



editorial

## Social Well-Being

**H**ave you ever wondered what the role of society is? Why do we, as a species, instinctively form communities or tribes? In a broad sense, humans are social animals, and coming together as a tribe allows us to socialise, share food and information, and perhaps rally behind a common identity or unite against a common danger.

However, where does that leave our own individual identity? Does a common, tribal identity overshadow our own individuality? Most communities would not advocate abandoning our individual identity (unless it's a cult). Just because you support a particular football team or political party, or are a particular nationality, doesn't mean that it is your entire identity. There is more to you as a person than your political preferences, nationality, or work. And society should celebrate that.

But to get back to society, all of the reasons we mentioned earlier (socialising, shared resources, and security) facilitate our well-being. Our rapid technological advancement should allow us to create a society which helps us to become the best version of ourselves, one which allows us to express our individuality, to learn new things, to safeguard our mental and physical health, and (dare I say) to lead a fulfilling life.

Does this sound like our current society? I will leave you to decide.

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