

Six Domains of Wellness

The Comprehensive School Employee Wellness framework includes six domains of wellness: physical and mental wellness, positive relationships, agency and empowerment, meaningful work, economic stability, and sense of identity and belonging. Each domain is integral to forming a comprehensive employee wellness plan.



Physical & mental wellness

Physical and mental wellness refers to the optimal functioning of the body and mind.



Meaningful work

Meaningful work refers to being involved in activities that align with a person's interests, goals, and values, and provide opportunities to become the professional they aspire to be.



Positive relationships

Positive relationships refer to social connections that are fulfilling. For school staff, these relationships may include colleagues, students, and families.



Economic stability

Economic stability refers to having sufficient resources to comfortably address the needs of daily living including: safe housing, adequate nutrition, and high-quality medical care.



Agency & empowerment

Agency & empowerment refers to having the authority to make decisions for oneself and a sense of confidence in one's ability to act on those decisions.



Sense of identity & belonging

Sense of identity and belonging refers to how a person sees themselves and how welcome and included they feel at work.