

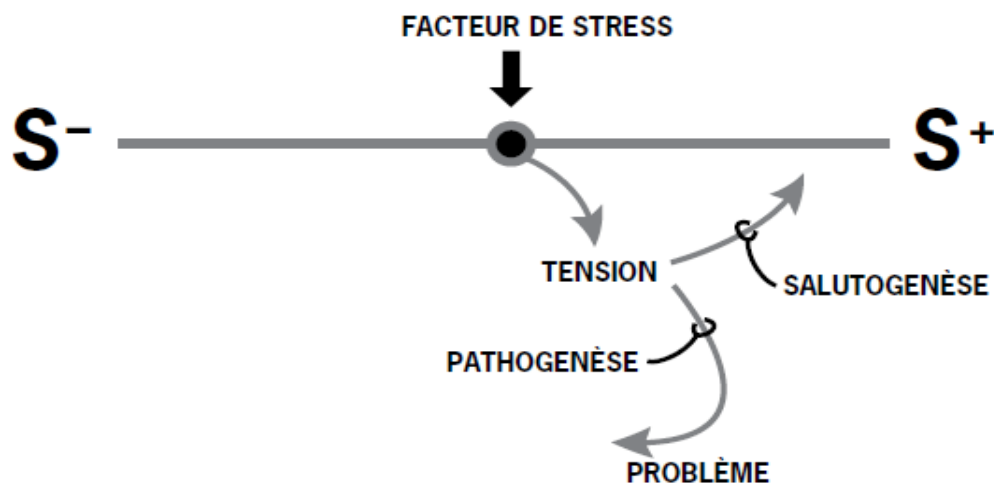
Salutogenesis (1)

The salutogenesis approach is based on people's ability to find (or rediscover) the resources available to them and take actions within their reach to achieve and maintain good health.

The majority of scientific research has focused on the mechanisms that explain how health deteriorates, while salutogenesis sought to identify the resources, conditions and factors underlying the very production of health.

The health-disease continuum

All individuals, without exception, fall somewhere on the health-disease continuum. Every day, we have to deal with a variety of stressors that upset our equilibrium and put us under tension.



At this point, either pathogenic forces overwhelm the individual and drive them towards the S- pole of the health-disease continuum, or they adapt and progress towards the S+ pole of the same continuum. Conceptually, salutogenesis is a movement towards the health pole (S+) of a health-disease continuum.

(1) *La salutogenèse: Petit guide pour promouvoir la santé*. Roy, M., & O'Neill, M. Les Presses de l'Université Laval, 2012.

Some courses of action

- What strengths can I use or rely on during a difficult event?
- What are my fragilities that I need to watch out for in relation to the situation created by the pandemic?

Community resilience (2)

Community resilience is the ability of members of a community to adapt to an environment characterized by change, uncertainty, unpredictability, and surprise, by mobilizing community resources.

Members of resilient communities intentionally develop individual and collective capacities to respond to change, sustain the community and develop new trajectories to secure their community's future and prosperity.

In situations of adversity, communities, able to limit risk factors and increase resilience factors, would develop a greater capacity to survive disruption.

(2) *COVID-19: la résilience et la cohésion sociale des communautés pour favoriser la santé mentale et le bien-être*. Comité en prévention et promotion — thématique santé mentale. RÉDACTEURS : Pascale Bergeron, Julie Lévesque, Dave Poitras et Marie-Claude Roberge. INSPQ, mai 2020.

Ideas for action

Actions aimed at strengthening the sense of coherence and community resilience should respond to certain principles, including a positive, community-based approach, collaboration, and inclusiveness. In the context of the pandemic, these principles can be actualized through a number of effective or promising concrete interventions, namely:

- Sports and leisure programs;
- Programs focusing on the development of mindfulness;
- Artistic or cultural activities;
- Life stories.

Any Questions?

To comment or ask a question, please write to: eclaireurs.eclaireuses.cnmtl@ssss.gouv.qc.ca

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