

Defining Minimalism and its Effects on Well-Being

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I hypothesized that after extensive research, I would discover that Minimalism, while a great tool for increasing well-being, is poorly defined and therefore misunderstood. I have proposed a new definition which is: a form of intentional living that seeks to reduce various forms of consumption that are negatively impacting the consumers life. Well-being is defined by the American Psychological Association (APA) as "A state of happiness and contentment, with low levels of distress, overall good physical and mental health and outlook, or good quality of life.". I found that minimalism does have an effect on well-being. Ultimately, the purpose of this research is to encourage further research as a means of encouraging a new solution to increase well-being across diverse communities.