

Self-Care Enhancement and Enrichment



Objectives

- Understand the importance of self-care.
- Describe how to find happiness and purpose in life.
- Develop techniques to achieve an improved mindset and mood.

The importance of SELF-care

- Positive emotions = better health, longer life, and greater well-being, good social networks
- Negative emotions and worry = physical ailments.



Routes to happiness

- Feeling good
- Engaging fully
- Doing good
- Gratitude
- Savoring pleasure
- Being mindful
- Self-compassion



Finding purpose or meaning using character strengths

Character strengths

Creativity

Curiosity

Judgment

Love of learning

Perspective

Bravery

Perseverance

Honesty

Zest

Love

Kindness

Social intelligence

Teamwork

Fairness

Leadership

Forgiveness

Humility

Prudence

Self-regulation

Appreciation of beauty & excellence

Gratitude

Hope

Humor

Spirituality

Putting your purpose into action

Finding purpose/meaning

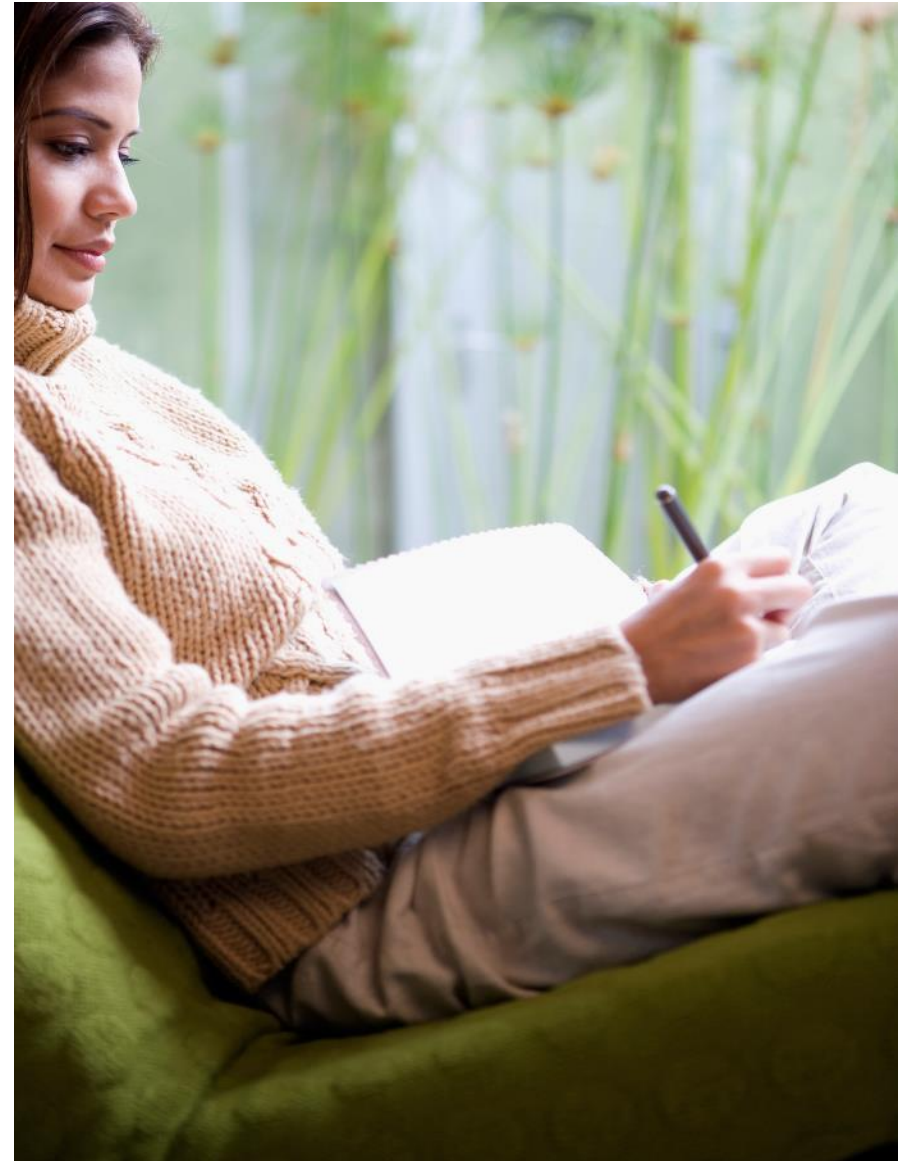
- Find your source
 - [VIA Character Strength Survey](#)
- Take action
 - [VIA Strengths-Based Activities & Exercises](#)



Techniques to achieve an improved mindset and mood

Gratitude

- Keep a Gratitude Journal
- Ask yourself three questions
- Let others know you appreciate them
- Commit to practicing gratitude
- Fake it until you make it
- Find gratefulness in the small things
- Use social media to spread gratitude
- Come to Your Senses



Gratitude practice



Gratitude Practice: Savor The Moment by Elaine Smookler

Your Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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