

# Well-Being Tools to Thrive

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## Protective Factors





A life jacket and a helmet are tools someone uses to protect themselves from physical harm. These are **physical protective factors**. To create protection for a person's well-being, they must develop **social and emotional protective factors**.

A person who develops a variety of coping strategies and tools, and a plan for how to respond to normal developmental challenges, can overcome many adverse effects of normal developmental challenges. They also can respond positively to the effects of extraordinary circumstances and threats to well-being.

At Studies Weekly, we care about each of our students and educators, and encouraging them to take care of their well-being is important. We know that using well-researched and high-quality tools improves opportunities for them to care for their well-being.

According to research by the CDC, American Academy of Pediatrics, and multiple suicide prevention programs, taking small steps to build protective factors yields positive results.

Our new Well-Being curriculum helps build and maintain protective factors like these:

#### **The ability to:**

- Identify one's own emotions
- Communicate needs, feelings, and thoughts
- Ask for help

#### **Development/maintenance of positive:**

- Relationships
- School experiences
- Life experiences
- Self-regard

#### **The opportunity to develop:**

- Personal coping strategies
- A hopeful view of the future
- A safe and secure home environment
- Success in activities, teams or hobbies

Studies Weekly is committed to helping lifelong learners improve their overall well-being.