WELLNESS AND ACADEMIC SUCCESS
LEARNING TO THRIVE

Counseling & Consultation Services
Butler University
STRESSED?!

www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en
(TED Talks, “How to Make Stress Your Friend,” Kelly McGonigal)

****Surviving versus thriving!!****
THE THRIVE TEMPLATE

1. BE involved – in activities/work/career that offer a sense of purpose and meaning; in relationships that are healthy and supportive

2. Value in people – people want to be valued, people want to bring value

3. Intentionality – incorporate “I choose, I want, I prefer” more than “I have to, I must, I should” about daily choices and activities

4. Perspective – identify daily what you’re grateful for!

5. Be connected to something that is bigger than you

6. Vitalize your vessel – continue development of body and mind
STRESS RESILIENCY TOOL BOX

Be aware of your limits (high achievers and helpers have highest rates of burnout and compulsive behaviors)

Allow time for self-care (regular sleep patterns, nutrition, exercise, enjoyable outlets)

Lend support and receive support

Active in activities/hobbies you enjoy

Navigate your energy as you identify what is and isn’t within your control

Carve time to refuel

Evaluate expectations regularly
SELF-CARE

• Spending time with family and friends
• Exercise
• Healthy diet and sleep hygiene
• Meditation and mindfulness
• Watching movies or TV shows, reading
• Volunteering
• Maintaining some type of routine
• Being creative: journaling, drawing, dancing
• Spending time with pets
• Social activities: clubs or organizations on campus
• Spiritual/religious connections, prayer
• Seeking professional help
MINDFULNESS EXERCISE

Let’s PRACTICE!!!
COUNSELING & CONSULTATION SERVICES

- Individual therapy
- Couples therapy
- Group therapy
- Outreach
- Consultation
- Psychiatry services
- Alcohol/Drug assessment and education
- Crisis services