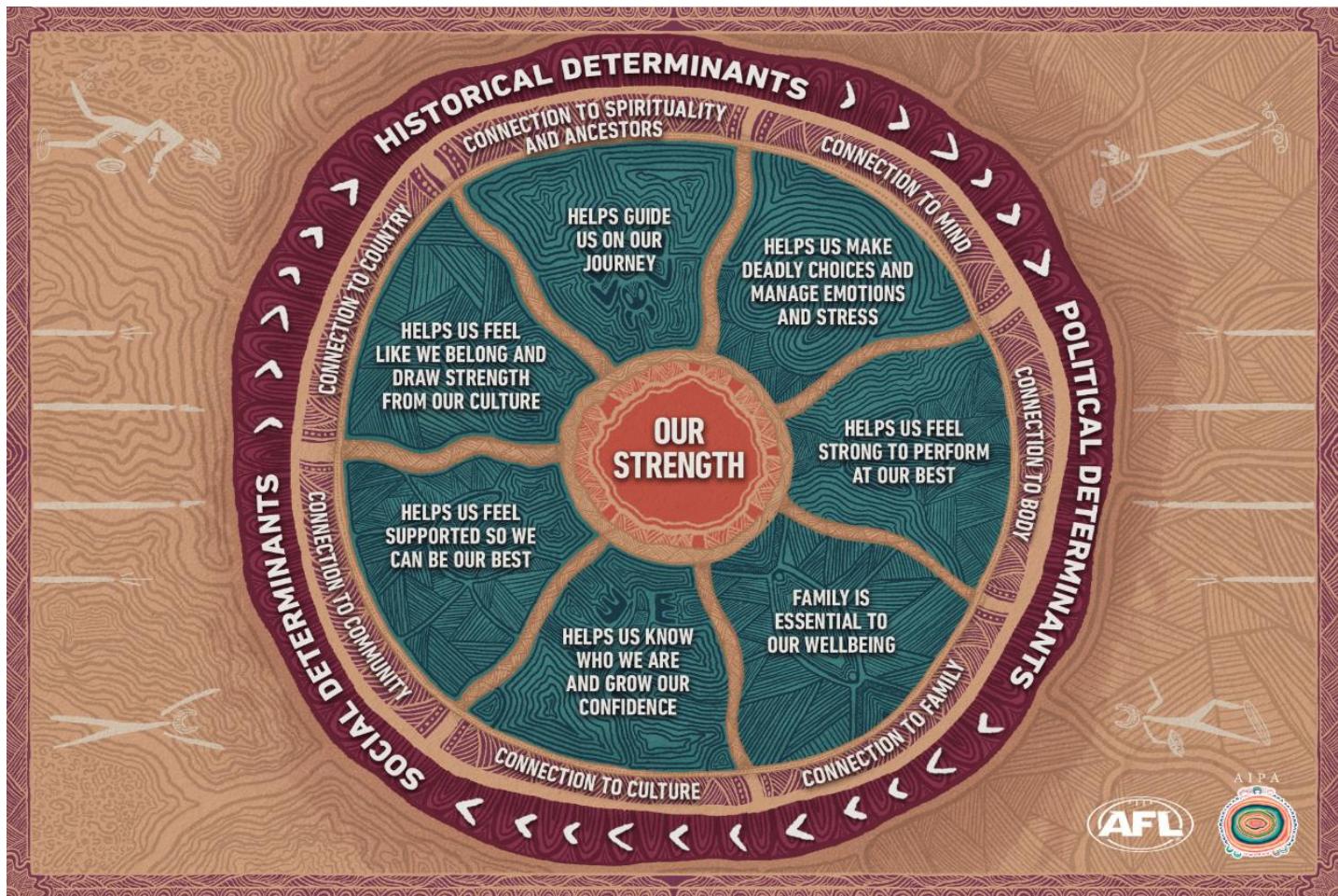


# What is Social Emotional and Cultural Wellbeing?

**Social, Emotional and Cultural Wellbeing (SECWB) is the foundation of physical and mental health for Aboriginal and Torres Strait Islander Peoples. The AFL's SECWB model has seven interrelated segments.**

The seven segments promote connection to: spirituality and ancestors; mind; body; family; culture; community and Country. Connection and balance across the seven domains strengthens wellbeing.



SECWB connects the wellbeing of the player to the wellbeing of their family and community. This means that when a player's family and community are healthy and thriving, it positively impacts the player's own wellbeing.

SECWB always considers health within the broader social, political, and historical context. These social determinants of health recognise the ongoing impacts of colonisation and racism on individual and community wellbeing. For example, there is a direct relationship between historical trauma (intergenerational trauma) and the current social and emotional wellbeing of Aboriginal and Torres Strait Islander Peoples and communities.

**Aboriginal and Torres Strait Islander concepts of wellbeing differ in many ways to Western concepts of mental health. Strengthening wellbeing for Aboriginal and Torres Strait Islander Peoples in Australia should be informed by SECWB.**