Definitions

- Positive experiences

- Definition of health
  - Health is... (WHO) [https://www.who.int/about/who-we-are/frequently-asked-questions](https://www.who.int/about/who-we-are/frequently-asked-questions)

The ACEs paradox


Positive childhood experiences protect adult mental health


Positive childhood experiences and physical health


Plausible biological mechanisms


The 4 Building Blocks of HOPE
• Incorporating HOPE into ACEs work: Shifting mindsets: balancing risks with strengths