

GROWING STRONG - 50 WAYS TO FLOURISH!

BELONG / BE YOU / BE WELL

1. Make it a priority to regularly connect with someone you really care about
2. Show kindness to a stranger, practice smiling at others on campus
3. Start or join a study group to learn together and share resources
4. Give and receive support with others
5. Point out strengths you see in others
6. Express gratitude to those you care about most
7. Plan a fun activity with a friend
8. Give compliments to others and plant seeds of positive interaction
9. Collaborate and avoid comparisons with others focusing in each other's uniqueness
10. Be mindful of how you want to interact with people in your life

BUILDING POSITIVE RELATIONSHIPS

CULTIVATING POSITIVE EMOTIONS

1. Find and engage in what brings you joy and laughter
2. BE YOU: Accept yourself exactly as you are
3. Believe in your strengths and have compassion for your vulnerabilities
4. Daily find three things you are grateful for at the beginning and end of the day
5. Practice having an optimistic mindset focusing more on the upside of events
6. Specially during difficult times, look for the good
7. Find time each day to recharge (CAPS I relax link)
8. Go through the day mindful v. mindless (CAPS drop in workshops)
9. Grow in resilience to recover faster from adverse moments (CAPS workshops)
10. Take time to savor a moment or activity during the day.

FINDING MEANING

1. Find a way to contribute to society- volunteer work and communal activities
2. Find something that fulfills a sense of meaning and purpose
3. Utilize your strength to contribute to something larger than yourself
4. Experience awe and wonderment, getting in touch with the beauty of nature, inspiring people...
5. Open your eyes to self-transcendent emotions and engage in acts of random kindness
6. Nurture the desire to improve as human being building community and being altruistic
7. Engage in the Japanese practice of Shinrin-yoku, forest bathing, taking walks in nature
8. Learn more about your own and other views of connectedness and spirituality in your community
9. Find a group where you feel a sense of belonging (campus community Centers, Recreation clubs, CSI)
10. Identify your values and act from them.



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UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services

1. Know and find activities that use your strengths (Link to Strength Finder)
2. Have a problem? Use your strength to problem solve
3. Brake down the challenge into scalable, doable steps
4. Use failure to your advantage and future success
5. Engage in activities where you find "Flow", where you find yourself completely absorbed
6. Take time each week to reflect on your life and set positive goals
7. Find your passion. Find at least a hobby that you can look forward to each week
8. Set one small, achievable goal for yourself each day
9. Celebrate your successes, no matter how small
10. Practice being your own best-friend, encouraging yourself to keep pushing toward your goals

ENGAGEMENT
AND
ACCOMPLISHMENT

SELF-CARE/
SELF REGULATION

1. Breathe!
2. Make time each day for inner focus, disconnect from screens
3. Energize, move each day and exercise to improve your energy and mood
4. Practice sleep hygiene and if napping, take 20 min. (The Zone)
5. Understand the impact of food choices. Consume foods with nutritional value. (Food Pantry)
6. Practice efficient time management, include time to restore and relax
7. Learn financial planning and management
8. Create inviting living spaces surrounding yourself with items that sooth, inspire, and rejuvenate
9. Explore the world through your senses (savor a meal, watch a sunset, smell your favorite candle, listen to your favorite band)
10. Decompress! Read a book for fun or watch videos for laughter



TRITONS
FLOURISH