



These Five Domains of Wellbeing are:

- ✦ **UNIVERSAL, INTERDEPENDENT** and **NON-HIERARCHICAL**.
- ✦ **ASSET-BASED** and **REALITY-DRIVEN**.
- ✦ drawn from **PRACTICE** and validated by **RESEARCH**.
- ✦ relevant at the **INDIVIDUAL, FAMILY, COMMUNITY** and **INSTITUTIONAL** levels.
- ✦ deeply informed by **CULTURE, CONTEXT** and **HISTORY**.
- ✦ reflective of an **ORIENTATION TO PRACTICE AND OUTCOMES**, not a prescription for programs.

PRELIMINARY DEFINITIONS AT THE LEVEL OF THE INDIVIDUAL:

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.

Related terms and concepts: belonging, social capital, social networks, social support, social cohesion, social integration, reduced social isolation and exclusion, reciprocity

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 on the future, growth and change, and where small obstacles don't set off big cascades.

Related terms and concepts: certainty, control, resilience, permanency, certainty, predictability, stress, stressor, adversity

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.

Related terms and concepts: fear, security; absence of harm, risk or danger

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.

Related terms and concepts: control, choice, self-efficacy, self-esteem, self-confidence, empowerment, applying knowledge, coping, meaning-making, executive function, resilience

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.

Related terms and concepts: having knowledge, meeting "basic" needs, cultural competence, utilization rates, service integration/defragmentation, reduced barriers, information and referral, navigation, access, inequity in access, disparity, discrimination

The Full Frame Initiative's mission is to change systems so that people and communities experiencing poverty, violence and trauma have the tools, supports and resources they need to thrive.

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