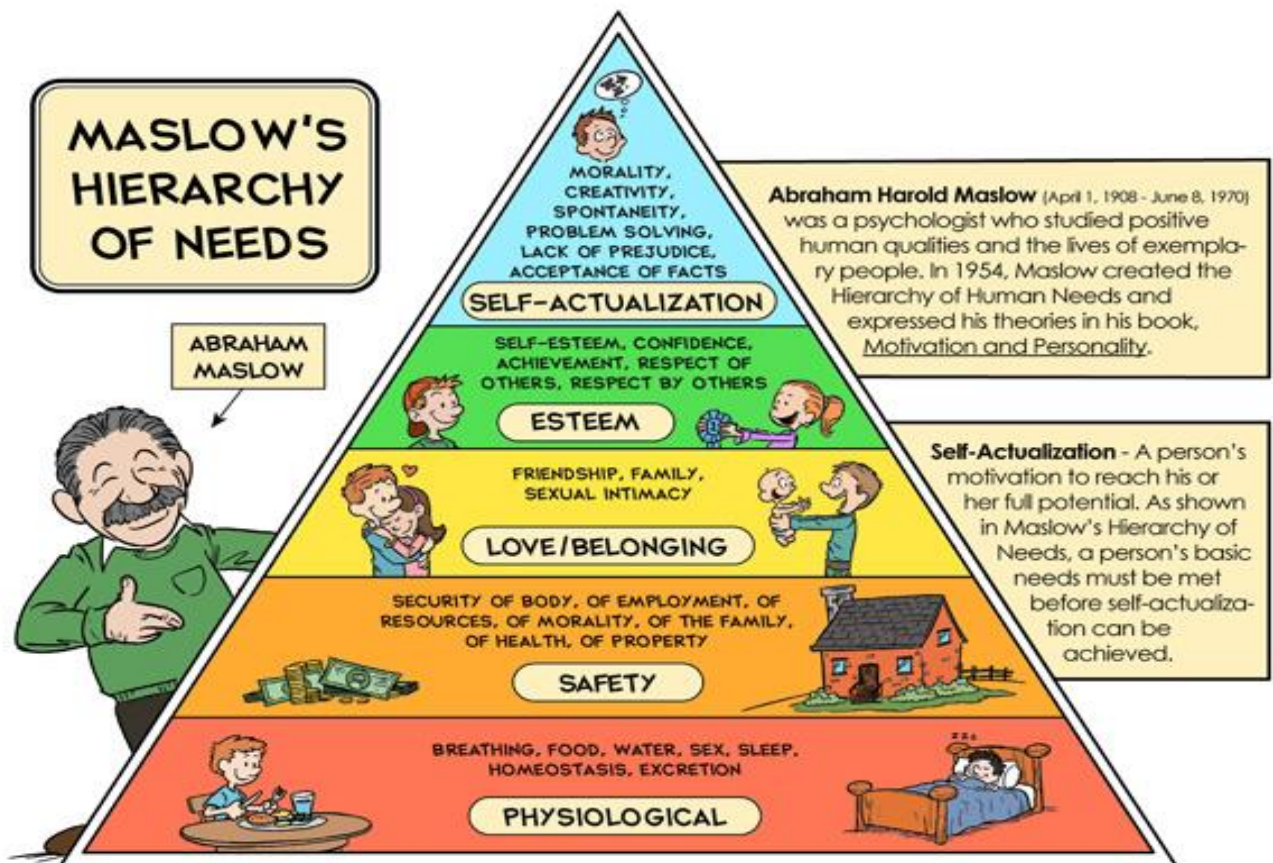
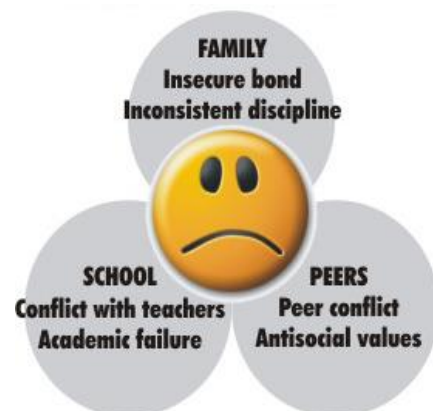
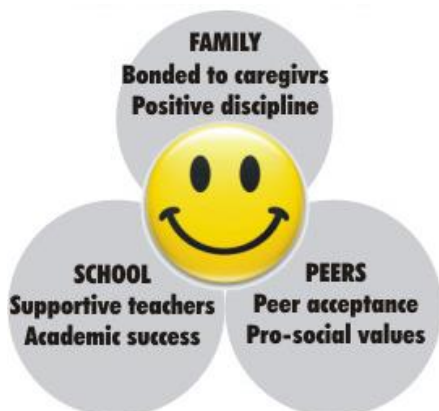


What is Wellbeing in Adolescence?

- What is Wellbeing?
 - Relationships with people and their environment.
 - Multi-dimensional
 - Physical
 - Mental
 - Spiritual
 - Cultural
 - Social
 - Emotional
 - Structural
 - ☞ Home life
 - ☞ School
 - ☞ Work
 - Quality of life
 - Social Economic Status
 - Sense of self
- Good wellbeing:
 - Aspects of life are balanced.
 - You feel happy with yourself and your situation.
 - Motivation
 - Healthy term of reality.
 - Content with life
 - Your own context and life, don't compare to others as everyone's term of wellbeing is different.
- Maslow's Hierarchy of Needs:



- Clinical Approach to wellbeing: If you aren't unwell, you're well.
 - o If it's broken, fix it = Will see an observable change.
 - o Youth work is more about support than fixing.
 - If you fix it for them, the young person cannot sort it out themselves if it occurs again later down the track.
- Neuroscience has suggested that persistent mildly stressful (non traumatic) events in teenage years lead to greater capacity for resilience and dealing with what life throws at us during adulthood.
 - o Our aim is not to cure young people's problems, it is to help them to deal with them.
- PERMA Model:
 - o P = Positive Emotion
 - When someone asks you whether you are satisfied with your life, your answer depends heavily on the mood you are in.
 - o E = Engagement
 - We don't thrive when we are doing nothing. We get bored and feel useless. But when we engage with our life and work, we become absorbed. We gain momentum and focus, and we can enter the state of being known as 'flow'.
 - 'Flow' describes a state of utter, blissful immersion in the present moment
 - o R = Relationships
 - We enhance our own well-being by building strong networks of relationships around us, with family, friends, coworkers, neighbours and all the other people in our lives.
 - o M = Meaning
 - We are at our best when we dedicate our time to something greater than ourselves. This could be religious faith, community work, family, a political cause, a charity, a professional or creative goal.
 - o A = Accomplishment
 - We need to win sometimes.
 - To achieve well-being and happiness, we must look back on our lives with a sense of accomplishment: 'I did it, and I did it well'.
- Ecological Approach: Explore the interactions between a young person and their environment to work out what is causing them problems, but also to see what is keeping them going.
 - o Healthy Ecology:
 - o High Risk Ecology:



- Risk and Resilience:
 - Risk: Relates to any event, condition, or experience that increases the probability that a problem will be formed, maintained, or exacerbated - Frazer & Terizan (2005).
 - Factors that increase the likelihood of:
 - ☞ Homelessness
 - ☞ Health Issues
 - ☞ Drug Dependency
 - ☞ Mental Health Issues
 - ☞ Stressful Environments
 - ☞ Trauma
 - Vulnerability
 - Resilience: Adaptation despite risk - Arrington & Wilson (2000).
 - A quality that enables young people to thrive in the face of difficulty.
 - Protective Factor: Process that fosters resilience - Arrington & Wilson (2000)
 - ☞ EG: Accommodation, education, literacy, etc.