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

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*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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