



Building Blocks of Wellbeing

1. Positive Emotion

It is so good to feel good

The ability to experience positive emotions is a powerful protective factor for our wellbeing. Promoting environments that cultivate opportunities for positive emotion provide both short-term boosts and longer-term psychological gains.

2. Engagement

The ability to find flow

'Flow' is a psychological state that occurs when we are engaged in things we love doing, living in the present moment and entirely focused on the task at hand. The discovery and use of personal strengths and practicing being 'in the moment' can both contribute to people accessing a state of flow, contributing to wellbeing.

3. Relationships

The power of human connection

The pursuit of relationships is fundamental to human wellbeing. We are hard-wired through the process of evolution to bond with and depend upon other humans. Building social capital and understanding the importance of social support can be the most important building block of wellbeing for young people, as social relationships are often their top source of psychological health.

4. Meaning

A purposeful existence

A personal sense that what we do is valuable and that our actions serve a greater purpose than ourselves results in a meaningful existence. Finding meaning involves moving beyond our own needs to find something larger to connect with. Meaning is strongly linked to personal values, and often drives the 'why' of what we do.

5. Accomplishment

Competence and a sense of achievement

Experiencing accomplishment means that we have been able to work towards and achieve our goals, drawing on internalised motivation to complete what we set out to do. Goal setting plays a key role in experiencing accomplishment, with the attainment of goals often linked to the psychological skills of grit, hope, agency and resilience.



Our model brings together the building blocks of wellbeing and the principles that guide us, to support young people to thrive in sport and beyond

The Mental Fitness Model

