

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
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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
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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
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