

Community Vitality

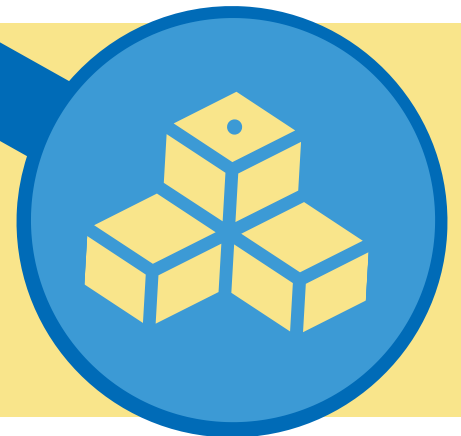
Think about ...

What does having a sense of belonging to a community feel like? What inspires you about your neighbourhood or community?



Trust and close relationships with neighbours, family and friends strengthens the social fabric of communities. The way you feel about your community - sense of safety and belonging - contributes to your quality of life.

Many hands make light work - coming together to work towards common goals strengthens community vitality and can reduce feelings of isolation.



Environment

This domain focuses on our ability to enjoy the natural environment, and our practices to support, and appreciate, the natural world.



We rely on nature to support local livelihoods, as well as enrich our physical and spiritual wellbeing.



Think about ...

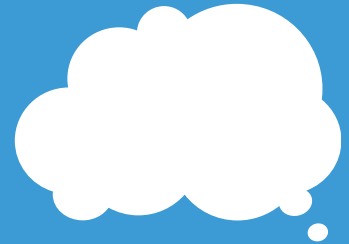
How much does the natural environment contribute to your wellbeing? How do you experience the beautiful landscapes of our province?



Time Use

Think about ...

How often do you feel rushed? What time of the day or week is most valuable to you?



Feeling in control of our time is important to our quality of life. Time Use asks us to consider how often we work and whether we have enough time to do the things we love.

Whether it is sleep, creative expression, or spending time with family and friends, feeling like there is enough time can increase your overall well being.



Democratic Engagement



Showing up to
Vote



Writing a Letter
to the Editor



Researching
Candidates



Attending Local
Events

It's important that community members are able to participate, debate and advocate in the ways they want. It is also where governments actively build trusting relationships, and shared responsibility with the communities they serve.

Our voices and our votes count

Think about ...

What does a healthy democracy look like? Have you ever thought about sending your local political representative an email or asking for a meeting?

Leisure and Culture

Leisure and cultural activities look different to everyone. Whether it is playing a musical instrument, getting together with friends, or visiting your public library, all are important to quality of life.



Participating in physical, social, and cultural activities play a role in our wellbeing throughout our lives.

Access to opportunities for creative expression, physical activity and cultural learning encourage the full expression of a person and community's identity. It fosters a sense of belonging and allows participants to build relationships.



Think about ...

How do you think leisure and culture go hand in hand? What activity in your life would you consider improves your overall wellbeing?

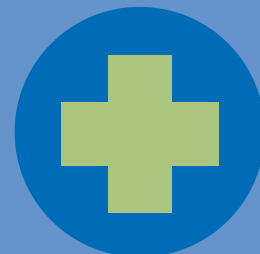
Healthy Populations



Mental Health



Physical Health



Access to healthcare

The Healthy Populations domain considers self-reported mental and physical health.

It also looks at the quality of and access to healthcare services and the lifestyle behaviours of a population. Whether it is the amount of exercise you get, the food you eat, or challenges with substance use – all are considered as circumstances that influence health.

Think about ...

How can communities help promote healthy lifestyles? What type of personal care activities do you need to maintain your mental health?

Think about ...

How does shared learning strengthen communities? What was something new – an idea or skill – you learned recently?



Education

Thriving societies encourage a thirst for knowledge at every age and stage of life. Education explores access to formal education, retraining and the opportunities to take courses of interest as well as traditional and cultural learnings.

Education looks different at different times and in different places – storytelling, hands on learning, and classroom lessons all ignite curiosity and activate personal potential.



Living Standards



Transportation to work and access to home internet are all considered in Living Standards – including whether or not housing, food bills, and other things are affordable.

Adequate living standards are important to our overall well being. Feeling in control of factors in our lives such as the type of work we do, our safety, and the ability to pay rent all contribute to quality of life.



Think about ...

What does a healthy work-life balance look like to you? How does having, or not having, home internet access affect you?