

The Pillars of Wellbeing

PREVENTION
INSTITUTE

Image source: F Mira, Creative Commons

Pillars of Wellbeing



Belonging/Connection

Safety

Trust

Dignity

Hope/Aspiration

Control of Destiny/Self-Determination

The Pillars of Wellbeing



- The core stabilizing elements needed for people and for communities to thrive and flourish emotionally.
- When intentionally embedded in community determinants, they support an optimal quality of life for community residents, and specifically for those living with mental health challenges.
- They are qualities that help convert detrimental community determinants into factors that protect health.
- Identified through the Making Connections for Mental Health and Wellbeing Among Men and Boys initiative.

Belonging and Connectedness



- Feeling part of a community
- A sense of acceptance
- Belief that you are accepted as you are
- Having a place or group that is restorative or acts as a refuge

Safety



- Experience of security: interpersonally, emotionally, and with one's surroundings
- Possession of a sense of stability

Trust



- Belief in the reliability, truth, ability, or strength of self and others
- Ability to count on the circumstances surrounding you

Dignity



- Sense of one's own value
- Quality of being worthy of honor and respect
- Living in a climate of mutual respect and regard for all

Hope and Aspiration



- A reassuring belief that something better is possible and achievable
- Optimism that allows forward movement

Control of Destiny and Self-Determination



- Sense of purpose
- The ability to influence the events that shape life's circum-stances
- Ability to make and take action
- Agency