

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

The Aboriginal and Torres Strait Islander Peoples' SEWB Framework was developed by Gee, Dudgeon, Schultz, Hart and Kelly (2014). This resource suggests possible protective factors under each domain, and ideally is used as a conversation starter and is then tailored to the individual.

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

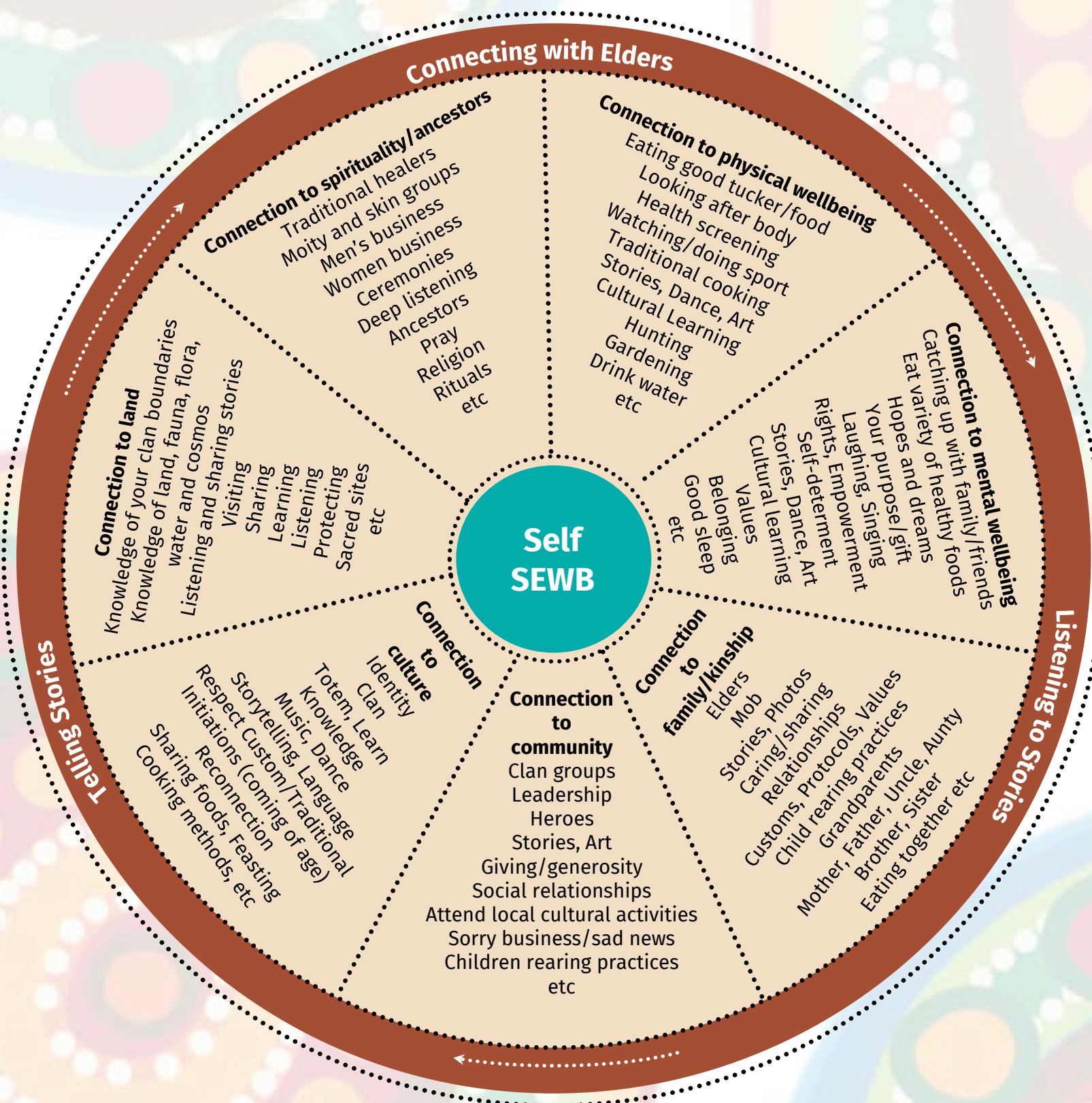
Many Aboriginal and Torres Strait Islander peoples' cultural worldviews are grounded in a connection to spirituality - stories, rituals, ceremonies and cultural knowledge, and connection to person, land and place. Spirituality provides a sense of purpose and meaning.

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.