JYU.Well

[Instagram](#)



@jyu.well

Supporting wellbeing requires an interdisciplinary and multifaceted approach



Fadjukoff, P. (2018) [Hyvinvointiosaamista Suomesta koko maailmalle!](#) Edelläkävijänä Keski-Suomen ihmislähtöisen hyvinvoinnin osaamiskeskittymä. Jyväskylä: Jyväskylän yliopistopaino.

JYU.Well brings together wellbeing research at JYU

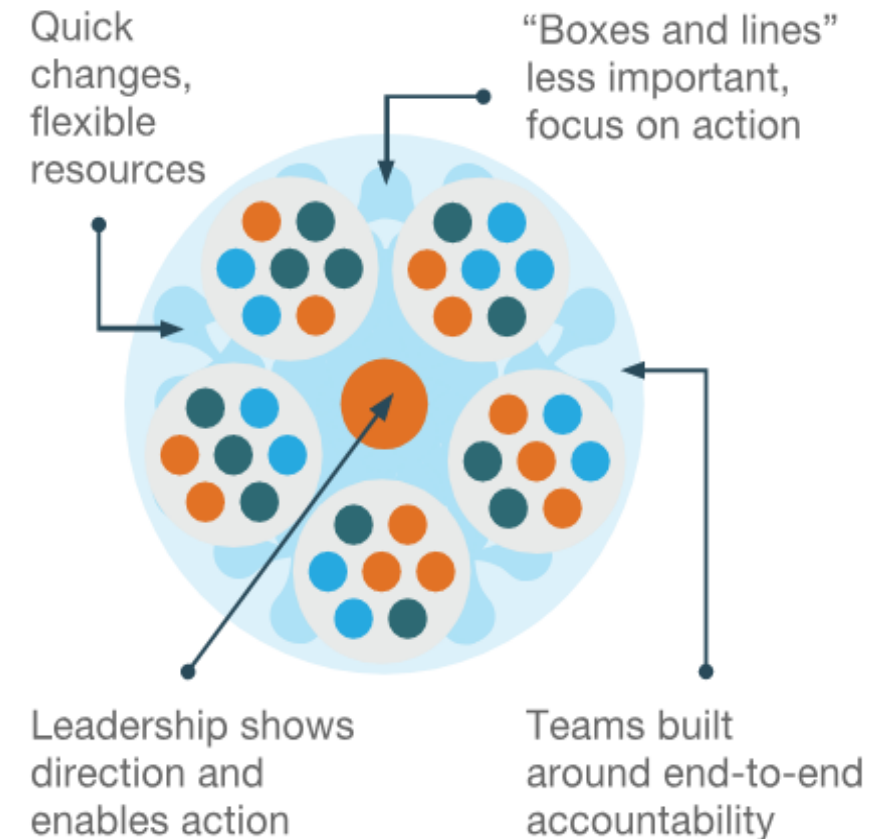
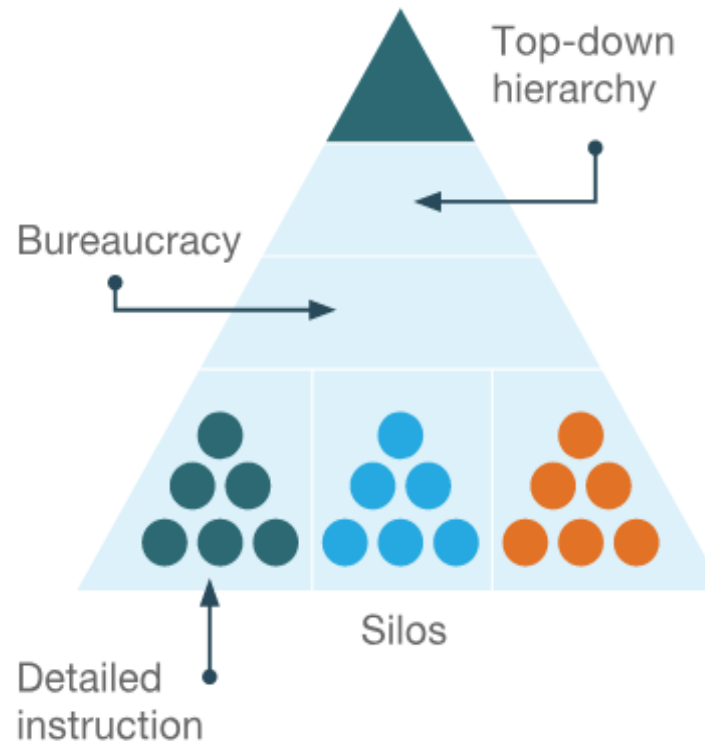
The aim is to profile JYU as a multidisciplinary university, visibility and impact of wellbeing-related research and education

→ People and projects belong to several categories at the same time

→ No “Professor Wellbeing” and their team but genuinely multidisciplinary and multiperspective community / network / ecosystem

McKinsey & Company 2017

Rather than organization as machine, the agile organization is a living organism





JYU.Well community

JYU has various wellbeing-related frontier areas in all six faculties with annual research funding of approximately 25 M€.

We form a **multidisciplinary community** within the university, and with our partners outside the university.

- ✓ Wellbeing Services County roadmap and co-operation, e.g. agreements regarding practice periods in Hyvaks
- ✓ Various impact projects and raising visibility of research in newsletters, social media, webpages and events
- ✓ Statements and national influence of wellbeing research
- ✓ Actions related to the report for JYU Board on JYU's profile related to wellbeing and social and health care
- ✓ Educational input: MOOC, microcontents, JYU.Speak, multidisciplinary summer teams
- ✓ Mentoring programme for postdocs, concept workshops

Contact us!

Coordinator
Eeva Harjula



Senior Advisor
Päivi Fadjukoff



All faculties represented in the Board, three chairpersons from various fields:
In 2026 Jutta Viinikainen (JSBE), Merja Rantakokko (LTK), and Tiina Jokela (MLTK)



JYU.Well Chairs 2026

Professor Jutta Viinikainen

Research area: Labor economics and health economics, examining the relationships between health, health behavior, and labor market outcomes.

Associate professor Merja Rantakokko

Research area: focus on outdoor mobility in old age, associated with individual and environmental factors, and consequences of outdoor mobility for wellbeing.

Research director Tiina Jokela

Research area: Cancer prevention and biomarker discovery



What is a Biobank?

- Biobank = a collection of biological samples and the associated health information
- Consent-based and ethically regulated
- Connects biological samples to real-world clinical and lifestyle information
- Biobank samples and data can be used for research and development in health, medical, exercise, and biological sciences.



KESKI-SUOMEN
BIOPANKKI

KESKI-SUOMEN HYVINVOINTIALUE
JYVÄSKYLÄN YLIOPISTO

MENTIMETER question

Your main focus in wellbeing: individual, community, society, or ecosystem?



We are JYU.WELL

Our community has ~ 600 members from various backgrounds who are interested or are researchers of wellbeing – **come and join us**, for example by subscribing to our monthly newsletter:

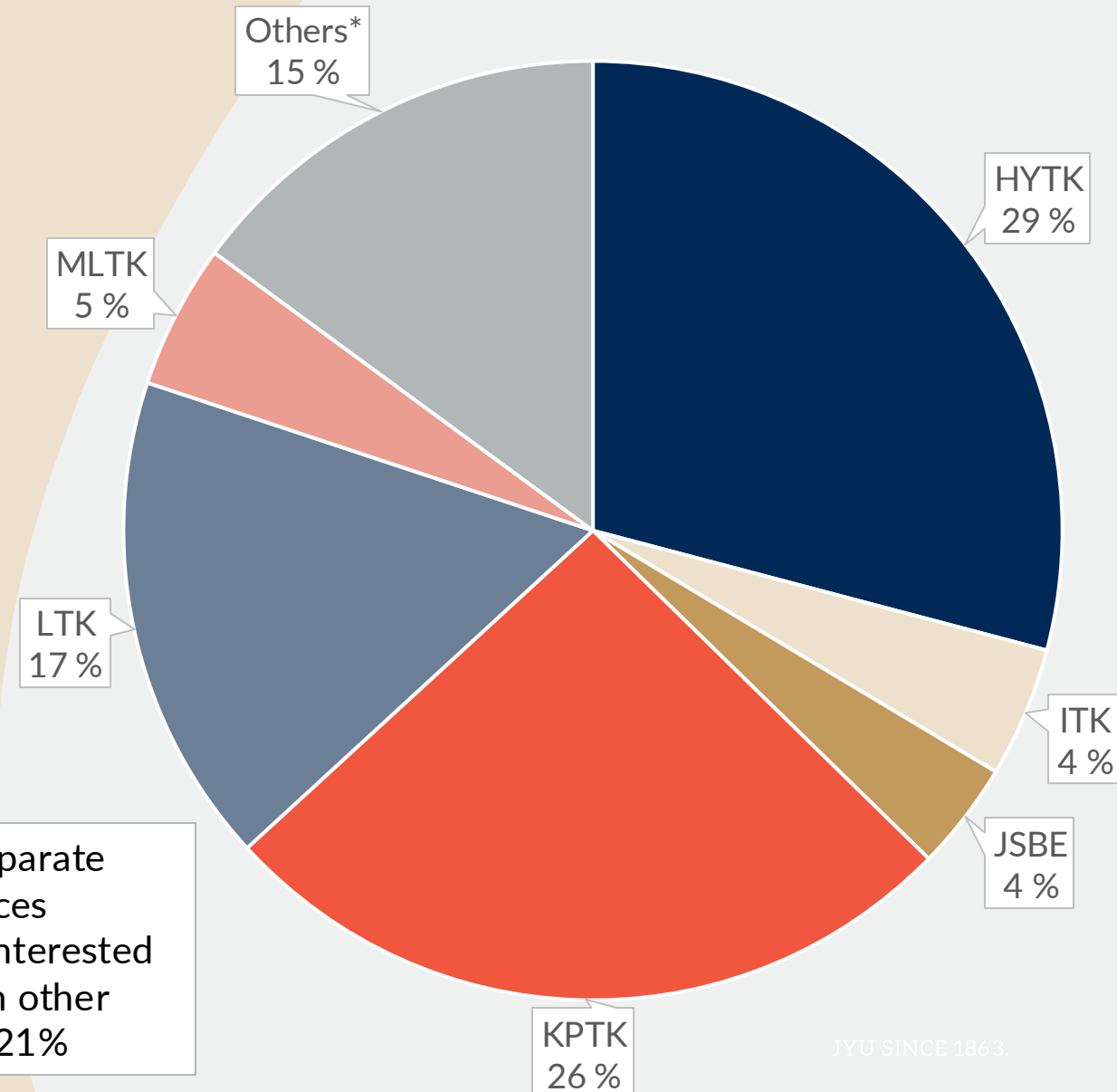


 [Instagram @jyu.well](#)

 [LinkedIn JYU.Well](#)

 [Hyvinvoinnin välittäjät |](#)

[Podcast on Spotify](#)



JYU.Well followers in diverse channels

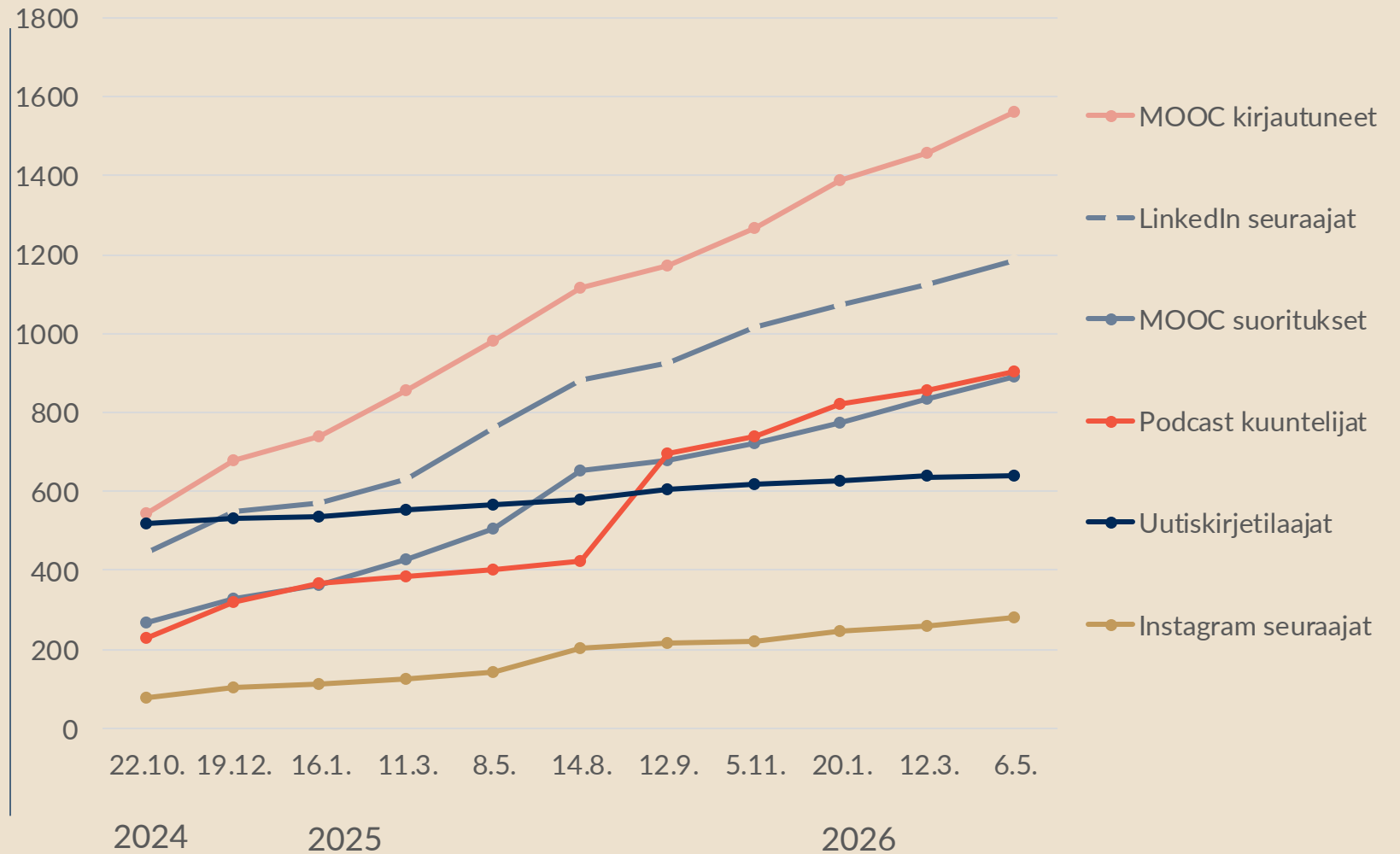


Outreach of best single postings:

- ❖ >1000 LinkedIn
- ❖ 526 Instagram
- ❖ 113 Podcast



MOOC as an important impact channel!





At your use: JYU.Well micro content library

- <https://sites.app.jyu.fi/jyuwell-materials/fi>
- A platform to share and find research-based information related to wellbeing in a form of easy-to-understand micro learning modules
- Articles, infographics, videos, podcasts...
- Please use these in your teaching or as material for independent learning
- Contents to be updated and added to the platform regularly





Useful links for your interest

- Success stories in organizing health care and social services : JYU.Well webinar about how European national health and welfare service systems can learn from each other's successes and failures 4.3.2025
 - [Watch the recording here](#) or [see the published report here](#)
- Interdisciplinary JYU.Well Summer Team consisting of master level students from various faculties
 - Year 2024: communication and impact projects of wellbeing research – [read more here](#)
 - Year 2025: micro-contents and learning materials about wellbeing related topics – [read more here](#)
 - Year 2026: citizen science projects related to wellbeing research – [read more here](#)



Flexible, costless, open for all online course
DIMENSIONS OF WELLBEING
WELL0001

HYVINVOINNIN MONET MUODOT - HYMY0001

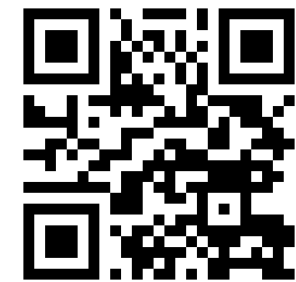
- Opened in Finnish in 2024 – Now available also in English
- Is multidisciplinary and develops the expertise in various fields.
- Can be integrated as a part of a study module.
- Has received excellent feedback:

"The topics were easy to understand, and I could apply them to my own current life."

"I received some good tools and insights for my own work in health care."

"It was good to stop and think about all the ways I can improve my own wellbeing right now."

"The materials were in so many different forms! Podcasts, videos and interactive pictures along with texts added variety and made the topic more interesting."



To the course platform

Register here:

