



# A Snapshot of Your Strengths

As part of our study, you answered surveys about different parts of your life—like your feelings, thoughts about your neighborhood, and what you like to do. These surveys helped us understand different areas of your health and well-being. This report is a summary of your responses!

**Participant ID:** CAB200X

**Date of Visit:** MM/DD/YYYY

## AREAS OF WELL-BEING

## WHAT WE MEASURED

### Neighborhood Factors

This area is about where you live and how it shapes you.



- Collective Efficacy
- Neighborhood Resources
- Greenspace

### Relationships

This area is about whom you can count on when you need support.



- Friends and Family Ties
- Neighborhood Social Network

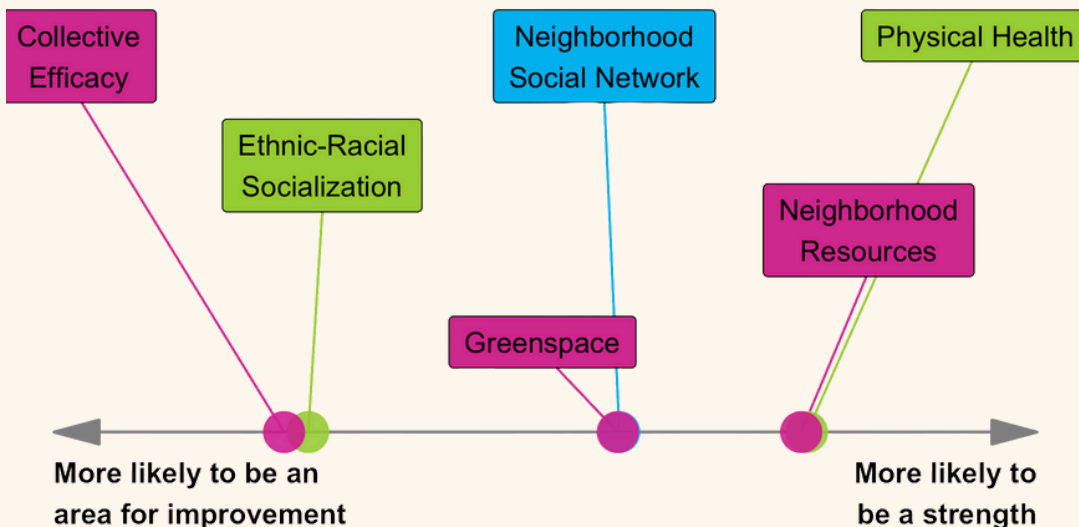
### Health and Well-Being

This area is about how you make sense of your identity and prioritize your health.



- Ethnic-Racial Socialization
- Physical Health

## YOUR RESULTS



**SCAN THE QR CODE FOR OUR GLOSSARY**

# Understanding Your Results



## *First, some important notes:*

These scores don't fully measure your true well-being or potential. There are many reasons why your responses might look different than expected—like if you were feeling tired, distracted, or stressed. You can think of these results as a snapshot or guess about how things were going when you did the survey.

**Now... Let's explore what some of your strengths might mean and explore ways to support your well-being!**



You scored high in **physical health!**  
Research shows that this trait is related to:



 **Mental Health**



 **Memory**



 **Learning**

## YOUR AREAS FOR IMPROVEMENT

### Ethnic-Racial Socialization

- Explore traditions, languages, and stories with loved ones.
- Engage with culturally relevant media such as movies or music.
- Reflect on life experiences that have shaped how you view your identity.

**Ethnic-racial socialization can help you feel proud of who you are and strengthen how you relate to others.**

### Collective Efficacy

- Attend a neighborhood cleanup, or do one of your own!
- Help organize or attend block parties or community events.
- Hold a resource swap with neighbors.

**When people believe they can make a difference together, the whole community gets stronger.**

### Greenspace

- Visit a park or walk outside with family or friends.
- Have a picnic or read outside to enjoy nature.
- Plant flowers, vegetables, or trees at home or in a community garden. Some herbs and vegetables can even be grown indoors!

**Spending time in nature can improve your mood, lower stress, and support better physical health.**

Our tips are based on research! Scan the QR code on the front page to access our citations, a list of resources, and a glossary.

**CONTACT US**

@GARDlab  
<https://www.gardlab.umd.edu>  
gardlab@umd.edu  
301-405-5581