

# How to Use SECWB to Promote Strength

For Aboriginal and Torres Strait Islander Peoples, it is acknowledged that strengthening connections to community, land, ceremony, families and cultural knowledge and practice are all important to wellbeing.

SECWB domain	What does that mean?	What does this look like?
<b>Connection to Spirituality</b>	Knowledge and belief systems, the Dreaming, values of hope and wisdom, cultural healing practices.	A stronger connection to spirituality, the Dreaming, and ancestors gives a feeling of safety, meaning, and purpose.
<b>Connection to Mind</b>	The importance of feeling happy and joyful, not just being free from mental illness.	Positive mental, spiritual, emotional, and psychological wellbeing, including self-esteem, motivation, and control. It goes beyond just mental health and includes understanding culture-specific disorders.
<b>Connection to Body</b>	Basic signs of good physical health like what you eat and how much you move.	A strong nutrition intake, regular checkups with your doctor and dentist, and higher levels of movement allow you to feel physically strong and perform at your best.
<b>Connection to Family</b>	The connection with family and friends, mutual give-and-take relationships within families, sharing and caring for each other and showing respect for elders.	Family is crucial for wellbeing and fulfilling cultural and kinship duties. Family offers vital support.
<b>Connection to Culture</b>	Celebrating, preserving, and continuing to express and practice Aboriginal and Torres Strait Islander cultural heritage, the oldest living culture in the world.	<b>Cultural expression</b> - yarning, ceremony, fire, art, dance, song, storytelling <b>Cultural knowledge</b> - language, protocol, socio-cultural norms, lore, moral and ethical practices <b>Cultural identity</b> - pride, belonging, values.
<b>Connection to Community</b>	Cultural values like responsibility, cultural obligation, inclusion, and strong relationships help build cultural identity through community unity and cultural regeneration.	Connection to club, both community and broader, and local Aboriginal and Torres Strait Islander communities contribute to strong support networks.
<b>Connection to Country</b>	Having a profound sense of belonging to the land, with a strong spiritual connection to family and cultural heritage, and a modern desire to help heal and restore the environment.	Country enriches our sense of belonging and spiritual wellbeing. We can connect to Country by finding and sitting with nature, acknowledging the land and Ancestors of the land you are on.