

Happy You(th) Worker: Embrace Wellbeing

By **Sara Ramos**, POP HUB member · Bușteni, Romania · 29 September – 7 October 2025



From 29 September to 7 October, I took part in a project in Bușteni, Romania, focused on wellbeing. It brought together participants from different countries for an intense week of learning, sharing and personal growth. We explored wellbeing in all its dimensions (physical, mental, emotional and social) and learned practical strategies to manage stress, communicate better and balance the roles we play in our personal and professional lives.

Building trust from day one

We started with group dynamics and name games that helped us build trust and create a welcoming atmosphere. Through sharing and reflection sessions, everyone had space to bring their own experiences and perspectives on wellbeing. One of the highlights was visiting a local school, where we ran an interactive presentation on the project's theme.



Theories and tools we explored

- **PERMA model:** wellbeing is built from positive emotions, engagement, healthy relationships, meaning and accomplishment.
- **Polyvagal Theory:** how our nervous system responds to stress and safety, and how that shapes our behaviour and relationships.
- **Nonviolent Communication:** expressing ourselves and listening to others with more empathy, so we cooperate better.
- **Johari Window and the Wellbeing Traffic Light:** reflecting on the roles we play and how time management affects our emotional balance.
- **Meditation and breathing techniques:** including Tony Robbins' method, to build awareness and reduce stress.
- **Personal SWOT:** identifying strengths, areas to improve, opportunities and challenges, so our decisions match our wellbeing.

What I'm taking home

On a personal level, this experience was deeply enriching. I learned the value of pausing, breathing and reflecting before reacting. I realised that empathy and active listening are powerful tools for strengthening relationships and building trust. Reflecting on my roles, strengths and limits helps me make more conscious decisions in line with my values.

I came home better prepared to face challenges with balance, to promote wellbeing around me, and to bring these lessons into both my personal and professional life.



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