
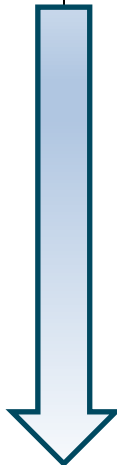


Is It Worth It?

Decision	What did you gain or think you would gain?	What did you lose or think you would lose?	Were there things you did or other people did to make it more "worth it?"
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><i>Domains</i></p>  </div> <div style="text-align: center;"> <p><i>Key aspects of the domains</i></p> </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><i>Domains</i></p>  </div> <div style="text-align: center;"> <p><i>Key aspects of the domains</i></p> </div> </div>	

Five Domains of Wellbeing Definitions and Key Aspects

Social connectedness: The degree to which a person has and perceives a sufficient number and diversity of relationships that allow her or him to give and receive information, emotional support and material aid; create a sense of belonging and value; and foster growth.

KEY ASPECTS

- Quantity and diversity of relationships
- Reciprocity – given and get information, material help, emotional support
- A sense of belonging
- A sense of being valuable and needed
- Foster growth

Stability: The degree to which a person can expect her or his situation and status to be fundamentally the same from one day to the next, where there is adequate predictability for a person to concentrate on the here-and-now and the future, growth and change; and where small obstacles don't set off big cascades.

KEY ASPECTS

- Anchors, that create a sense of predictability in days or weeks
- Familiarity
- Buffer to small problems snowballing to big problems

Safety: The degree to which a person can be her or his authentic self and not be at heightened risk of physical or emotional harm.

KEY ASPECTS

- Physical and emotional
- From people, places and systems
- Ability to be true to core identity without harm or humiliation

Mastery: The degree to which a person feels in control of her or his fate and the decisions she or he makes, and where she or he experiences some correlation between efforts and outcomes.

KEY ASPECTS

- Goal is attainable but not guaranteed
- Correlation between efforts and outcomes
- Sense of control and choice
- Important to self, and recognition and valued by others
- Experience of self-efficacy and sense of empowerment

Meaningful access to relevant resources: The degree to which a person can meet needs particularly important for her or his situation in ways that are not overly onerous, and are not degrading or dangerous.

KEY ASPECTS

- Self-determination of what basic needs are relevant and important
- Resources exist
- Resources are accessible without shame, danger or significant hardship

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