

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

The background of the slide is a close-up photograph of several small, five-petaled flowers. The petals are a mix of light blue and white, with some showing darker blue streaks or veins. The flowers are surrounded by lush green foliage, including leaves and stems, which are slightly out of focus. The overall lighting is bright, suggesting a sunny day.

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



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.