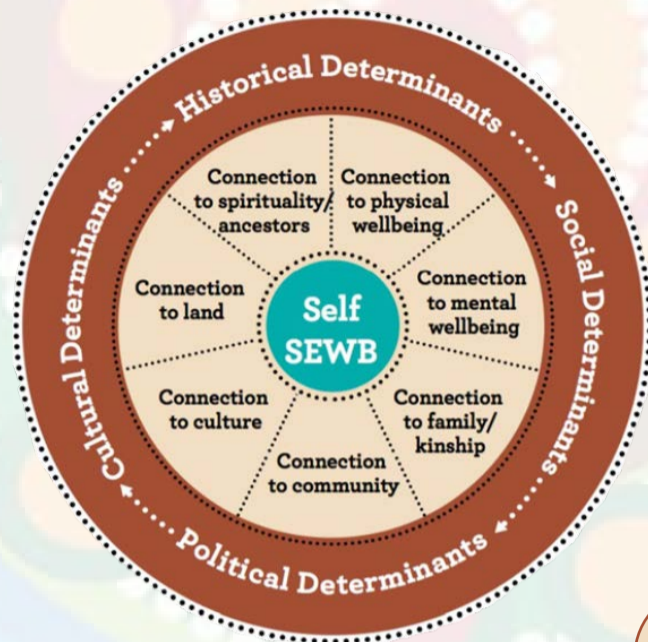


Aboriginal and Torres Strait Islander Peoples' Social and Emotional Wellbeing (SEWB): Possible Protective Factors Activity and Plan

The Aboriginal and Torres Strait Islander Peoples' SEWB Framework, a holistic perspective of health, was developed by Gee, Dudgeon, Schultz, Hart and Kelly (2014). It was created in consultation with Aboriginal and Torres Strait Islander communities across Australia. It is informed by cultural ways of knowing, being, and doing. It recognises the importance of culture and history as important factors that inform and guide our understanding of health and mental health.



Connection to land
Connection to land / country is closely tied to spirituality, a sense of belonging, and underpins identity. Feeling connected to country has been reported to evoke a positive sense of wellbeing among Aboriginal and Torres Strait Islander people.

Connection to spirituality/ancestors
Many Aboriginal and Torres Strait Islander peoples' cultural worldviews are grounded in a connection to spirituality - stories, rituals, ceremonies and cultural knowledge, and connection to person, land and place. Spirituality provides a sense of purpose and meaning.

Connection to physical wellbeing
All elements of a person's life that is linked to their physical body - including the normal biological markers that reflect the physical health of a person.

Connection to mental wellbeing
Cognitive, emotional and psychological human experience, as well as fundamental human needs - i.e., perceived safety and security, a sense of belonging, sense of control and mastery, self-esteem, meaning making, values and motivation.

Connection to culture
Refers to having relationship with aspects of one's Aboriginal and/or Torres Strait Islander heritage. A connection to a culture provides a sense of continuity with the past and helps underpin a strong identity.

Connection to community
Aspects of wellbeing that are rooted in interpersonal interaction. Community can take many forms. A connection provides opportunities for individuals to connect with each other, support each other and work together.

Connection to family/kinship
Connection to family/kinship is central to the functioning of Aboriginal and Torres Strait Islander societies. These systems are complex and sustain interconnectedness through reciprocal relationships. The kinship system provides multiple carers and attachment figures.

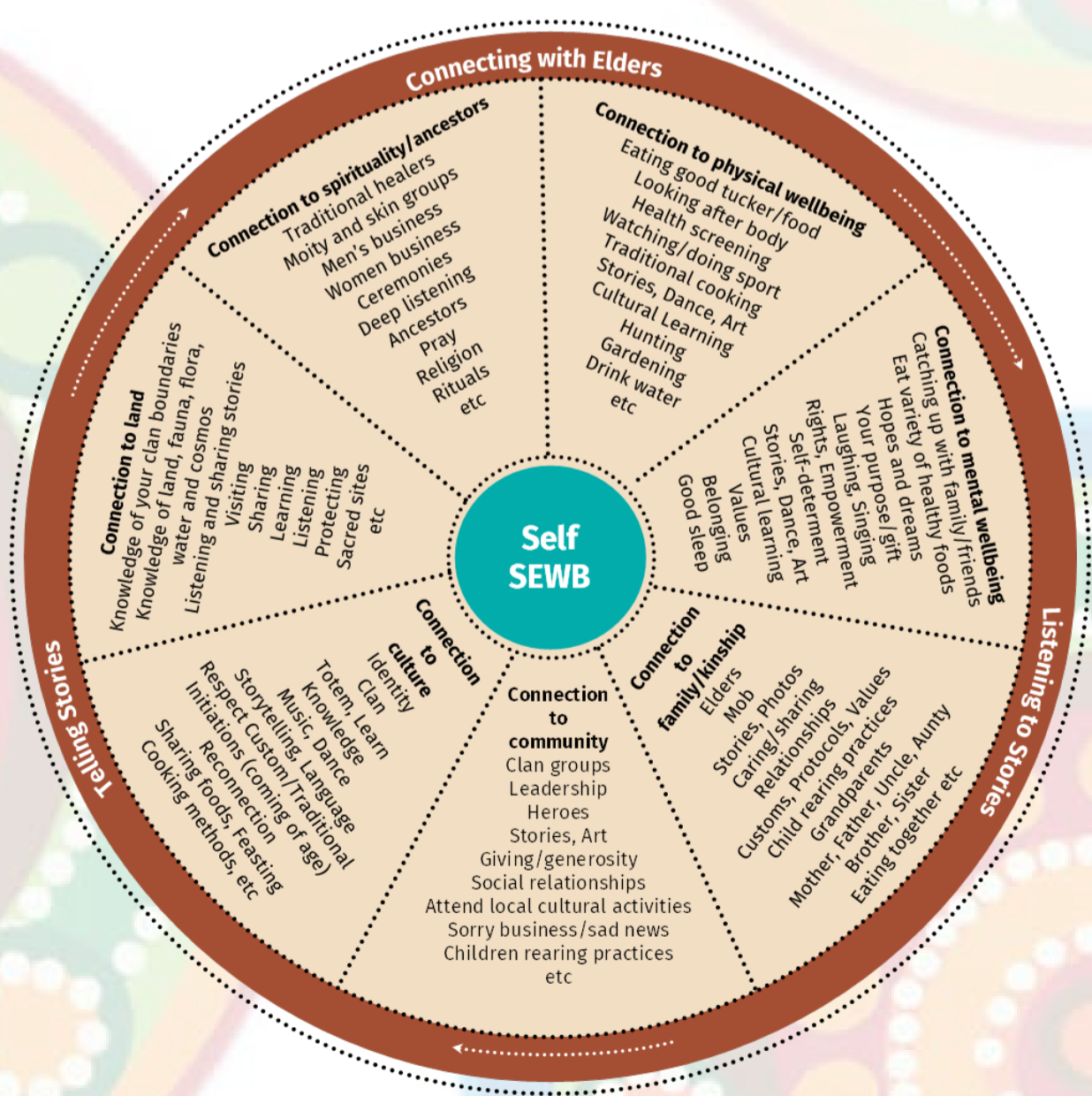
This worksheet has been developed to help encourage discussions focusing on what we all can do to enhance and protect Social and Emotional Wellbeing (SEWB).

Ideally this worksheet is completed in conversation with the young person:

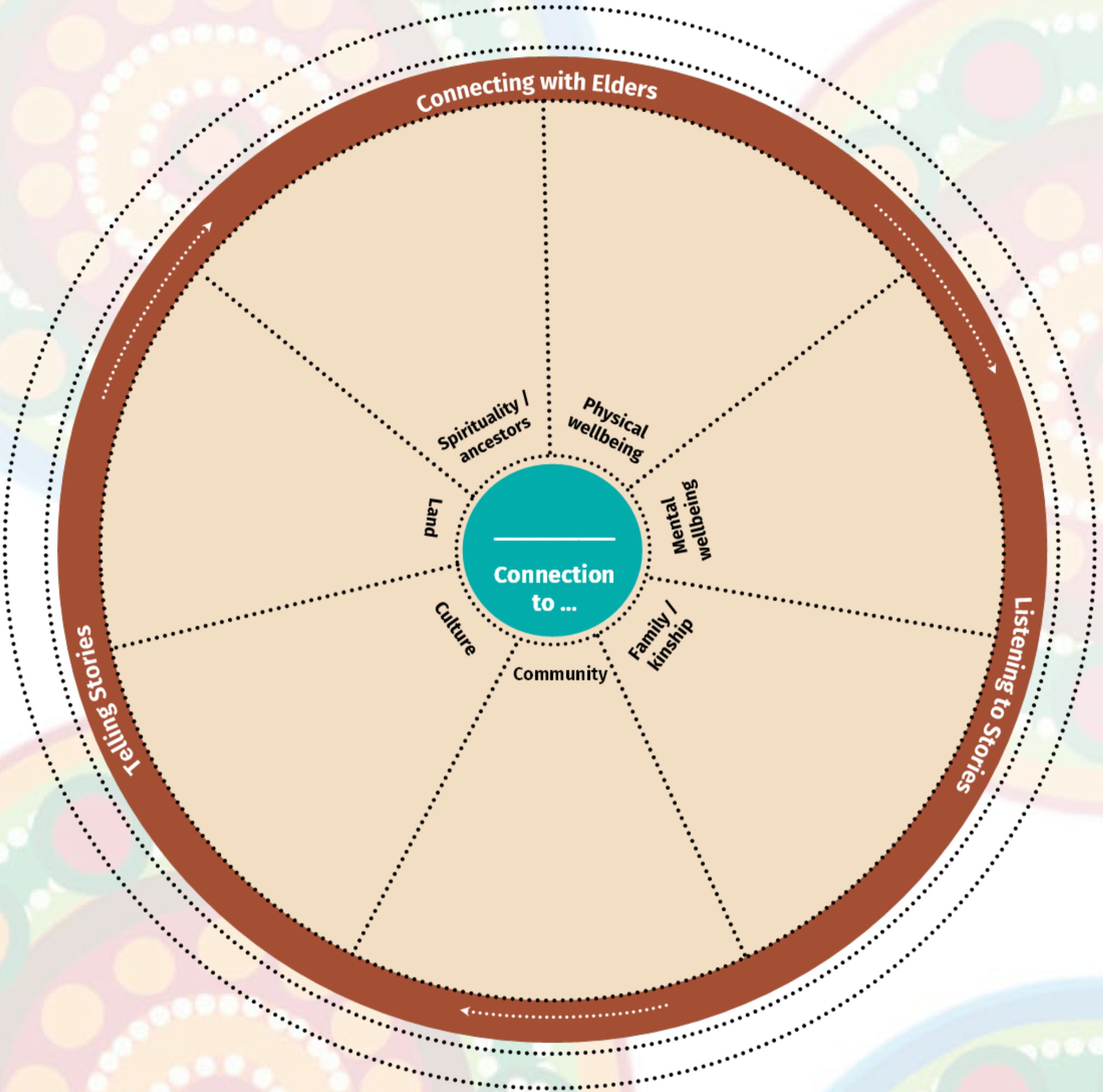
- Write the young person's name in the middle circle.
- Explore and write possible healing and protective ideas in each domain. Several possible ideas are in the image to the right - these can be used as a conversation starter that are then tailored to the individual.
- Consider who can help/be involved in doing these. Write their names in the outside circle.
- Continue to add to the domains. The young person and/or others can write any additional ideas in the box underneath the circle.
- At least every 3 months review how things are going and if anything needs to be added and/or modified.

Some ideas on how to put it into practice:

- Develop a clear schedule of when things will occur.
- Use a calendar and choose a colour for each domain.
- Each day the young person can randomly choose a domain and then an activity from what is listed.
- Talk positively about culture every day.
- Take turns choosing cultural activities.



What are we doing to enhance Social and Emotional Wellbeing?



Date developed:

People involved:

Review date:

Since this was pulled together, these are some of the things that are getting in the way and what we are going to do about them:

Since this was pulled together, here are some other practical things that we are going to focus on:

People I can connect with / talk to about anything: