

**Amarena Guevara Celsi and Leonie Sweeney:
Finland, Happiness, Coconuts and Peaches: Cultural and Social Influences that
shape and form us**



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Summary of presentation

This presentation explores the theme of culture and how it influences the relational formation of the self and the relationships with others. The central inspiration is Finnish culture, friendships, and Finland's first place in the World Happiness Report (WHR) for many years in a row.

We will look back at the story behind our joint presentation and its interwoven relation to Finland. The first audience was mainly medical and psychiatric doctors. We used our presentation to challenge the biomedical model of mental health care and explore social and cultural determinants of health and wellbeing. Subsequently we brought the presentation to a CAT audience, at a CATchUP meeting, concentrating on the latter theme. (CATchUPs are regular CAT Scotland 'reflective spaces with a theme' held online).

The presentation then highlights aspects of cultural relevance from the WHR with a couple of videos to introduce relational aspects that reflect on how our cultures create a bigger context that influences our relationships – with others and ourselves. We will also introduce epidemiological work on inequality within and between societies and how this impacts on health, wellbeing and 'sense of self'. We will explore these themes through a CAT contextual lens and organise the presentation as a collection of stories.