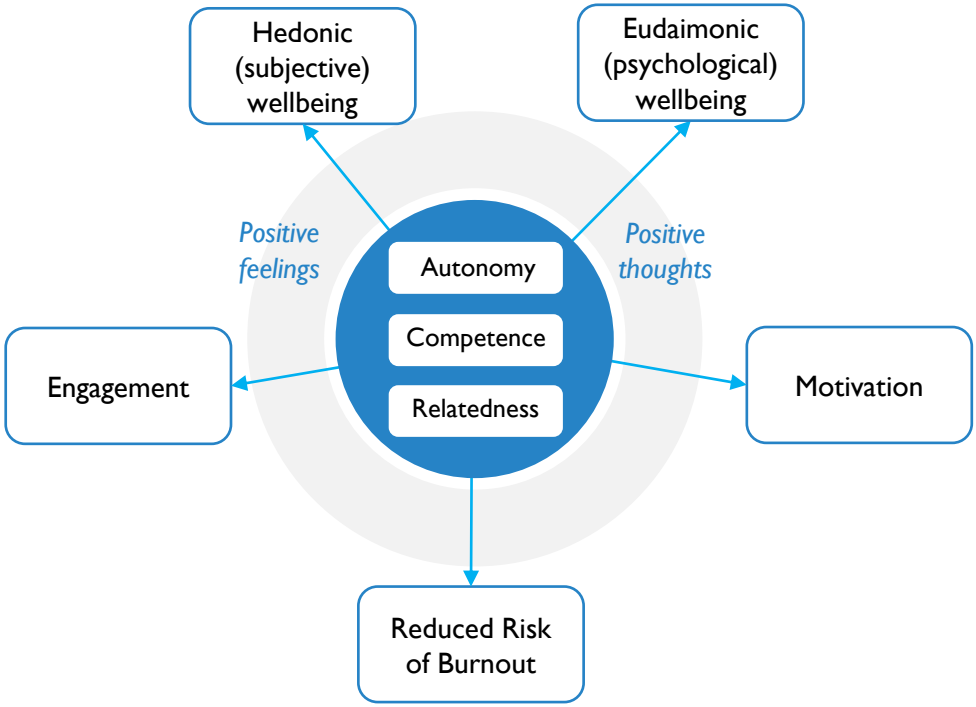
Hedonic (subjective) wellbeing
Eudaimonic (psychological) wellbeing
Positive feelings
Positive thoughts
Autonomy
Competence
Relatedness
Engagement
Motivation
Reduced Risk of Burnout