

## Media statement

13 April 2015

### There's more to life than GDP

We need to take a good look at our priorities, international wellbeing expert Gregor Henderson said in Brisbane today.

“We measure and treasure the wrong things.”

Mr Henderson is part of an international group that is looking to go beyond GDP and measure our wellbeing.

“The current way we are living is simply unsustainable – it's unsustainable environmentally, socially, and economically,” Mr Henderson said.

“With the right approach, our children and grandchildren can have a better planet, better minds, and better opportunities.”

Mr Henderson said there are green shoots and signs of encouragement from across the world that we can learn from — whether it's from inner cities in the UK, to countries in the Caribbean, to communities in Brazil and nations in Asia, there are startling examples of what we need to embrace for a better future.

“If we start to make the shift to wellbeing and begin to unpick the ‘wellness code’ we will not only help save our planet and improve our minds — we can potentially live better lives every day.”

Gregor Henderson is speaking at a free public lecture hosted by the Queensland Mental Health Commission in Brisbane at **6.30pm Wednesday 15 April 2015** at Brisbane City Hall's Ithaca Auditorium.

Registration is a must at [wellnesscode.eventbrite.com](http://wellnesscode.eventbrite.com)

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