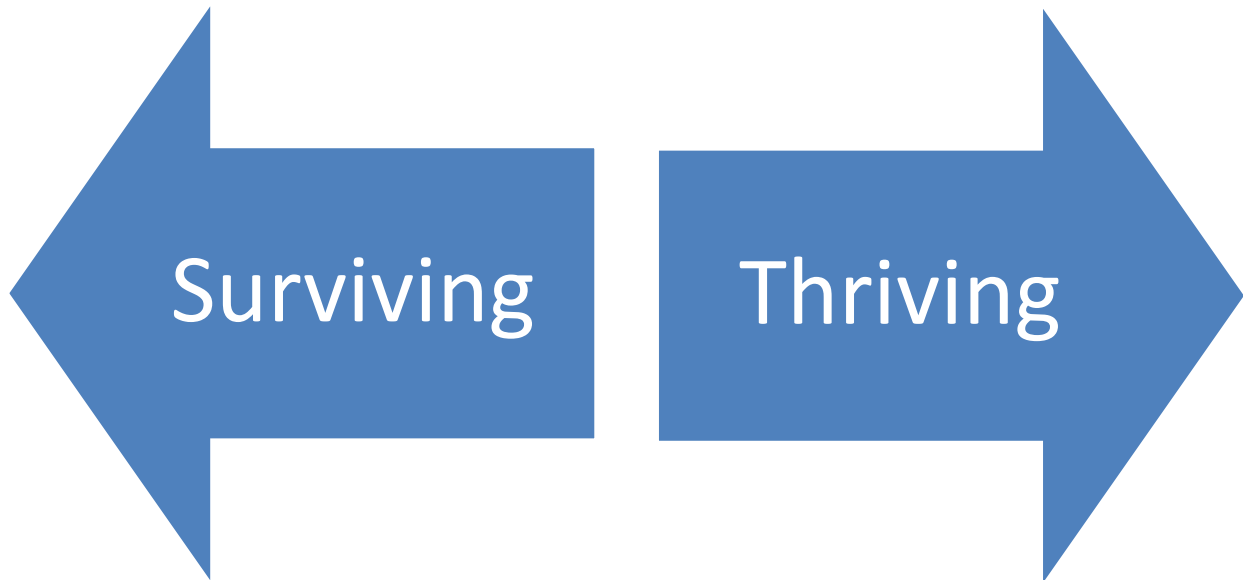


# SURVIVING OR THRIVING?



## Indicators of Surviving

- Consistent procrastination cycles
- Distressed over academic expectations
- Easily overwhelmed
- Easily distracted
- Numbing behaviors such as video gaming, Facebook, chat rooms, porn, use of substances (nicotine, weed, alcohol)
- Consistent disruptive sleep habits
- Minimal exercise
- Isolating behaviors
- Irritable – seek out reasons to be miserable
- Increased anxiousness
- Depressive symptoms
- Negative perspective about self and others around us

## Indicators of Thriving

- \* Identify what is worth the work in front of you
- \* Start with a lens of purpose and meaning
- \* Understand how you want to be valued and how you want to bring value
- \* Start each day with 10-15 minutes of quiet reflection regarding how you want to choose to interact with the upcoming daily activities
- \* Exercise daily with some form of enjoyable movement
- \* Start with “I choose, want, prefer” rather than “I have to, I must, or I should”
- \* Focus on prioritizing balance for increased effectiveness
- \* Identify daily what you are grateful for
- \* Get involved in something outside of self