RETRAIN YOUR BRAIN

RESEARCHER WATARU SATO REVEALS THE KEY TO HAPPINESS MAY BE IN YOUR HEAD

HOW HEALERS KEEP THEIR HAPPINESS TANKS FULL

HAPPINESS AT WORK

CONTENTMENT VERSUS HAPPINESS

WHY BEING RATHER THAN HAVING IS THE ANSWER

$3.90 OR FREE FOR ALUMNI
IN THIS ISSUE

3  Happiness: the latest facts, products and apps
4  Happiness truly is in your head
8  How the healers keep their happiness tanks full
10  Cultivating a climate of support at work rather than band-aid solutions
11  Why being rather than having is the real key to happiness
12  We should focus on contentment rather than happiness
13  How my idea of happiness has changed

Wellspring is printed on paper which contains 100% recycled fibre. It is also certified by the FSC (Forest Stewardship Council) and ISO 14001 EMS accredited. We have also made an online version available at endeavour.edu.au/wellspring as part of our efforts to reduce our carbon footprint and paper consumption.

Guest Editor Notes

Is there a more fascinating element of the human condition than the universal quest for happiness? It is a state of being scientists and philosophers have been intrigued by since the dawn of time, and ironically it is also one of the most challenging emotions to study.

So, what does influence happiness? How much of a person’s happiness is hard wired and what elements are in our control? We may now be closer to answering these age-old questions thanks to the work of Japanese trailblazer Wataru Sato, who graces our cover this issue.

Wataru’s groundbreaking study released in late 2015 attracted the world’s attention when he linked happiness to a specific region of the brain for the first time. Not only that, his work taught us it may be possible to train the brain as you would any other muscle.

To better understand this complex emotion from every angle, we spoke with prominent researchers and experts from across the globe to delve into their perspectives on the topic. We tackle the ever important issue of happiness at work, speaking with respected educator, CEO and thought leader Carolyn Barker AM about how Endeavour College of Natural Health has placed the value of happiness front and centre under her leadership.

Now a special issue on happiness wouldn’t be complete without insights from our own industry. We were particularly interested in the techniques used by renowned health and wellness experts to make their own happiness a priority while spending so much energy nurturing others. We asked some of our sector’s best and brightest how they keep their happiness tanks full, and hope you enjoy their golden insights.

Compiling this edition reinforced for me there may not be a golden formula to happiness, but that we can all boost our own wellbeing through greater self discovery, gratitude and courage. It is my hope this issue leaves you with a fresh perspective on one of life’s most intriguing emotions.

Nina Tovey
Guest Editor
Engineers are the happiest employees in the world, closely followed by teachers, nurses, medical practitioners and gardeners. Source: Survey by The Guardian.

De facto couples are just as happy as married couples for the first few years but become less satisfied the longer they stay together without getting married. Source: The Household, Income and Labour Dynamics in Australia Survey.

Tasmanian residents are the happiest in the nation, whereas Western Australia had the lowest wellbeing score, just above New South Wales. Those of us who live in rural and regional areas tend to be happier than our urban counterparts. Source: Australian Unity and Deakin University – Australian Wellbeing Index “What makes us happy 2015.”

Having an extremely well paying job is not necessarily going to make you happier. A combined gross household income of $100,000 has been proven to make people happier than those with the higher salaries. Source: Australian Unity and Deakin University – Australian Wellbeing Index “What makes us happy 2015.”

Australia ranks seventh happiest of 89 countries surveyed. Norway comes in at number one, followed by Switzerland, Denmark, New Zealand, Sweden and Canada. Source: The annual Prosperity Index by The Legatum Institute.

Having an extremely well paying job is not necessarily going to make you happier. A combined gross household income of $100,000 has been proven to make people happier than those with the higher salaries. Source: Australian Unity and Deakin University – Australian Wellbeing Index “What makes us happy 2015.”

Capping your social media use at 30 minutes a day is all that’s required to boost your happiness level. Cutting it out completely or increasing your usage time does not appear to impact happiness levels either way. Source: Australian Unity and Deakin University – Australian Wellbeing Index “What makes us happy 2015.”

Realifex
This new app caught our eye which was designed to make users more aware of their own behavioural and emotional patterns to make positive changes in their lives. By asking how you are feeling and providing a space to privately track thoughts, emotions, reactions and actions, Realifex helps you make positive changes in your life by helping you track your daily thoughts and actions.

realifex.com

The Daily Greatness Journal
We liked this bright and positive journal as a tool to help people form great habits through eight daily steps including meditation, visualisation, intention setting and even dream journaling. Use throughout the calendar year with weekly and quarterly check ins to keep you on the right path.
dailygreatness.com.au

Pay Compliment
Remember how good it felt when you last received glowing feedback on a job well done? Pay Compliment is a website which makes giving positive feedback a cinch through providing a simple online platform customers, employees and managers can use to express their gratitude. With this positive emotion being linked to the stimulation of a key part of the brain that regulates stress, expressing thanks is a win-win for both parties.
paycompliment.com
HAPPINESS TRULY IS IN YOUR HEAD

Japanese researcher Wataru Sato sent the world’s media into overdrive late last year when his research broke linking happiness to a certain region of the brain, and suggesting we could learn to grow a happier brain.

by Nina Tovey
Philosophers have been pondering what it means to be happy for thousands of years, but a breakthrough has finally provided some solid clues. Kyoto University Associate Professor Wataru Sato’s new research, conducted over four years, suggests the positive emotion is stimulated by a particular part of the brain which can be worked like a muscle.

What exactly does this mean? Well, Sato’s research traced the experience of happiness to a part of the brain called the precuneus by asking 51 volunteers questions about their sense of happiness, intensity of emotions and life satisfaction.

He then scanned their brains through magnetic resonance imaging (MRI) to see if it was possible to detect any difference between the cheery and morose respondents.

When the results came in they showed the precuneus region of the parietal lobe lit up like a Christmas tree when someone felt happiness. It also showed this area of the brain, linked to self-reflection and consciousness, was larger in people who feel both happiness and sadness more strongly and were more able to find meaning in their lives.

This was a significant finding as the neural mechanism behind how happiness emerges was unclear up until this point.

Sato said he was intrigued to explore the elusive emotion in greater detail because of the musings of eminent philosophers he respected like Aristotle.

“I’m very happy we now know more about what it means to be excited. To our knowledge, our study is the first to show the precuneus is associated with subjective happiness, which suggests it is possible to grow a happier brain,” Sato said.

Sato also believes the findings will make it easier to objectively quantify the emotion by clinically measuring what elements actually make us happier – such as travel, exercise or meditation.

“This new insight on where happiness lies in the brain will be useful for developing happiness programs based on scientific research,” Sato said.

When the research was published in the journal *Scientific Reports* Sato said he didn’t predict the mainstream media interest which would follow.

“More than 250 media outlets reported on the research, including some of the world’s most respected newspapers. This was a surprise to me, as I didn’t expect non-scholars to be so interested in our work,” Sato said.
Interestingly, other studies have linked regular meditation to a larger precuneus, which could explain why people who meditate tend to feel happier. Along the same vein, Sato said other studies have shown the precuneus is smaller for non-smokers, suggesting quitting smoking may help people feel happier.

Academic and author of Happiness by Design Prof Paul Dolan told The Telegraph he wasn’t surprised by Sato’s research findings.

“This does not surprise me at all. The brain is malleable, just like other organs,” he said.

The science of happiness
Here is our round up of what else we know about happiness through scientific research.

The building blocks to happiness
Dr Martin Seligman, founder of positive psychology, identified the following five key elements that make up wellbeing based on research. Positive emotions – peace, gratitude, satisfaction, pleasure, inspiration, hope, curiosity and love.

1. Engagement – losing ourselves in a task or project that provides us with ‘disappeared time’ because we are so highly engaged.

2. Relationships – people who have meaningful, loving relationships are more likely to be happy than those who do not.

3. Meaning – meaning comes from serving a cause larger than ourselves. Whether a religion or a cause that helps humanity in some way, we all do better when we have meaning in our life.

4. Accomplishment – to feel significant life satisfaction, it is important strive to better ourselves in some way.

Your happiest days could be ahead of you
A robust body of research suggests we tend to get happier as we progress to old age because of a greater appreciation of life’s successes, an acceptance of the problems we face and lower stress levels.

A study by Duke University found 70 year olds tend to rate themselves as happier than 30 year olds.

Your genes play a part
Researchers at the University of Minnesota found half of our happiness levels are hard-wired in our genes. The research tracked identical twins separated as infants and raised by separate families to distinguish nature from nurture.

Happiness is love
The 75 year longitudinal Grant Study led by George Vaillant revealed the warmth of relationships throughout life have the greatest positive impact on life satisfaction.

People who experienced positive relationships with their parents were found to be healthier, earn more money and have higher life satisfaction. For example, respondents who experienced warmer relationships with their father during their childhood were found to have lower rates of adult anxiety, greater enjoyment of holidays and increased life satisfaction at age 75.

Hope for the future spikes happiness levels
The Australian Institute of Family Studies analysed data from 27,000 Australians which revealed moving in with a partner and expecting a baby are both linked to a sharp rise in happiness levels.

The analysis showed moving in with a loved one is linked to a significant and sustained increase in life satisfaction which is typically sustained for six years for both men and women. It also showed a rise in life satisfaction before the birth of a child and a decline after the birth for six years for men and women.
HOW THE HEALERS KEEP THEIR HAPPINESS TANKS FULL

As an intrinsic part of the caring profession, health and wellness experts invest a great deal of themselves to help nurture others. So how do they ensure they leave enough energy for themselves and stay positive? Wellspring asked five leading health experts that very question.

“How my happiness tank is running low, it’s a good reminder I need to be more mindful. Mindfulness is something that has helped me immensely in my life, but like a lot of busy people I can often get caught up with my fast-paced lifestyle and forget what’s important.

Mindfulness is different for everyone, but it comes very naturally to me when I’m in the kitchen. For me, there’s nothing more rewarding than preparing food for people. I really like to connect with the ingredients and the produce, engage my senses and tap into my creativity. It’s a beautiful way to live in the moment, appreciating the colours, tastes and smells of nature’s work, all while putting something delicious together that is going to put a smile on someone’s face and nourish their body. This is definitely what takes me to my happy place!

Georgia Barnes

Georgia is a nutritionist, TV personality, cook and was a 2015 MasterChef grand finalist. Georgia is also an Endeavour College of Natural Health graduate and ambassador.

Happiness is a very subjective thing. Over my time, I’ve learnt the best way to fill up my happiness tank is to take some time for myself. I get on my own, plug in a podcast, go for a long walk and just get some space. With the over-exposure to everyone else’s ‘happiness’ on social media platforms and all around us, it can become very easy to compare your sense of wellbeing and happiness to others and question where you are at.

My alone time is when I can switch off from this, see where I’m at and do what I need to ensure that my happiness tank stays full. If the tank is a little bit low I go straight for things like spending the day in the kitchen getting messy with food, hanging out with my dog Ollie, doing a guided meditation to clear and reset my thoughts or simply just calling my mum or close friend and having a chat. They are all typical and simple things but it’s these things that make the biggest difference to me and my happiness.

Roberta Nelson

Roberta is a naturopath who treats her clients holistically using herbal medicine and nutrition to develop an individualised treatment plan.

WELLSPRING: The Happiness Issue SUMMER 2016
For years I chased external success and results, thinking happiness came from achieving goals and getting everything I wanted. Over time, I found I would achieve these things, yet still feel empty and unsatisfied, so I began to turn my search inwards. It was through learning yoga and meditation that I discovered a calm and peaceful place within me where true happiness arises from. The space is always there, and it is only when I get caught up in thinking that I disconnect from it.

I have come to realise it is the small, simple things like a morning beach run, cooking a delicious meal, dancing to my favourite song, a deep meditation session or a sweaty yoga class, that help me connect with that inner happy place. I have certain ‘happiness foundations’ that need to be in place for me to feel good and this includes self-care, lots of sleep and rest, positive people, creative projects that make my heart sing and plenty of time in nature.

I truly believe happiness is not a future destination, and does not arrive from getting more of the good stuff and less of the bad stuff. Rather it is a state of being that can be accessed in any moment through gratitude and appreciation of the blessings you already have.

Connie Chapman

Connie is a life coach, speaker and writer who shares her perspective on relationships, fear-busting, self-love, purpose, intuition and wellness.

Herbs on the Hill

There is only one thing that makes me happy – to live each day in accordance with my top three values: creation connection, being aware and being approachable and open. If I am feeling a little down, I take a look at what I have been doing and usually I find I am a human doing, not a human being.

I have a little process I use to stay happy. I look at what I am doing and what needs to be done and either action, assign or abandon. One of my favourite sayings is – if it’s not life giving, don’t give it life. I like to be mindful, not mind-full and stop to take the time to slow down, to reflect and ensure I am doing the things I love – spending time with friends who lift me up, teaching my dog new tricks, travelling to new places, sitting in the sun reading an inspiring book or playing sport.

Jodie Coall

Jodie is the Director of Melbourne Natural Wellness, one of the longest standing wellness clinics in Melbourne.

Happiness to me means I can laugh out loud (even at my own jokes), I can allow myself to experience the full range of emotions as life takes us on its journey, but not be controlled by them. For myself, living a happy life is enjoying watching my son giggle, loving my cups of chai with frothy milk and cinnamon, snuggling with my dog, connecting with my friends and family and reading books that take me to another place… I’m not ashamed to say I’ve read all eight ‘Outlander’ novels in the last year or so!
Australia is no workers’ paradise. Bullying and harassment are still big issues. Large sections of the population work an unhealthy number of hours, while many others are forced to deal with the uncertainty of casual arrangements. Widespread cost-cutting has also pared staff numbers back to their bare minimum and often puts unreasonable demands on those left to hold the fort.

The strain is clearly showing. Workplace mental health issues now cost Australia $11 billion a year. This is certainly a very big, scary figure and it is a problem we can no longer run away from. Rather than being stuck in the “too hard” basket, workplace mental health should be seen as a huge opportunity, with rich rewards for organisations that get it right.

A recently released report from PWC, Beyond Blue and the National Mental Health Commission revealed that every dollar organisations spent on effective mental health actions delivered a $2.30 return. In purely economic terms that’s some very impressive bang for your buck.

In an advanced economy employers can’t afford for workers to just turn up and do a job. They require their ideas, their passion and their energy. Success can’t be achieved by simply whipping the workers harder. Instead it relies on creating healthy, nurturing workplaces, filled with people motivated to give their best.

For organisations looking to make a positive change, a visit to the headsup.org.au website is a great first step. Recently launched by the Mentally Healthy Workplace Alliance and BeyondBlue, the site provides a range of simple tools and planning aids. These enable organisations to set goals, identify risk factors and work systematically towards creating a mentally healthy workplace.

The answer doesn’t lie solely in removing stress factors from the workplace. It is also very important to help workers build psychological resilience. To investigate the best methods for building resilience, we are currently conducting research with people who perform one of the most stressful jobs imaginable – fire and rescue workers.

Fires take on many unenviable tasks such as running into burning buildings and freeing critically injured drivers from involved in car accidents. To help deal with the stressful nature of their work they need to cultivate a range of healthy coping strategies. The Resilience at Work (RAW) Mindfulness Program teaches a variety of mindfulness-based resilience skills from simple breathing techniques to more advanced methods for dealing with challenging thoughts and emotions. Beyond mindfulness, the program also explores a number of other effective resilience strategies including connecting with life purpose, understanding emotions and cultivating optimism.

Our vision is to shortly develop a similar e-learning program, suitable for all workers. Our hope is not to create a complete solution, but rather provide part of the puzzle. While mindfulness can produce many remarkable benefits, it should never be looked upon as a miraculous cure-all. Briefly stopping for a one-off workshop simply won’t protect employees who are exposed to a toxic work environment day in, day out.

To achieve a turnaround, organisations need to get serious and address the causes of workplace mental health issues. They must be prepared to bring in new policies and transform their cultures. Importantly, they will also need to avoid simplistic band-aid solutions and treat fostering good mental health as an ongoing process.

The success stories of the future won’t be workplaces where anxiety and stress rule the day. Instead they will be organisations brave enough to take serious action by placing the wellbeing of their workers first. By cultivating a climate of co-operation, purpose and support, these workplaces will generate not only greater profits, but also a great deal of human happiness.

About Sadhbh Joyce and Jamie Watson

Sadhbh Joyce is a registered psychologist who works in private practice. She also works academically at the University of NSW Workplace Mental Health Research Team. Together with husband and writer Jamie Watson, she has created the RAW Mindfulness Program.

rawmindfulness.com.au
Happiness and wellbeing researcher Dr Christopher Boyce from the University of Stirling in Scotland, has spent years combining ideas from psychology and economics to better understand this very question.

“I always had some vague instinctual feeling that having a higher income wasn’t that important in life but it wasn’t completely clear to me just how unimportant until I began my PhD in psychology and began looking at ‘happiness equations’ myself,” said Christopher.

Christopher went on to dedicate his career to scrutinising the link between money and happiness, and just as importantly, why people tend to strongly believe money is more important than it is in reality.

“My research has consistently shown money may have an effect on an individual’s happiness but this effect is usually very small. Money simply doesn’t matter as much as people believe,” said Christopher.

“One interesting idea we have been exploring relates to the difference that gains and losses of income have on wellbeing. Our work shows that losses have a far greater impact than the gains. So a person can increase their salary year on year, yet a small reduction typically wipes out any benefits to wellbeing. This tells us high incomes can actually be problematic if they are unsustainable. Stability in life is important.”

It is obvious to Christopher this misguided pre-occupation with finances is a direct result of the consumerist society we live in.

“Society pushes this link between money and happiness and tends to negate the aspects of life which are truly important. Looking inside rather than buying something is not an overly popular notion. Rather, we are bombarded with this message we will find salvation in that next thing – in being anywhere else but where we are right now,” Christopher said.

“It’s hard to get away from that message. We can see it mirrored in our friends and family and many of us have internalised that belief. Yet research shows clearly that being materialistic is detrimental to a person’s wellbeing.”

Another interesting finding Christopher’s research uncovered was that money was relatively unimportant at boosting wellbeing compared with more important factors.

“The reality is someone’s salary contributes very little to their happiness levels compared with other vital things like personal relationships, physical and mental health and how a person relates to the world. Focusing on these factors is undoubtedly a more productive use of time,” Christopher said.

“It is also worth remembering by being discerning with our spending we free up so much time and the possibility to work less, boost our savings and invest in real gifts like more time with our loved ones.”

Along the same vein, Christopher’s research has also shown changes to a person’s personality result in far greater increases to happiness than income factors. That is, if someone works on embracing new experiences more or developing greater emotional resilience this is far more likely to result in greater happiness than changes to their income.

Yet Christopher disputes the notion that how we spend our money is not important.

“What is more important is that we are wise about our spending. It is true that money can help meet our basic human needs. The mistake lies in pursuing money for the sake of happiness and letting it distract us away from the things in life that matter more,” he said.

christopherboyceresearch.com
We should focus on contentment rather than happiness

Pursuing an enduring state of happiness and pleasure in one’s life is futile and unlikely ever to be accomplished. We would be far better placed to find a state of contentment with our lot in life, writes respected academic and clinical psychiatrist, Sidney Bloch.

We need to accept we can’t be happy all the time. It is a reality that things can flip quite unexpectedly.

Seeking happiness is both illusory and elusive. We see this throughout the animal kingdom. All of us have to grapple with what Shakespeare referred to as ‘the slings and arrows of outrageous fortune’ – anyone who doesn’t is living in a cocoon.

Consider the survivors of Nazi concentration camps.

I’ve had the privilege of knowing men and women who suffered grievously at the hands of the Germans during the Second World War but emerged to identify admirable qualities within themselves and to overcome the legacy of unspeakable suffering. With the passage of time, and encountering the most demanding of circumstances, many succeeded in achieving a sense of deep-seated satisfaction with their lives.

Contrary to what many wellness gurus will tell you, there is no quick fix or formula to finding happiness.

You can’t simply resolve to be happy – that is the most unrealistic thing possible. You would be far better placed to participate in the challenging process of learning more about yourself – who you are, your purpose, the meaning you give to your life, recognising and celebrating your strengths and positive qualities, no matter how insignificant they may seem to you, and accepting your limitations. Facing these challenges will offer you a far greater chance of developing a sense of contentment.

The word ‘happiness’ is actually derived from the 14th Century Old English word ‘hap’, meaning chance or fortune.

This is a giveaway to the essence of happiness, in that being happy at a particular moment comes from having luck on your side. We are all familiar with the expression “happy-go-lucky.” It indicates happiness is not a continuous experience. For example, if I find myself experiencing immense joy from playing with my two grandchildren, I will relish the encounter but accept it may be replaced by another experience when later in the day their mother calls to tell me they have come down with a painful ear infection.

Of course happiness and contentment are quite compatible.

A sense of contentment serves as a robust foundation upon which episodes of joy and pleasure can be cherished. The optimal way to relate to happiness is to feel blessed that it is an intrinsic, albeit episodic, feature of your life. Value it and appreciate your capacity to experience these moments when they occur.

About Sidney Bloch

Sidney is an award winning author and Emeritus Professor at the University of Melbourne and Honorary Senior Psychiatrist at St Vincent’s Hospital, Melbourne.

His 14 books, many of which have been translated, deal with the psychotherapies, psycho-oncology and medical ethics. One of his books, Understanding Troubled Minds, won the SANE Book of the Year Award in 2012.
How my idea of happiness has changed

Academic James Arvanitakis had it all – a high flying finance career and all the perks that came with it. His world then turned on its axis when a gap year to a third world country drastically changed his outlook on life.

“My version of happiness used to be a beautiful home overlooking Tamarama Beach in Sydney. Healthy was a word I used only to describe my bank balance and I thought nothing of dining at Sydney’s finest restaurants on a whim. I’d heard of SNAGs (Sensitive New Age Guy) but in the ultra competitive and hyper-masculine culture of the finance industry I proudly considered myself a CHOP (Chauvinistic, Hedonistic, Opportunistic, Pig).

My sense of identity was linked to how much I outscored my colleagues and hit performance targets. I was proud of who I was. Until one day I wasn’t. I had this empty feeling inside me, like I knew something was wrong but I didn’t know what it was. I decided I needed a break.

I took a year off to travel and learnt more in that year than I had in my whole life. I saw poverty and beauty, violence and exclusion, generosity and sacrifice. I saw first hand the effects big corporations’ profit margins have on real people through child labour and how entire communities had been displaced in the quest for mining resources.

I saw the very system I worked at was contributing to this brutality. I promised myself I would become part of the solution. I returned home and walked away from the finance sector.

Next thing I knew I was living in Sydney on a fifth of the wage I used to earn. The adjustment was tough but totally worthwhile. I left Tamarama and shared a flat in Newtown. The relief of not having a huge mortgage to service was instant. I was eating noodles for dinner at $7 a bowl and feeling on top of the world.

I surrounded myself with people and communities that were generous, those who believed in borrowing and sharing and giving. I could now sit on the beach and read a book or go bushwalking and feel the wind on my face. I stopped, slowed down and realised there is more to life than making money.

As life got simpler it also got more complex. When you join social justice movements, different complexities emerge. It’s much harder to try to understand a different culture than it is to just expect them to adjust to your way. I worked on indigenous issues and refugee rights and the promotion of issues and a sense of community and dignity. Though more complicated, life was much more fulfilling. Simplicity is now a guiding force in my life.

I became a director of Aidwatch, a non-profit watchdog on Australia’s overseas aid. I undertook a PhD and became a professor in the humanities. I began tutoring and eventually became a part of the management team at Western Sydney University. Today I am the Dean of the Graduate Research School. There is significant responsibility and I deal with many complex issues but I remind myself the mission of what we do is quite simple: deliver an education that changes people’s lives and undertake research that can help solve contemporary challenges. Whenever an opportunity or challenge meets either of these mission goals I will pursue it.

I believe being an educator is an essential element to a more just world. Imagine every girl in the world could read and write and work on a computer. I love everything about education – the research and the teaching, the community engagement and intellectual development.

Since leaving my finance career my friendships have become deeper and I surround myself with people that are generous.

My health has improved dramatically. I have seen people I used to work with go through three divorces, people in their late 40s having strokes or suffering from heart disease. That is where I was heading. The mind, body and soul are so interlinked that when you sacrifice one, the others begin to crumble.

I feel a balance now I have never felt before in my life. I can write books and teach classes, I can work across cultures, I can visit universities around the world and share knowledge with generous people, and I can sleep in a way I never could when I was a banker.

Currently on my vision board I have a number of projects about promoting excellence in teaching and research in Australia, India and South Africa. And personally, I want to learn to tango. What drives my life now is balance, not just work and success and material gain.

About James Arvanitakis

Professor James Arvanitakis is a Professor in the Humanities at the University of Western Sydney and the Head of the Academy at UWS. His research areas include hope, trust, political theatre, piracy and citizenship. James has worked as a human rights activist throughout the Pacific, Indonesia and Europe. He is currently working with the Whitlam Institute looking at issues confronting Australia’s democracy.

jamesarvanitakis.net