

Tab. s1 Definitions and illustrative quotes of major concepts in the Thai well-being sunflower

Social relationships and their connections to well-being		
Types of relationships	Definitions	Illustrative quotes
Family relationships	Reflections on experiences and relationships within participants' families, especially with regards to the health of family members and expectations set by or obligations towards their families.	• “Yes, it was until he [my grandfather] lost his strength, because he was already skinny and sick, and he had a lot of health conditions. It made my heart so heavy.” • “I feel like I’m a child who let her parents down and that is really sinful. And, honestly, I didn’t want to live in this world anymore that I upset them.” • “When I am with my friends, I would talk continuously. But when I’m with my mother, I wouldn’t say anything. I would not argue either. I’m afraid of sin so I don’t express about my feeling, but I love her.” • “I would dream for my mother to not be sick, and that she can keep taking care of my child with good health. I want her to be strong and healthy, not sick, so she can take good care of my baby”
Work & educational relationships	Reflections on participants’ interactions with people involved in their work or educational environment, including customers, people they work with, and people who supervise them. Several themes that emerged in this domain were participants having support to get through the demands of work and education, conflicts in working relationships, comparison or competition, and power dynamics.	• “I had a subordinate who graduated from the same institution and with the same major as mine -he was one year younger. Later we had conflicts. This made me unhappy that I didn’t want to work. I didn’t want to be there. I wanted to leave that company.” • “It’s when I worked. My colleagues were good. My boss was good. If there’s anything, he would suggest me to, em, do it this way, do it that way.” • “I also think of unfairness at work, for the same level of position at work, or positions that are so close, but they act like they are my superiors, so that made me wonder, because we are actually at the same level.”
Friends & acquaintances	This spans a variety of relationships that do not fall within the domains of family, work, or education. They	• “But, I was always with lots of friends then, so my friends helped me pull myself together [from suicidal ideation].”

	include romantic partners (who are not spouses), police officers, neighbors, roommates, enemies, and more. Themes included having social and emotional supports or the lack thereof, conflicts in relationships, and living in a good community.	•“...to meet good people, to have good environment. Good neighbors. Good surroundings. This is the highest. My mind is at the highest. I’m content.” •“However, as I said earlier, I started to feel unhappy that I do not have many friends. This dropped the mark [self-rating level of well-being].”
Major domains of well-being		
Well-being domains	Definitions	Illustrative quotes
Experience of emotions	Expression of emotions or discussion of feelings associated with certain memories or experiences, categorized as positive (happiness, satisfaction, relaxation, or pride), negative (discontent, stress, fear, or worry), or neutral/uncategorizable emotions (both positive and negative emotions or unclear emotions).	•“At that time, it seemed like I didn’t have to bother with any matter. It was like I had fallen in a dirt pit before and then I got to be showered and washed off from the dirt. That was how I felt. It was like I went through something that was unstable, and finally got myself out of that situation. Then I felt relieved, felt comfortable.” •“It’s not too happy, and not too troubling It’s just about nice, it’s in moderation.” •“At that time, I felt distressed both inside and outside. Pimples broke out all over my face, I looked very bad. I didn’t know what to do, I was so stressed. It was the most stressful time at that time.” •“So, the whole process took a very long time. I was not depressed but I was extremely troubled and worried. My heart felt heavy.”
Sense of self	Participants’ understanding of themselves and their achievements in life, including: their personality, self-concept or how they think of themselves, ways they’ve changed throughout life, sense of autonomy or freedom, and pride in their accomplishments.	•“It’s the day that I have the freedom to do whatever I want, and don’t have to care for the others.” •“I feel that my life so far. There were things that I could not control that I had to let it go, but I tried to manage things that I could control. I think I could manage it quite well, so I feel satisfied with about 8.5.” •“When I was studying. It was probably the pride of myself that I had set my goals of what I wanted to do, what I wanted to be.”

Finances	Descriptions about participants' financial status, particularly in reference to debt or financial security, assets (property, land), income and wages, expenses and cost of living, financial security, and actions taken during times of wealth or poverty.	•“I just struggle to live every day, and live from hand to mouth. So, it is not possible to be happy every day.” •“...The business, when the business is good, and the cash flow is good, it is “Happy body, content heart”. •“I got a loan to buy the house, and when I worked here, I almost paid it all within less than two years. I still have only 800,000 Baht left. So I felt that I was content with my life at that time.”
Self-care	The ways in which participants take care of themselves or how they fail to do so. This includes preventive behaviors taken in response to health risks as well as activities or mental perspective-taking to maintain psychological well-being. Examples of self-care that participants mentioned include things such as eating healthy food, sleep, exercising, maintaining positive thinking, and participating in leisure activities like hobbies and traveling.	•“I have to have the time for myself too, while I’m here I have to allocate and manage time. At least I need to exercise, and I need to use Dharma teaching to help me at night as well. It was better.” •“Then I travelled. I went to Japan. I was there for many days. I didn’t have to worry about anything, just being with nature, just there. It seemed to be the time that I felt Happy body, content heart.” •“It’s about health, I guess. I have to exercise, and eat good food. I have started doing that. I actually think I’m already doing better than last year. Previously, I was not able to kneel down on the floor, this year I can kneel down.”
Demands and responsibilities	The participants’ perceived demands and responsibilities in their work and educational contexts, actions taken to meet their demands, and feelings associated with the ability or inability to take on responsibilities and/or meet demands.	•“I was wondering how I would collect the data, where should I get it? if I could do it? I felt like my autonomy kept getting lower and lower. Where could I obtain this? Would the participants in the intervention group be alright? Everything seemed to be beyond my power of control.” •“Working as a police officer, there’s very little free time. I have my routine work at the police station, but I have to do this job because it’s a special order.”
Thoughts and feelings about the future	Discussions about participants’ goals, plans, and aspirations, how they may change over time, or their concerns and worries about the uncertainty of the future.	•“In the future, we would move back home. We would try to find some farming things to do there. That way we would get to take care of our parents. I think we would be happier like that. We have to save up a good sum of money and endure the hardship for now.”

		• “But, when I look at this, and it reflects on me, that when I’m that age, who will take care of me? Will I be able to take care of myself?”
Personal health	Stories and descriptions about the state of participants’ health at different points in time with regards to mental and physical health (including disease, injuries, illnesses, physical fitness and stamina, bodyweight, etc.). This domain also includes descriptions of participants’ hopes and worries about their health.	• “I had no worries, and I had no sickness. I was healthy.” • “There’ll be some because I have a chronic health issue. Well, like, if I recover from this chronic health issue, it may go higher.” • “My mental health was not okay.”
Spirituality and religiosity	Participants’ thoughts, practices, or traditions related to their religion, philosophy, traditions and practices, superstition, or spirituality. Many responses were tied to Buddhism and a belief in divine beings.	• “Yes, the lecturer gave me thoughts and told me about the Dharma teachings She told me that human can make mistakes.” “I need to use Dharma teaching to help me at night as well. It’s was better.” • “I didn’t have to worry about anything because I was a monk. I went out to take alms for food.”
Societal Foundations for Well-Being		
Domains	Definitions	Illustrative quotes
Physical environment	The experiences and sensations of a particular place that impacts participants’ well-being. This includes how it feels to be in or away from the city, the benefits or inconveniences of a location, the experience of environmental factors such as air pollution, floods, weather, and the healing vs. destructive aspects of nature.	• “Nature comes first, Happy body, the content heart is the atmosphere. When I go back home, I will be on the farm. My farm has rice fields and other things. When I want to eat something, I just look for something to eat in the river and cook rice. That makes me feel very content.” • “I want to move out of that house because it was the drainage area for Suphanburi Province. It will be flooded every year. The latest that I can remember is when I was in Grade 6 and my mobile phone fell into the water, my computer as well.”
Perspectives on society	Reflecting on major trends (economic, social, political, etc.) in Thailand or the	• “Our society is prosperous, only materialistically, but people’s moral isn’t.”

	world, participants examine how they or others navigate life and evaluate society, humanity, or even the ‘truths’ of life. This includes ideas, hopes, fears, desires, and questions about the world beyond their personal experiences. It also includes comparisons between themselves and others or individuals living in Bangkok vs. those in rural provinces, etc.	• “If it’s about “Happy body, content heart”, I would think about major events, either official royal events, something like that. True happiness is when Thai people join hands and help one another in public matters that have a good cause without the expectation of an individual’s personal gain. That is true happiness.” • “I know that normally people don’t like the LGBT people. They would discriminate these people.”
Work & educational opportunities	The variety of opportunities participants gain through work or education, including a better quality of life, financial security and government benefits, and a sense of fulfilment or achievement.	• “I then chose to study here [Bangkok] because I wanted to gain more experience too. Because there’s more opportunities aren’t it, living in Bangkok.” • “Now I think of family, my mother, my siblings. I have to work and take care of them. One thing is that I work as a government officer and the welfare is better” • “In the past when I came to Bangkok, I was just an official employee at an agency office, I had set my personal goal that I would want to stay in Bangkok for 5 years, and hope to be registered as a state employee by then, and I did accomplish that within 2-3 years.”

Note: The number of quotations is not equal across domains because each domain has different levels of complexity. Some domains need more illustrative quotations.