Your client’s health and well-being, and your ability to understand and meet their needs, are affected by the context you each live in — your social determinants of health.

1. Examine your own lens for well-being, along with the client’s lens.
   - How do you define well-being?
   - What has influenced that definition of well-being?

2. Consider the client’s social determinants of health.
   - Economic stability
   - Neighborhood & physical environment
   - Education
   - Food choice and availability
   - Community & social context
   - Health care system

3. Work to be a social resource for health by:
   - Being empathetic
   - Promoting your clients’ autonomy
   - Helping your clients lay out a vision for the future
   - Helping your clients take effective and positive actions
   - Acting with authenticity