

Protective Factors for Resilience and Mental Wellbeing

Individuals	Family & Social Relationships	Policies, Systems and Environments
Feeling connectedness, belonging (school, work, etc.)	Caring parents	Supportive school, work, healthcare environments
Financial stability	Supportive relationships with teachers, neighbors, friends, family and spiritual leaders	Economic stability
Adequate nutrition, food secure	Positive social interactions	Stable work
Physically active	Supportive family environments	Safe and affordable housing
Attachments to family		Safe working conditions
Curiosity, exploration, creativity		Access to parks for play
Engaging in play		
Achieving goals		
Positive emotions		
Positive thinking, optimism		
Positive body image		
Resilience, coping skills		

Examples of Strategies to Promote Resilience and Mental Wellbeing:

- Work with individuals, families, and communities to build food security
- Promote healthy eating patterns and physical activity using positive approaches
- Providing support for children, including skill building and positive youth development
- Engage families to promote positive interactions
- Engage participants (of all ages!) in creativity, curiosity, exploration, and play
- Create learning experiences that integrate happiness, joy, and fulfillment
- Prompt participants to express gratitude and savor experiences
- Use positive framing when encouraging people to adopt new health behaviors
- Encourage participants to affirm their own strengths and value
- Promote goal setting and celebrating achievements
- Build skills in positive thinking and optimism
- Develop positive relationships with participants so they feel cared for, connected, and they belong
- Promote policies and environments that promote connectedness, belonging
- Working on ways to improve policies, systems, and environment that support mental health and the social determinants of health including: safe and affordable housing,

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Youth.gov Mental Health Promotion and Prevention <https://youth.gov/youth-topics/youth-mental-health/mental-health-promotion-prevention>

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