



Act, Belong, Commit

A research based, self-reporting approach to the three domains of act, belong and commit and how they contribute to the mental wellbeing of the individual and company.



The Act, Belong Commit module* is delivered online through the Health Hub. Once registered, individuals are provided with a unique, secure password to access the Health Hub, where they are led through an online training process outlining how to activate and use the module.

The module comprises four distinct domains, each of which is assessed: **Overall Wellbeing**, **Act**, **Belong** and **Commit**.

A score is achieved for each of these domains and the total response is colour coded according to the red, yellow, green traffic light system. Points are allocated to each of the factors

and a display indicates the collection of all domains. Scores are then compared to the average company score in the various domains and an individual can compare their score to company wide averages.

All individual data is strictly private and confidential, while companies are able to generate reports with aggregated data to gain an overview over the organisation.

The domains



Act

Research shows that individuals with higher levels of physical, cognitive and social activity experience higher levels of wellbeing and ultimately better head health. These activities can alleviate anxiety and depression.



Belong

The literature suggests that a sense of belonging and identity is fundamental to one's head health. Involvement in group activities, interest groups or with family and friends is likely to result in a strong personal support group – which is one of the most important factors for maintaining positive mental and physical health. Belonging to local community activities and organisations also builds social cohesion. The more connectedness the greater the contribution to mental health and wellbeing.



Commit

This domain refers to undertaking activities that provide meaning and purpose in life. Meeting challenges provides a sense of accomplishment, feelings of efficacy and stronger sense of self. Volunteering and committing to activities that benefit your community makes one feel good about oneself. It impacts on the cohesion within the community and ultimately quality of life.

