



The SEWB Wheel

Social and Emotional Wellbeing or SEWB is a broad, holistic definition of health and wellbeing.

It is different to biomedical, Western ideas of mental health and mental illness.

The Australian Indigenous Psychologist's Association developed this SEWB wheel.

It's a tool for health workers that identifies domains of wellbeing that are important for supporting SEWB.

REMEMBER:

No one SEWB model or set of domains will be relevant for all people.

This model is just one useful way of looking at SEWB. It is not trying to speak for everybody.

We must listen with openness and curiosity to understand what SEWB looks like for each person, or place.

Suggestion:

An *informal* way of making case notes or working with clients is to get them to shade areas of the SEWB wheel and discuss how these key elements are addressed in their lives.

The more shading the more this is going well the less shading the more this element is missing. Talk about how they can work to improve these areas and what steps they might take to support this change.

