



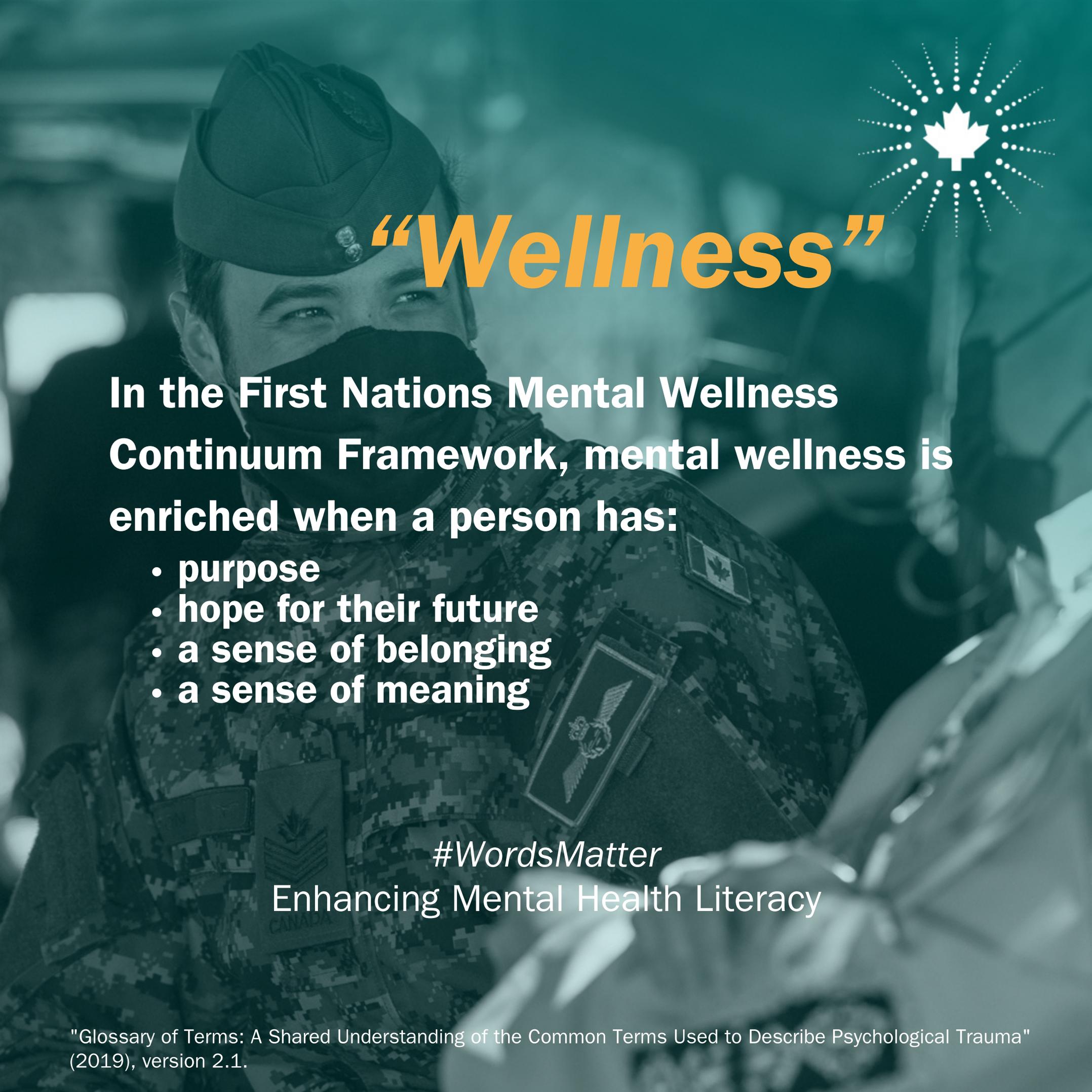
“Wellness”

There are many definitions and different understandings of the word “Wellness”.

The First Nations Mental Wellness Continuum Framework defines mental wellness as a balance of the mind, body, soul, and emotions.

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Enhancing Mental Health Literacy



“Wellness”

In the First Nations Mental Wellness Continuum Framework, mental wellness is enriched when a person has:

- **purpose**
- **hope for their future**
- **a sense of belonging**
- **a sense of meaning**

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“Wellness”



There are resources designed to promote wellness:

- **Revel:** The Revel Method empowers all healthcare workers, from leaders to staff, to enhance mental well-being through open communication, empathy, and achievable goals.
- **Resilient Minds:** Resilient Minds™ is a trauma-informed, peer-to-peer training program designed to enhance the personal resilience of fire services personnel.

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Glossary of Terms

Background

The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and stressors.

The initial iteration of the glossary was intended to

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

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Collaborators

CIPSRT

Canadian Institute for Public Safety
Research and Treatment



ICRTSP

Institut canadien de recherche et
de traitement en sécurité publique

Canadian Institute for
Pandemic Health
Education and Response

CIPHER



ICEISP

Institut canadien
d'éducation et d'intervention
en santé en cas de pandémie

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