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Professor Long
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At least one trustworthy and reliable friend

Reliable income

Accessibility to basic needs (shelter, food, clothing etc.)

A hobby (exercise, reading, crafting etc.)

Excited or hopeful for future events- things to look forward to'

Do you have at least one person you can confide in or vent to if needed?

Do you have a steady job that provides a reliable income so you aren't stressed or living day to day?

Are basic needs such as shelter, food, and clothing available to you?

Do you have a hobby outside of your job and everyday tasks?

Are there things in the future that you are looking forward to or hopeful for?

I choose these dimensions on mental well-being because I find them to be the most basic yet necessary things for people to have in their life to be able to be in a good state of mind. They grant people outlets and enjoyment and stability so they have the ability to enjoy their lives and not be so stressed that it effects their mental health.