



Building Security & Prosperity



Activities that generate income and lead to a stable & secure living situation (e.g., paid work, managing finances, finding stable, safe housing), are key social determinants of health. (1, 2, 3).

Inspired by true stories...Doing things that build security/prosperity is good for you!

#RetirementPlan: As an older woman of colour, I'm in a financially vulnerable position as I head towards retirement.

I'm seeking out opportunities for education and support in my workplace and local community - Anonymous (4)

#TransitionSupport: I went to a case manager to help me transition out of homelessness. She helped me with schooling, finding food, getting clothes, getting work...with barista training - 20 y.o. Female (5)

What About You?

What are you currently doing?

What have you done in the past few years?

How do you feel about it? (Please circle)



Goal Setting

In the next _____ months/year, I would like to:

To do this, I will need to:

Remember: What you do everyday matters to your health and well-being!





Building Security & Prosperity



Building security and prosperity involves achieving financial and social security through activities such as paid work, managing finances, and finding stable housing and safe neighbourhoods (1, 2, 3). Activities that generate income and lead to a stable & secure living situation are key social determinants of health.

Clinician Guide

When? This document can be used to empower clients to think beyond their own problems or limitations to identify strengths and talents that they could share with others.

Why? Research shows that having a stable income is a key social determinant of health (6, 7, 8). Productive, meaningful, and paid activities allow individuals to achieve both economic and social security, which contributes to physical and psychological well-being (9). Finding stable housing in a safe neighbourhood is also linked to mental health and well-being, reducing the risk of victimization and violence (5, 10, 11, 12, 13, 14).

How? The worksheet can be used with individuals or groups, to guide reflection on the importance of building security & prosperity. Questions below are to prompt reflection & goal setting for change.

What About You? - Reflection Questions

Are you currently doing anything that contributes to building your security or prosperity?

- Describe (who, what, where, when, why?)
- How satisfied are you with your current level of security or prosperity?
- Benefits? Challenges?

What have you done in the past few years that helped develop your financial prosperity and personal sense of security?

- What has changed?
- Is there anything from these past experiences that you would like to continue to do to help develop your security or prosperity?

Goal Setting Guide

What could you do differently in your current routine that would contribute to improving your financial and social security or prosperity?

- How meaningful would this be for you? (7-point Likert scale low to high)
- How much time would you like to commit to this? (Engagement)
- How much choice/control do you have over making this change?
- Could it interfere with other things you want or need to do? (Balance)

What personal or external issues might get in the way of meeting your goal?

