

# The Five Domains Of Wellbeing

Full Frame Initiative  
Missouri Department of Children and Family  
Services

# Safety

Basic needs are met

Absence of Threat (physical and emotional)

Be able to be your authentic self without fear of judgement (permission for identity development)

Permission to have feelings



# Stability

Ability to predict our day

Know what you are coming home to

# Permanency

Mole hills are mole hills and don't become Mountains.

Routine/Structure- Where and what you will eat for lunch

# Social Connectedness

Feeling a sense of belonging and connectedness

Opportunities to give as well as receive

Social capital-belonging, trust, group membership, reciprocity

How do we provide opportunities for introduction?

Social Anxiety



# Mastery

Self Efficacy

Personal Power

Ability to apply knowledge and skills

Correlation between work and outcome

Making conscious choices-Captain and Commander of your own ship.

How can we heighten a sense of Mastery? Strength

A close-up photograph of a green leaf with several water droplets on its surface. The leaf has a serrated edge and a prominent central vein. The background is blurred, showing more of the leaf and some stems.

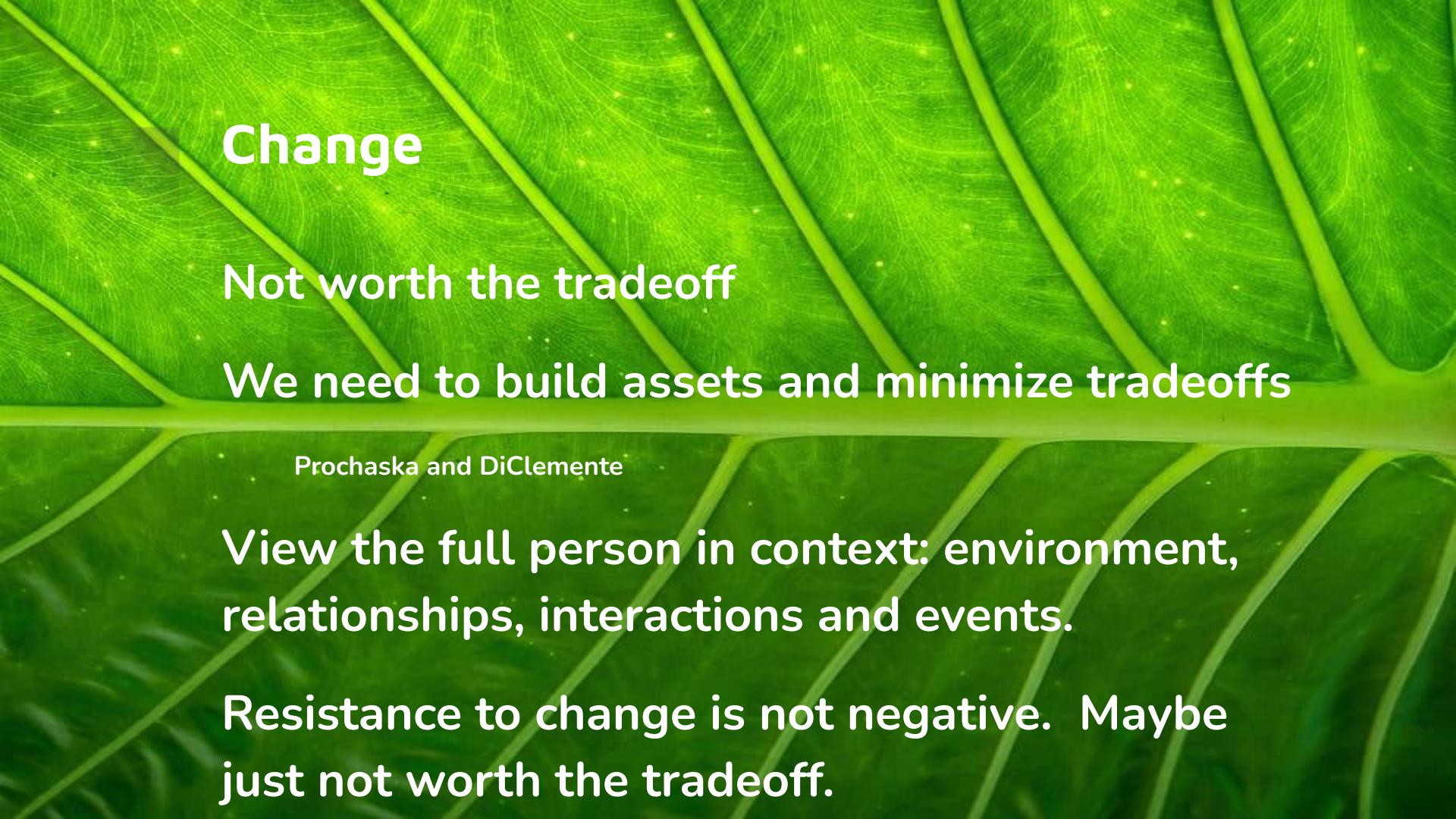
# Meaningful Access to Relevant Services

Information and Navigation

Reduced barriers to services

Cultural competency of resources

Shame free - Interesting use of Student  
Development



# Change

Not worth the tradeoff

We need to build assets and minimize tradeoffs

Prochaska and DiClemente

View the full person in context: environment, relationships, interactions and events.

Resistance to change is not negative. Maybe just not worth the tradeoff.