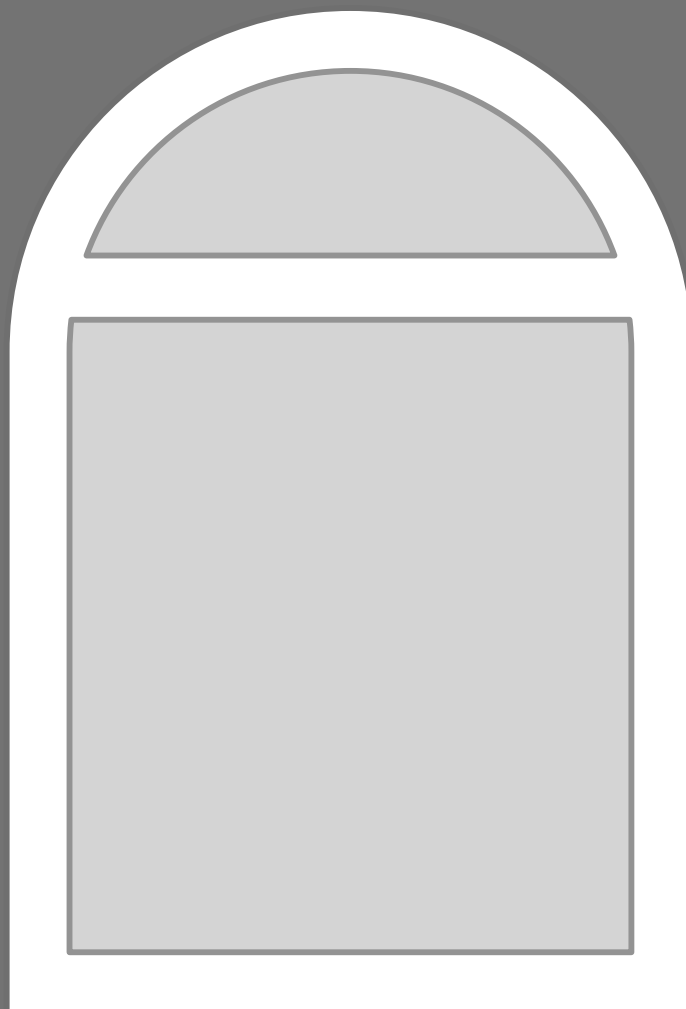


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This notebook uses



to reflect on practices to help us all flourish.

Flip to the next page to learn about PERMA and how it helps us understand flourishing.

The rest of the workbook prompts reflections based around this model. These reflections can be filled out in any order and done at your own pace.

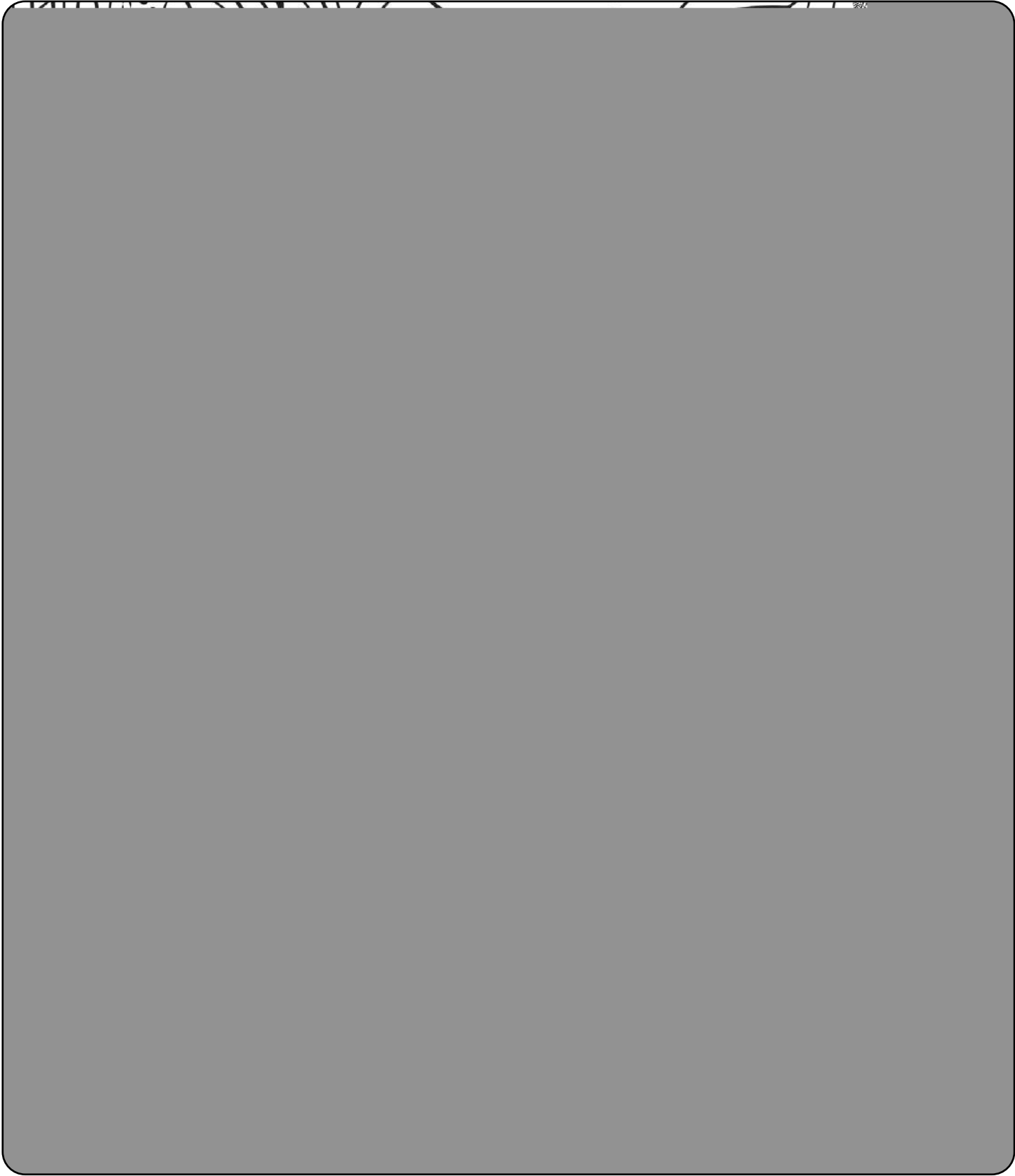
Oftentimes, the act of writing things down can help us become more clear about how we're feeling, and can be a powerful tool for processing and retention.

What is Seligman's PERMA Model?



Workbook colouring pages

These pages are placed throughout this workbook. Relax and relieve stress by shading or colouring these images.



Strategies for stress

Stress can look and impact people differently. This activity is designed for you to identify sources of stress, rate the level of control you have over each source and formulate an action plan to help you manage certain stressors.

What is stressful in your home life? *e.g., finances, roommates, chores*

What has helped you handle this stressor so far? _____

What is your level of control over this experience or event? Circle one. LOW MEDIUM HIGH

What are you experiencing at work or in school that is stressful? *e.g., deadlines, exams, peer/colleague/supervisor*

What has helped you handle this stressor so far? _____

What is your level of control over this experience or event? Circle one. LOW MEDIUM HIGH

What is stressful in your community or in the world around you? *e.g., climate change, inflation, conflict*

What has helped you handle this stressor so far? _____

What is your level of control over this experience or event? Circle one. LOW MEDIUM HIGH

Is there anything else that is stressful for you at this time?

What has helped you handle this stressor so far? _____

What is your level of control over this experience or event? Circle one. LOW MEDIUM HIGH

Identify the top three stressors you have the most control over:

1. _____ 2. _____ 3. _____

Reflect on what would help you manage the stressors you have the most control over:

Developing a self-care plan

Self-care can look different for everyone, but generally involves anything we do to take care of our health and well-being.

By practising regular self-care we are not only taking care of ourselves, we are strengthening our ability to care for others.

There are many ways to set up a self-care plan. We're dividing this worksheet up into: **Body, Mind and Spirit**

Self-care can also involve what you don't do.

Think about what boundaries you might want to establish or activity you can remove from your week to make space for something you enjoy.

Gratitude reflection

Reflecting on things we are grateful for can bring up positive emotions. Practising gratitude can also create more optimism and helps us achieve our goals. Gratitude is also a strength that is positively correlated to happiness (Martin Seligman).

Utilize the prompts below to identify what you're grateful for.

The best part of my day today was:

I'm grateful for my body because:

I'm grateful for my family and/or friends because:

The thing I like most about myself is:

I'm grateful for my past because:

The resources I'm grateful to have access to are:

My favourite local public place to spend time at is:

Storytelling with strengths

We all have beliefs about ourselves that can reinforce the way we feel, think and act.

For this activity, consider your strengths.

Select three words that fit the strengths you have or have possessed in the past. If you think of others, write them in the blank boxes. If you are having a hard time choosing one, think of what a good friend or close family member would use to describe you. Now, pick one of the words and reflect on a time where you demonstrated that strength. You can journal about it, draw a timeline, or create a picture, collage or other form of creative expression.

Active	Fair	Kind
Appreciative	Dedicated	Inquisitive
Creative	Generous	Optimistic
Good listener	Protective	Helpful
Hopeful	Energetic	Curious
Spiritual	Thoughtful	Funny
Strong	Expressive	Resourceful

Write about or draw a story that illustrates the strengths you possess:

Goal-setting

Identifying connections

Strong social ties help us feel valued and supported, and can be strong protective factors to our well-being.

Relationships can encompass many connections we have with others, whether that be a romantic partner, a friend, a family member, a mentor, colleagues or other peers in our lives.

Think of the connections you have now that are important, ones you want to nurture, others you can actively build, what you might need from your connections and how you can support them.

<p>People I can talk to:</p> <p><i>e.g., Specific friends or family members</i></p> <p><i>e.g., Mentor or community leader</i></p> <hr/>	<p>Where I might go to build my connections:</p> <p><i>e.g., Volunteer at an organization based around my interests or values</i></p> <p><i>e.g., Group exercise</i></p>
<p>What I need from my community:</p> <p><i>e.g., Support with grief</i></p> <p><i>e.g., Help with a physical task</i></p>	<p>What I can provide my community:</p> <p><i>e.g., Homecooked meal for a new parent</i></p> <p><i>e.g., Text check-in with a long-distance friend</i></p>

