



SALUTOGENESIS

WHAT IS HEALTH IN UNHEALTH?

WORLD HEALTH ORGANIZATION

HEALTH DEFINITION: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

- the Constitution of WHO as adopted by the International Health Conference, New York, 19 June - 22 July 1946. Entered into force on 7 April 1948.

WORLD HEALTH ORGANIZATION

MENTAL HEALTH is defined as “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

SALUTOGENESIS

The resources in people and the context around them **that contribute to health.**

Words relevant to salutogenesis:

- **Gratitude**
- **Comfort**
- **Insight**

ARON ANTONOVSKY

Sense of coherence (SOC)

Examples of Generalized Resistance Resources:

- ❖ Coping strategies
- ❖ Social support
- ❖ Ritualistic activities, and religion and philosophy (e.g., stable set of answers to life's perplexities)
- ❖ Individuals' state of mind
- ❖ Material resources
- ❖ Knowledge and intelligence
- ❖ Ego identity (e.g., integrated but flexible self)

Words relevant to salutogenesis:

- **Strength**
- **Vitality**
- **Humor**

RELATED TERMS AND FIELDS

Humanistic tradition/philosophy

- Carl Rogers
- Abraham Maslow

Positive psychology (Seligman)

Resilience research

Post-traumatic growth

Flow (Csikszentmihalyi)

Self-efficacy (Bandura)

Health psychology

Words relevant to salutogenesis:

- **Family**
- **Friendship**
- **Play**

MARTIN SELIGMAN

Psychology is not just the study of pathology, weakness and damage, it's also the study of strength and virtue. Treatment is not just fixing what is broken; it is

nurturing *what is best.*

Seligman, M. (2002). Positive Psychology, Positive Prevention, and Positive Therapy in C.R. Snyder & S. Lopez (Eds.). Handbook of positive psychology.

Words relevant to salutogenesis:

- **Care**
- **Power**
- **Hope**



RECOVERY ORIENTED PRACTICE

Words relevant to salutogenesis:

- Empowerment
- Support
- Anger

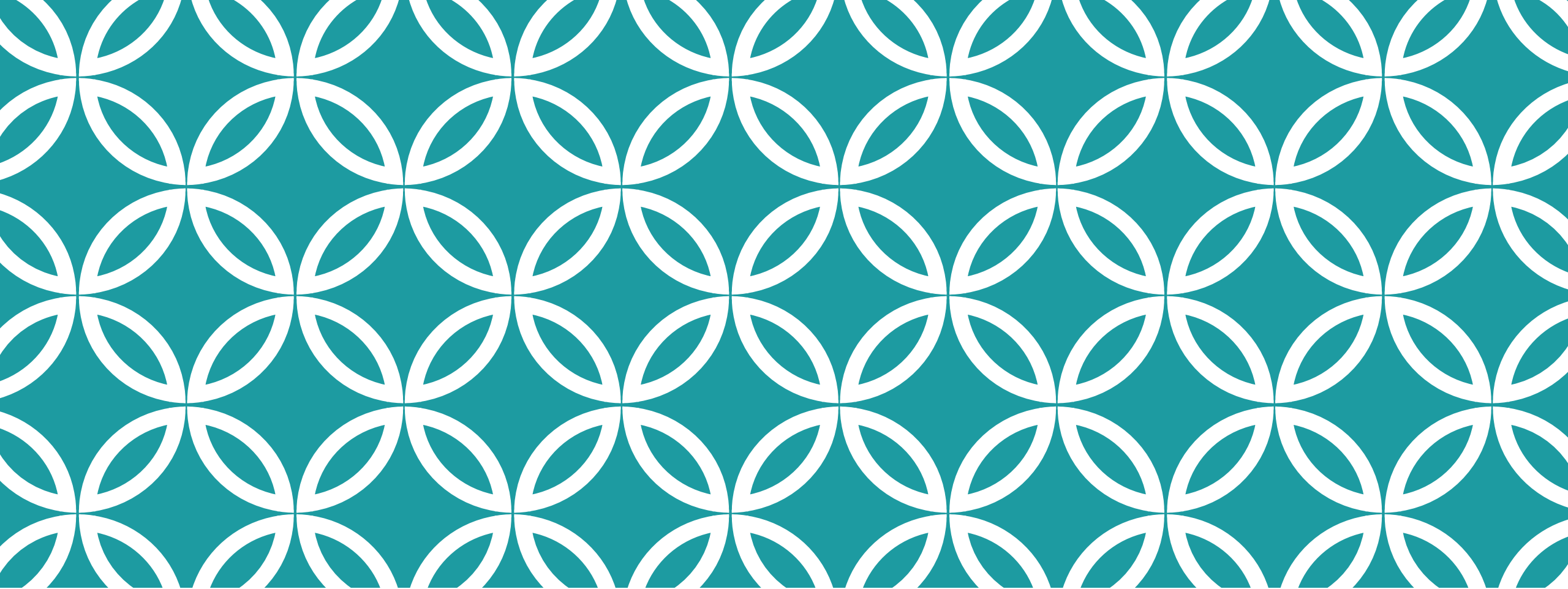
RECOVERY ORIENTED PRACTICE

- ❖ Everyday life
- ❖ Having a normal life
- ❖ Not taking the common things for granted
- ❖ Personal and unique

Words relevant to salutogenesis:

- Education
- Love
- Equality

- ❖ Borg, M. (2007). *The Nature of Recovery as Lived in Everyday Life: Perspectives of individuals recovering from severe mental health problems*. PhD dissertation, NTNU Norway.
- ❖ Borg, M. & Davidson, L. (2008). Recovery as lived in everyday experience. *Journal of Mental Health*. 17 (2), 129–141.



INDIVIDUAL PLACEMENT AND SUPPORT (IPS)

Words relevant to salutogenesis:

- **Growth**
- **Virtue**
- **Job**



SOCIAL SUPPORT

Words relevant to salutogenesis:

- Dignity
- Wellbeing
- Acceptance

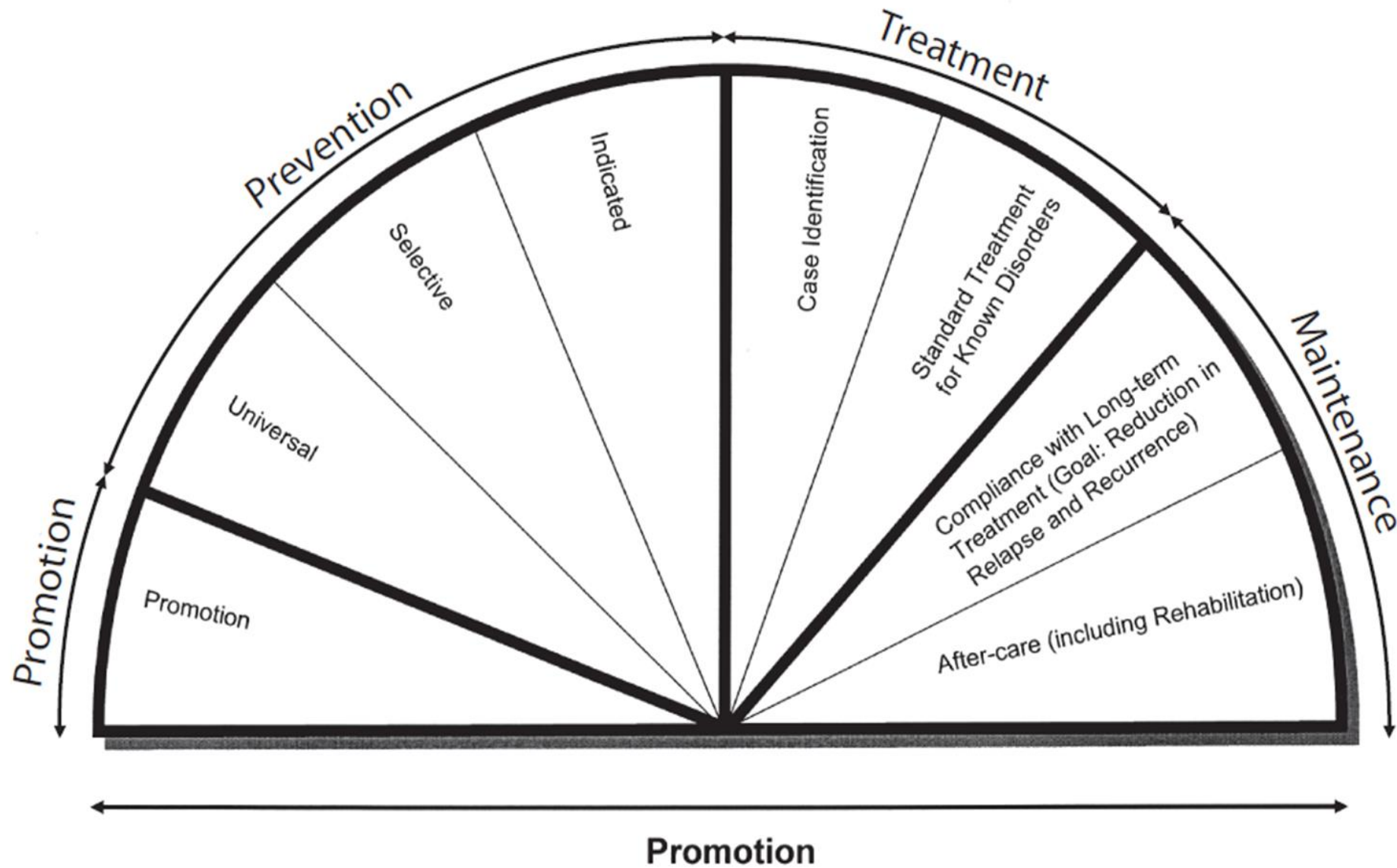


FIGURE 3-1 Mental health intervention spectrum.
 SOURCE: Adapted from Institute of Medicine (1994, p. 23).

QUESTIONS...

- ❖ What salutogenic resources are available in our society or culture?
- ❖ How can we facilitate salutogenic growth in our health service and society?
- ❖ How can we build more compassionate societies, that promotes mental health for all?