

CREATING BALANCE AND ACHIEVING WELL-BEING

Well-Being is...

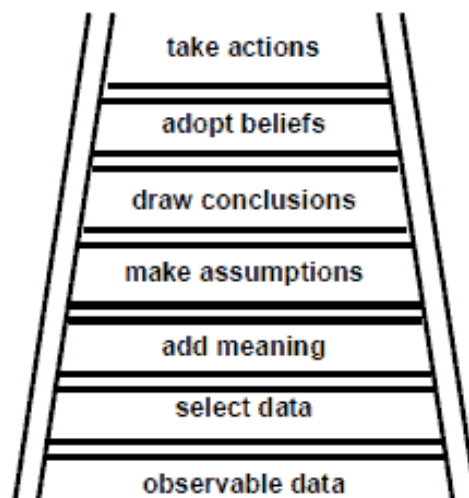
Positive psychology researchers identify well-being as: **P**ositive emotion, **E**ngagement, **R**elationships, **M**eaning, **A**chievement (Seligman, M.)

Practicing the following four factors creates new neural pathways in the brain and can lead to increased mental health and well-being.

Developing Self Awareness

Self-awareness is an understanding of our emotions, strengths, values, challenges, limitations and motives. People who are self-aware are more realistic and honest with themselves about themselves.

What are some ways to develop self-awareness?



Ladder of Inference. -Chris Argyris

Cultivating Optimism

Optimism is viewing the positive and being hopeful about the future. It's about building what's right and not only fixing what's wrong. "Flexible optimism" is being positive and realistic at the same time; whereas "blind optimism" is viewing everything as positive without being realistic.

Write down what went well for you at the conference so far and why... (share with one other person)

Fostering Gratitude

Gratitude is “an appreciation of someone else’s excellence in moral character. As an emotion, it is a sense of wonder, thankfulness, and appreciation for life itself.” –M. Seligman

In the recent past, think of a time where something good has come to you as a result of another person’s action. Reflect on this experience and share with the person sitting next to you.

Three Gratitude’s Exercise: Challenge yourself to do this every day for a month

What are three things you’re grateful for today?

Building Resilience

Resilience is the ability to bounce back from adversity and to see alternatives from an unfavorable or stressful situation.

Explanatory style exercise: ABCD

Adversity:

Belief:

Consequence:

Disputation:

*To create balance and increase your well-being, what can you **START** doing, what can you **STOP** doing, and what will you **CONTINUE** to do?*

START:

STOP:

CONTINUE: