



MYWELLBEING

THE EIGHT DOMAINS



The Eight Domains of Wellbeing

Wellbeing isn't something that just happens. You have to work at it. But how do you go about doing it? Where do you even start? New Horizons can help.

New Horizons has supported tens of thousands of Australians like you to reach their goals. We promise to put wellbeing at the heart of everything we do. As part of that promise we want to help people understand how to improve their own wellbeing.

There's no 'one size fits all' solution for achieving wellbeing. It can take time and effort. Many people don't understand where to start or how to identify ways to improve their wellbeing.

That's why we developed our model, *MyWellbeing* – the 8 Domains (or *MyWellbeing* model for short). It brings together all the wellbeing knowledge we've gathered over almost half a century into an easy to use framework.

The *MyWellbeing* model will help you think practically about your wellbeing and discover which areas of your life you should focus on improving.

Your wellbeing journey

As wellbeing experts, we understand that your journey will be as unique and individual as you are. Whatever your individual goals the *MyWellbeing* model gives you the flexibility to focus on the specific areas that matter most to you.

Each of the eight domains come together to help you Discover, Develop, Connect and Thrive – with wellbeing at its heart. Each domain has different principles and how you apply these principles will be very personal.

Getting started

The best way to use the model is to have one of our Support Workers or Lifestyle Planners talk you through the process, but you can get started on your own.

Try the *MyWellbeing* app

Our online app of the *MyWellbeing* model is a really simple way to assess your wellbeing – just log on to mywellbeing.com.au.

We'll even email you the results and give you some helpful tips to start you on your journey.

Use the *MyWellbeing* model map

Take a look at the full model over the page and follow the instructions.



The basic principles

Everyone's journey to wellbeing is different, so there's no fixed starting point on the *MyWellbeing* model. Just pick the Domain that appeals most! Read the description, then think about how strongly you would agree with the accompanying statements. The less you agree with the statements, the more you should think about improving your wellbeing in that Domain. Do the same for all the remaining Domains.

Growing Well

Actively pursuing personal growth, sharing our experiences and giving back, to discover and unleash our full potential.

What this could mean:

- I'm reaching my goals
- I'm growing as a person
- I help other people

Independently Well

Finding our voice, expressing ourselves, and building the confidence to make our own decisions and maintain a sense of independence.

What this could mean:

- I choose how to live my life
- I can take care of most of my own needs
- I have things under control

Feeling Well

Feeling good about ourselves, by setting goals and challenges, and remembering to recognise achievements and celebrate accomplishments along the way.

What this could mean:

- I feel good about myself
- I celebrate achievements
- I have a positive outlook on life

Physically Well

Improving diet and exercise and making healthy lifestyle choices to feel better on the inside as well as outside.

What this could mean:

- I eat well
- I'm physically active
- I'm as healthy and well as I can be



Coping Well

Maintaining the skills to emotionally cope with life, and establishing the foundations of resilience.

What this could mean:

- I'm able to cope with most things
- I have access to the support I need
- I can let people know what I want



Balancing Well

Developing and maintaining the skills to manage and balance daily activities and tasks.

What this could mean:

- I set my own goals
- I plan and control my day to day life
- I'm involved in decision making



Living Well

Living freely, feeling safe and secure in our living environment, and addressing factors that impact your immediate living situation.

What this could mean:

- I have a roof over my head
- I feel safe and secure

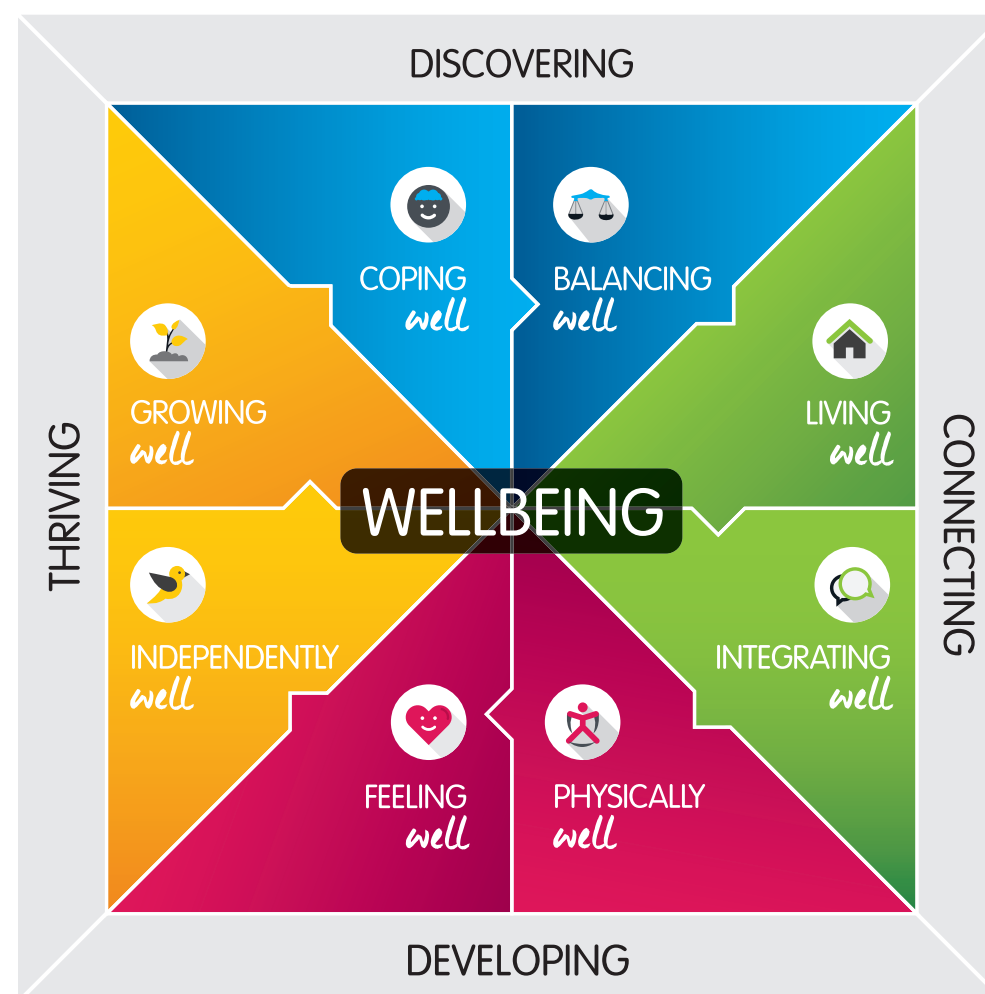


Integrating Well

Strengthening the sense of integration and belonging through friendships, relationships, cultural connectedness and spirituality.

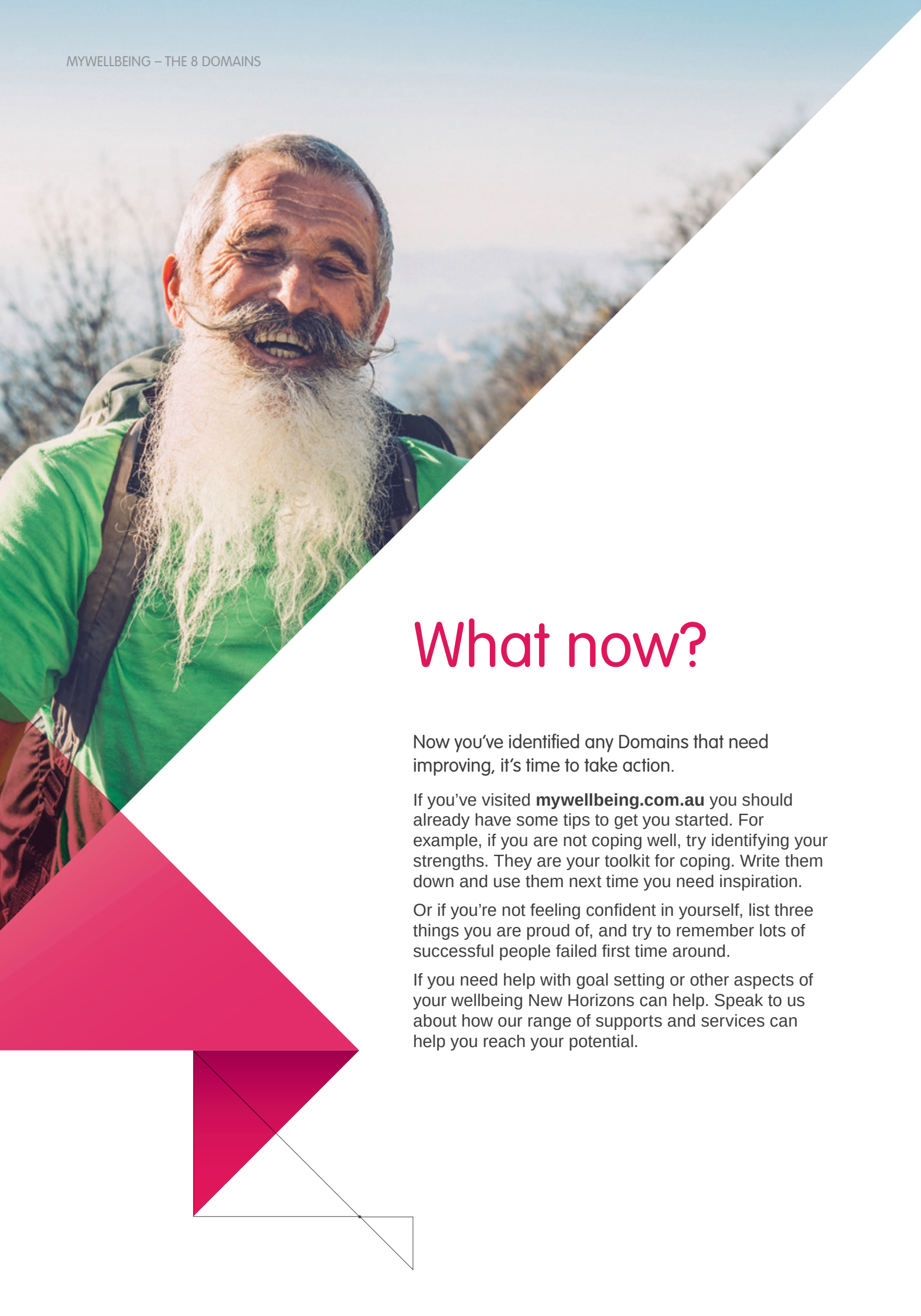
What this could mean:

- I have meaningful relationships
- I participate in activities I enjoy
- My community is accessible
- I have the same rights as others



Why it works – the science

MyWellbeing - the 8 Domains draws on extensive research and thinking around wellbeing, including the Canadian Index of Wellbeing, the Department of Families and Child Services (FACS) model for Wellbeing and Maslow's Hierarchy of Needs.



What now?

Now you've identified any Domains that need improving, it's time to take action.

If you've visited mywellbeing.com.au you should already have some tips to get you started. For example, if you are not coping well, try identifying your strengths. They are your toolkit for coping. Write them down and use them next time you need inspiration.

Or if you're not feeling confident in yourself, list three things you are proud of, and try to remember lots of successful people failed first time around.

If you need help with goal setting or other aspects of your wellbeing New Horizons can help. Speak to us about how our range of supports and services can help you reach your potential.

How New Horizons can support you

Try to remember lots of successful people failed first time around.

With almost half a century of experience, New Horizons offers a broad range of services that can help you on your journey to wellbeing. These include:

- Goal setting
- Support planning
- Assistance with daily activities (budgeting, self-care and more)
- Specialised supports such as fund management, transition planning and behavioural support
- Physical wellbeing support through access to therapy, dietary/exercise plans and rehabilitation
- Accommodation and tenancy support
- Help with employment and training
- Community and social activities
- Cultural and spiritual wellbeing

Find out more

If you are already a New Horizons customer, your Support Worker can talk you through this model, help you set appropriate goals and reflect them in your support.

If you are not a New Horizons customer get in touch with one of our Lifestyle Planners by email or phone at mywellbeing@newhorizons.net.au or **1300 726 372**.

Connect with us

P. 1300 726 372

E. mywellbeing@newhorizons.net.au

 [Facebook.com/newhorizonsau](https://www.facebook.com/newhorizonsau)

 [Twitter.com/newhorizonsau](https://twitter.com/newhorizonsau)

 newhorizons.net.au

Head Office:

15 Twin Road
North Ryde
NSW 2113



newhorizons[®]
wellbeing. done well.