We asked caregivers in **India, Kenya, Cambodia, and Ethiopia** what they do to promote positive mental health and vocational sustainability amidst the challenges and joys of caring for orphans and vulnerable children. They identified **Six Positive Mental Health Strategies** as integral.

**What is Flourishing?**

When people regularly experience positive emotions and also function well as individuals (have meaning, are growing, are productive) and socially (contribute to society, have good relationships).
Strategies for Sustaining Caregiving: Findings from the Caregiver Flourishing Study

Thank you to our Partners in India, Kenya, Ethiopia, and Cambodia:

Ace Africa
Developing Communities
In Kenya

HOMELAND MEATHO PHUM KO'OMAH
In Cambodia

& Sahara Centre for Residential Care and Rehabilitation in India

Thank You for Support and Funding:

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Positive Outcomes for Orphans (POFO) Study
More Information at http://pofostudy.org/

For Further Information Please Visit:
❖ “Why Flourishing?”, essay by Corey Keyes in Well-Being and Higher Education (Available in Well-Being and Higher Education)