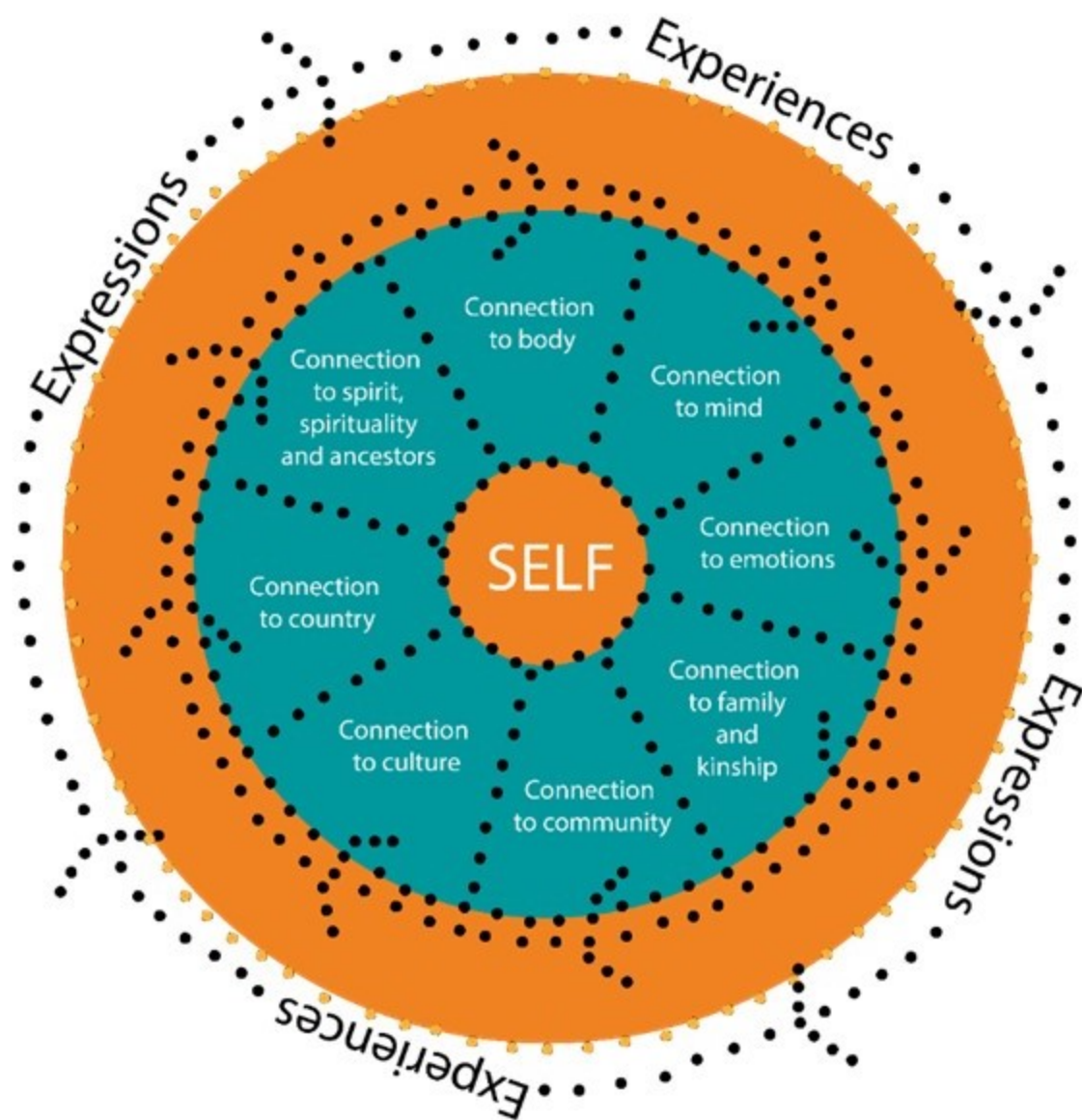


## Social and emotional wellbeing



In community, our connection to culture is our strength and it is how we restore our sense of self and identity. If our experiences and expressions begin to cycle (unaddressed) and we are not strong in our culture, the wheel will puncture and let out the 'air' or our buffer to negative experiences.

Other areas of our lives, that are core to our strength and self, begin to be impacted (eg, family, community, Country, Spirit, mind, body, emotions). Once one area or spoke of the wheel breaks, pressure is placed increasingly on the other areas and these can give way until the entire wheel breaks. It is important to pay attention to our entire wheel and all of our connections that make up the self.