



THRIVE

Wellbeing and study success

Presented by:
Atticus D. Gray – School of Psychology

Session 1: Wellbeing

What is this program all about?



No Recordings

Today's session will **NOT** be recorded for your privacy.

These sessions are:

- Safe
- Respectful
- Inclusive
- Non-judgemental



► Wellbeing

What does it mean to have good or poor wellbeing?

► Wellbeing

The optimal psychological, emotional, and social functioning that enables individuals to thrive and flourish.

A lasting sense of fulfillment, meaning, and purpose.

▶ Wellbeing

Wellbeing doesn't just happen

- Direction
- Effort
- Knowledge

PERMA



- Positive Emotions
- Engagement
- Relationships
- Meaning
- Accomplishment

► Positive Emotion

What helps you feel comfortable emotions?



▶ Engagement

Sometimes called flow

During which activities do you lose track of time?

► Relationships

- Positive, healthy interactions with those you care about
- Which relationships bring you joy and support?
- How can you build stronger relationships?

▶ Meaning

- A sense of purpose; an understanding of what is important in your life
- What purpose or cause are you drawn to?
- What activities help you feel connected to something larger than yourself?

▶ Achievement

- Successfully achieving a goal using skill and effort
- Mastery of experience – Bandura
- Goal setting

PERMA



- Positive Emotions
- Engagement
- Relationships
- Meaning
- Accomplishment

The higher each factor, the higher an individuals wellbeing

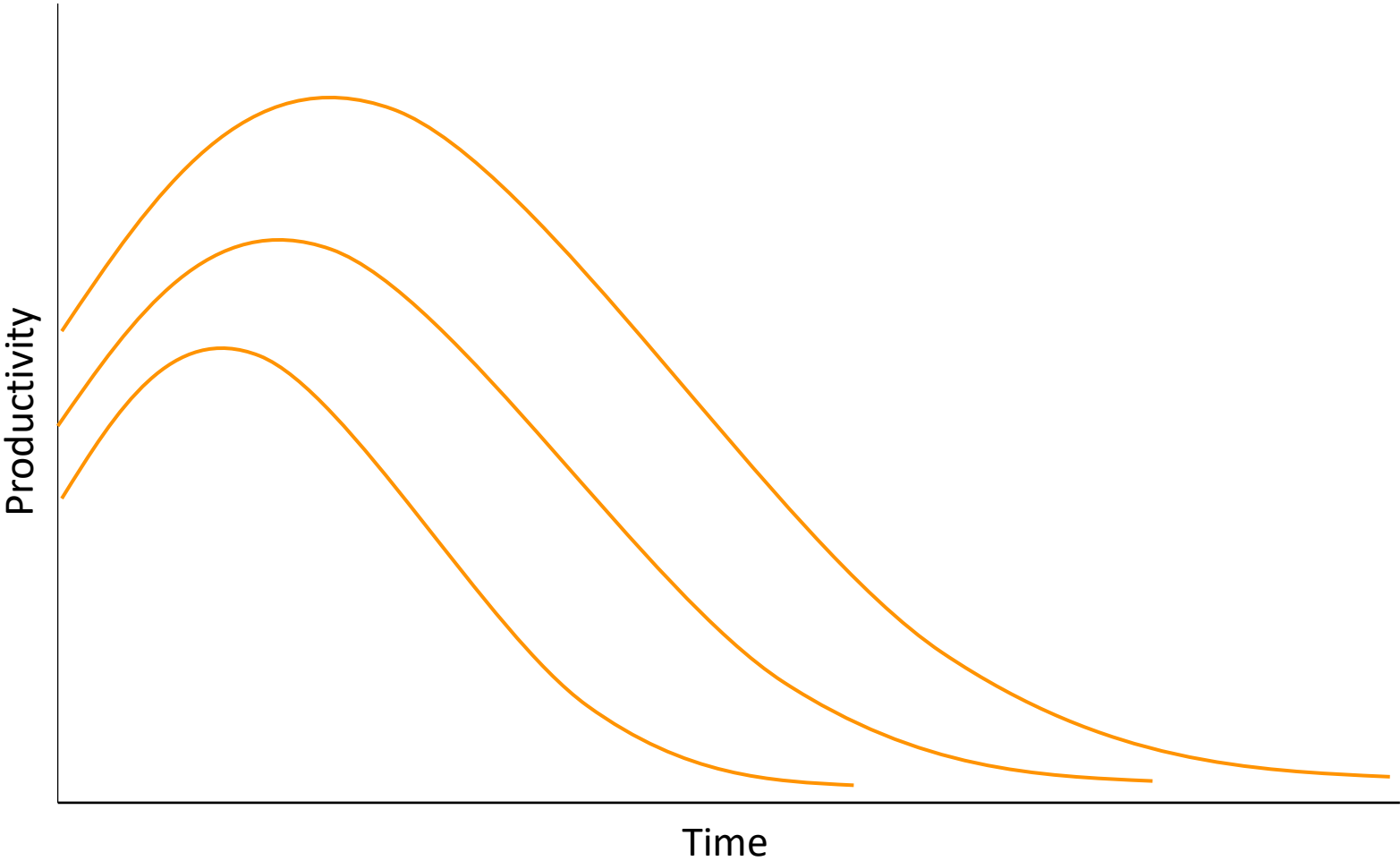
Future sessions will provide tools to a help boost these factors

Wellbeing



Self-Care is non-negotiable

Self-Care & Productivity Curves



What happens without regular self-care?

What will you take
away from today?

The goal is *Progress*
not *Perfection*

