

Universal Wellbeing Model

Variables

Social Domain	Physical Domain	Intellectual Domain	Cultural Domain	Emotional Domain	Spiritual Domain
1. Self Talk	12. Sleep	29. Intellectual Safety	41. Ethnic Identity (Genetic)	51. Emotion Recognition	63. Belief System
2. Significant Others	13. Physical Safety	30. Thinking Skills	42. Ethnic Group Acceptance	52. Emotion Recognition in Others	64. Values System
3. Family	14. Exercise	31. Problem Identification	43. Ethnic Capabilities	53. Emotional Knowledge	65. Default Attitude
4. Friends	15. Hydration	32. Solution Finding	44. Ethnic Safety	54. Emotional Regulation	66. Intuition
5. Study/Workplace/ Home	16. Financial Security	33. Decision Making	45. Ethnic Confidence	55. Emotional Safety	67. Loci of Control
6. Community	17. Physical Touch (Affection/Sex)	34. Achievement	46. Cultural Identity (Lifestyle Choice)	56. Acceptance	68. Resilience
7. Nationwide	18. Warmth	35. Learning Activity	47. Cultural Group Acceptance	57. Emotional Growth	69. Unique Value
8. Global Context	19. Prescribed Medicines	36. Reading	48. Cultural Capabilities	58. Self Esteem	70. Life Value
9. Social Safety	20. Non-prescribed Medicines/Illegal Drugs	37. Writing	49. Cultural Safety	59. Validation	
10. Social Acceptance	21. Alcohol	38. Maths-Numeracy	50. Cultural Confidence	60. Love-Connection	
11. Social Confidence	22. Smoking	39. Comprehension		61. Social Media-Internet	
	23. Vaping	40. Learning Challenges		62. Gambling	
	24. Physical Disability				
	25. Pain				
	26. Dis-ease				
	27. Housing				
	28. Eating				

(Stevenson,2022)

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