

# Well-Being and Social Determinants of Health



## 1 Examine your own lens for well-being, along with the client's lens.

- How do you define well-being?
- What has influenced that definition of well-being?



## 2 Consider the client's social determinants of health.

- Economic stability
- Neighborhood & physical environment
- Education
- Food choice and availability
- Community & social context
- Health care system



## 3 Work to be a social resource for health by:

- Being empathetic
- Promoting your clients' autonomy
- Helping your clients lay out a vision for the future
- Helping your clients take effective and positive actions

Your client's health and well-being, and your ability to understand and meet their needs, are affected by the context you each live in – your social determinants of health.