



THRIVE IN 5

Weekly Student Workbook

What is THRIVE?

The THRIVE framework was created to help promote student and SCSU community wellbeing. This framework, also an acronym, can be broken down into 6 categories; **T**ogetherness, **H**ealth, **R**esilience, **I**nsight, **V**itality, and **E**quity.

This workbook was designed to provide resources and education on the importance of wellbeing. Through brief, 5-10 minute interactive exercises and reflections, the goal is to learn more about how to manage wellbeing and thrive.



THRIVE framework, SCSU Wellbeing Center (2020)

THRIVE IN 5 Weekly Student Workbook was created by Graduate Students Daesia DePriest and Eve Alteri, Student Aisha Jawaid, and Dr. Nick Pinkerton, Dr. Randolph Brooks, and Erin Duff

THRIVE In 5 Guide

Week 1:

Togetherness: Meeting New People

Week 2:

Health: What Is Self-Care?

Week 3:

Resilience: Growth vs. Fixed Mindset

Week 4:

Insight: How Can You Be Mindful?

Week 5:

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Week 6:

Equity: Equity vs. Equality

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Togetherness: Managing Conflict With "I" Statements

Week 8:

Health: Sleep Hygiene

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Week 10:

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Vitality: Identifying Core Values

Week 12:

Equity: What Is An Ally?

Week 1: Togetherness

Meeting New People

"Be genuinely interested in everyone you meet and everyone you meet will be genuinely interested in you."

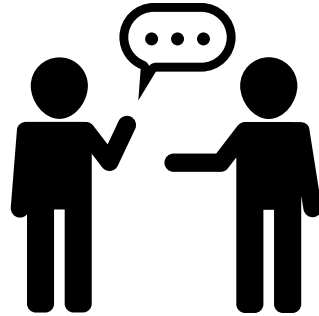
~Rasheed Ogunlaru

Meeting new people is a huge part of our daily social interactions. However, it can also be extremely difficult. When trying to meet new people, there are a few strategies and skills that can be used to make the process less difficult.




Exercise:

Now it's time to practice! Find someone and use the skills and strategies previously mentioned.



Reflection:

How did this activity make you feel? Did you find it difficult? If so, what are some of the things you struggled with? Why do you think these difficulties come up when meeting new people?

 **Challenge:** Use these skills to meet a new person this week.

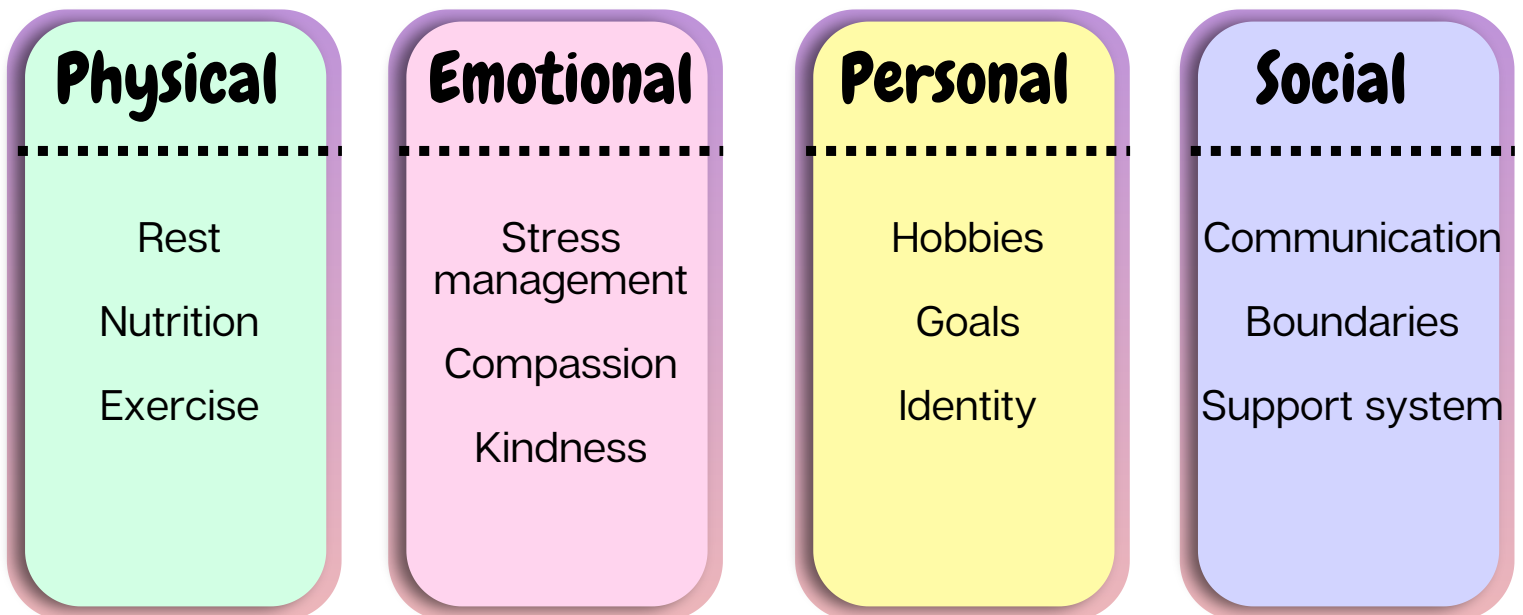
Week 2: Health

What Is Self-Care?

"Self-care is not a waste of time. Self-care makes your use of time more sustainable."- Jackie Viramontez

Too often we associate self-care with selfishness. Self-care is not selfish, it is actually an important part of how we deal with our daily stressors. Learning how to incorporate self-care into your routine has many benefits to both your physical and mental health, as it helps to remind us that our needs are valid and should be a priority. It is important to know that when looking at self-care, it may not look the same from person to person.

Types of Self-Care



Exercise:

How do you practice self-care? List one strategy from each category (physical, emotional, personal, or social) that you use, or could use, to practice self-care.

Physical:

Emotional:

Personal:

Social:

Reflection:

How did this activity make you feel? How have these self-care strategies been positively benefiting you, or how could they benefit you moving forward? Do you think you can improve these strategies to better fit your needs?



Challenge: Practice a self-care activity daily this week.

Week 3: Resilience

Growth vs. Fixed Mindset

"Nothing is IMPOSSIBLE. The word itself says I'M POSSIBLE!"
- Audrey Hepburn



Fixed v. growth mindset, Ranadive (2016)

We all face obstacles in our day-to-day lives. During these obstacles, our minds may categorize our thoughts into two mindsets: **growth** or **fixed mindset**.

When in a **fixed mindset**, we tend to close ourselves off to the opportunities inherent in challenge and are likely to believe that intelligence or capabilities are limited to what we know at the moment.

When in a **growth mindset**, we tend to be open to the idea that intelligence and capability can be developed over time through practice. A growth mindset involves recognizing that learning consists of setbacks, allowing us to overcome setbacks by increasing motivational effort. When we are in a growth mindset, we are more likely to believe that failures are just temporary setbacks and opportunities for growth.

Exercise:

Complete this challenging puzzle and pay attention to what you are thinking and feeling while completing it.

1. another one thing	2. heart	3. p ^a y	4. temper _a ture
5. LEAST	6. DRAH	7. thought but thought	8. IT
9. and path	10. MILLION	11. purposes	12. b k
13. par two	14. t o o i n g	15. the worse	16. hell winning
17. history history history	18. CHANCE	19. musically	20. end

Example:

- 1.) One thing after another
- 2.) Broken heart

Answer key
on back
page of
workbook

Reflection:

How do we reframe our thinking? Choose some of your *fixed* thoughts that you experienced during this activity and reframe them to reflect a *growth mindset*. Why is this important to overall wellbeing and success? How can this be applied to everyday life?



Challenge: Try to apply a growth mindset over the next week.

Week 4: Insight

How Can You Be Mindful?

“Be happy in the moment. That is enough.” – Mother Teresa

Mindfulness is the ability to be present and aware of our in-the-moment thoughts, feelings, and bodily sensations, without judgement. There are many benefits of being mindful. Some of these benefits include reducing stress, enhancing performance and focus, and gaining insight and compassion for ourselves and others.

One way to practice is through mindfulness meditation. Mindfulness meditation teaches you to slow down racing thoughts, let go of negativity, and calm your mind and body. Mindfulness meditation typically involves slow and deep breathing along with awareness of the body and mind.



University of Michigan, University Health Service (2022)

Exercise:

Take a few minutes to recognize your 5 senses. Remember to incorporate some of the grounding techniques used during meditation.

5 things I can **see**

4 things I can **touch**


3 things I can **hear**

2 things I can **smell**

1 thing I can **taste**

Reflection:

How did you feel while doing this exercise? How does the way you felt before the exercise differ from how you feel after?

 **Challenge:** Find a mindfulness activity and use it regularly over the next week.

Week 5: Vitality

Identifying Core Values

"Values are like fingerprints. Nobody's are the same, but you leave them all over everything you do". -Elvis Presley

Values are basic and fundamental beliefs that guide and motivate attitudes and actions.

Values represent our priorities in life and are an essential part of who we are. Identifying our core values can be difficult, as it requires self-reflection on which qualities align with our priorities and future goals. Identifying our values can help us recognize what we want from our lives and provide a moral compass for living.



Exercise:

Take a look at some of the core values listed below. Check off the 5 core values that are most important to you.

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Family | <input type="checkbox"/> Love |
| <input type="checkbox"/> Success | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Friendship | <input type="checkbox"/> Beauty |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Loyalty | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Spirituality | <input type="checkbox"/> Intelligence |
| <input type="checkbox"/> Happiness | <input type="checkbox"/> Health |
| <input type="checkbox"/> Education | <input type="checkbox"/> Authenticity |

Reflection:

How did this exercise make you feel? Did you find it difficult to identify your personal values? Why are these values so important to who you are? Were there any values missing that you would add to your list?



Challenge: Think about how your actions align with your values this week.

Week 6: Equity

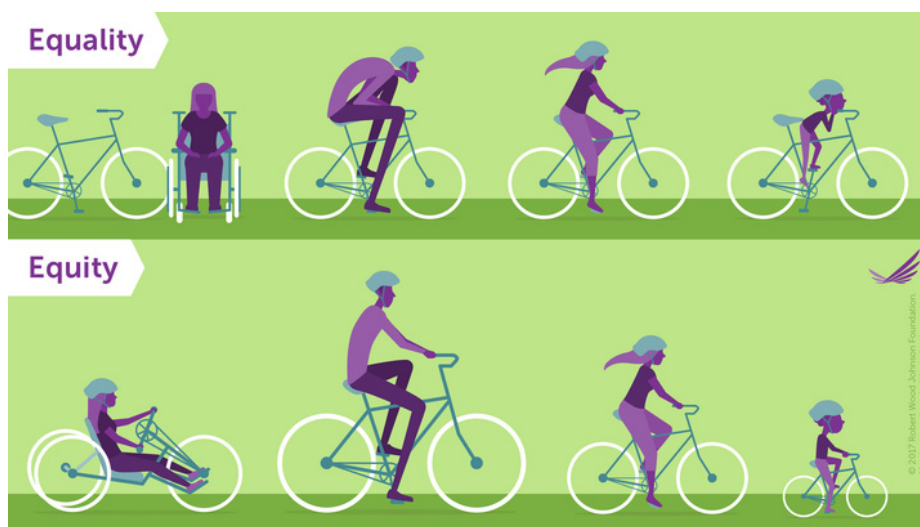
Equity vs. Equality

"Equality is giving everyone the same shoes. Equity is giving everyone a pair of shoes that fit."

When discussing the terms **equity** and **equality**, it is important to understand that there are significant differences.

Equality is when everyone is given the same opportunities and resources, while equity recognizes that people have different circumstances, and assures that the resources and opportunities are catered to these individualized needs.

The photo below represents an example of how equality and equity are different.



Visualizing Health Equity, Robert Wood Johnson Foundation (2017)

Exercise:

Identity mapping can help us identify the many factors that shape us into who we are as individuals. Use the space below to list the most salient aspects of your identity (i.e., gender, ethnicity, race, familial roles, professional roles, religious affiliations, etc.).

Reflection:

Have you ever experienced privileges, disadvantages, or both because of these identity factors? Which are visible and invisible? Which are most fundamental to who you are?



Challenge: Identify situations where privilege and disadvantage showed up in your life this week.

Week 7: Togetherness

Managing Conflict With "I" Statements

**"Peace is not the absence of conflict, but the ability to cope with it."
-Mahatma Gandhi**

Conflict is often inevitable, even if we try to avoid it. It is important to know how to effectively manage conflict, as it can play an important role in our overall wellbeing.

There are many strategies to managing conflict. One of these strategies is using "I" statements. "I" statements are a way of communicating your feelings during a conversation without placing blame on anyone. Using "I" statements, we can identify and communicate how we feel, why we feel that way, and what we need in order to resolve a conflict.



Exercise:

Think about a conflict you've had in your life recently. Use the diagram below to practice how you would effectively manage that conflict using "I" statements. Use the example below as a guide.

Example: **When...** you show up late, **I feel...** upset and hurt. **I would like...** for you to let me know if you're going to be late.

When... (Be specific and don't assume the other person knows what you are referencing)

I feel... (Focus on your feelings without blaming)

I would like... (Suggested solution. Make sure it is reasonable)

Reflection:

How did this activity make you feel? Do you already use "I" statements? If not, how do you think they can improve the way you handle conflict in your everyday life?



Challenge: Teach this strategy to a friend this week.

Week 8: Health

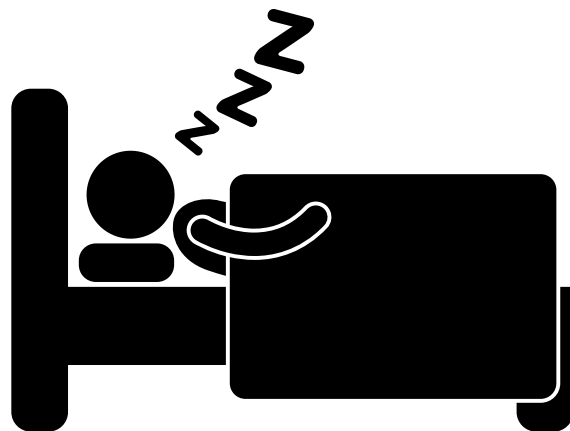
Sleep Hygiene

**"Sleep is that golden chain that ties health and our bodies together."
-Thomas Dekker**

According to the National Sleep Foundation, young adults ages 18-25 need between seven to nine hours of sleep per night.


Sleep hygiene is a term used to describe good sleep habits, which may differ from person to person. Sleep allows our minds and bodies to recharge, and without it the brain cannot function properly.


Improving sleep hygiene can improve your overall wellbeing. Poor sleeping habits are linked to many health issues such as difficulty paying attention in class, higher anxiety levels, and an increase in breakouts.




Exercise:


Take a look at this list of some good sleep hygiene tips. Check off the ones that you regularly use. Add any tips you use that are not included.


 Go to sleep at the same time every night

 Keep your room at a comfortable temperature

 Limit screen time/blue light before going to bed


 Avoid drinking caffeine before sleeping


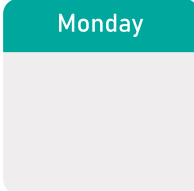
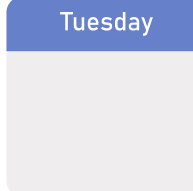
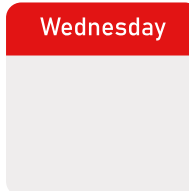
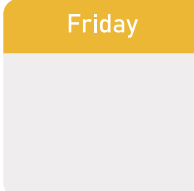
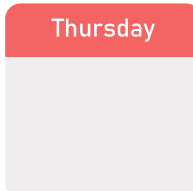
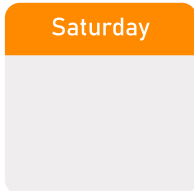
 Avoid large meals before going to bed

 Do a calming activity before bed

Reflection:

How did this activity make you feel? How can you incorporate better sleep hygiene into your routine?

 **Challenge:** Track your sleep this week, using the sleep hygiene tips given above.

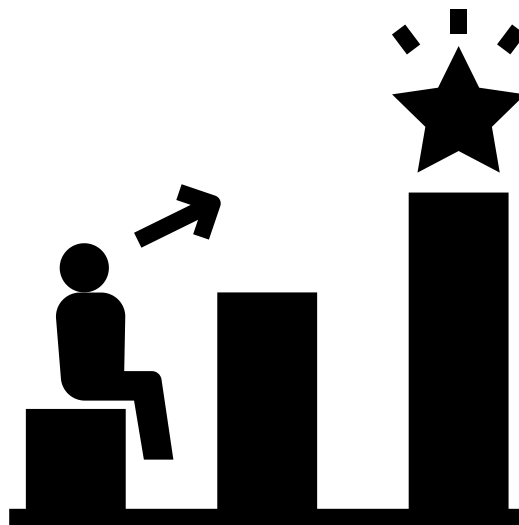
Week 9: Resilience

Stress Management & Goal Setting

**"It's not stress that kills us, it's our reaction to it."
-Hans Selye**

Many challenges occur in our day-to-day lives that increase our stress. Learning how to manage that stress is very important.

One way to manage stress is to first identify your stressor, then use that stressor to set a goal, and map out small steps you can take to begin making positive change.



Exercise:

Identify a stressor that is personal to you.

What is a goal you can set in order to resolve this stressor?

What are three small steps you can take to accomplish this goal?

1.)

2.)

3.)

Reflection:

What are your thoughts and feelings after completing this exercise? Are you ready to commit to this goal?



Challenge: If you have committed to this goal, start taking the steps identified to begin accomplishing this goal.

Week 10: Insight

Practicing Self-Compassion

"Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens." - Louise L. Hay

Self-compassion involves being warm and understanding toward ourselves when we suffer, fail or feel inadequate.

We all have flaws that sometimes make us feel bad about ourselves. It is human nature to feel inadequate and self-critical, but too much is damaging to our mental health. It is important to be kind to ourselves and remember our strengths. Self-compassion enhances our self-worth and is beneficial to our wellbeing.



Exercise:

Take a moment to think of some positive and negative attributes about yourself. Pay attention to your thoughts and feelings about these.

Negative

Positive

Reflection:

If a friend told you they had these same negative thoughts about themselves, what advice would you give them? Do you feel like you'd be more compassionate towards them than yourself? What is the impact of that and how can you change it for the better?



Challenge: Write down a list of positive qualities about yourself and place it somewhere you will see it regularly (such as a post-it note on your mirror).

Week 11: Vitality

Benefits of Gratitude

"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in."

-Kristin Armstrong

Gratitude is a positive emotion that helps us be thankful and appreciative. Having gratitude is associated with many physical and mental health benefits including decreased stress and anxiety, better sleeping habits, and higher levels of optimism.

As you incorporate gratitude into your life, it is important to know that you can have appreciation for any aspect of your life. You can express gratitude for an important relationship in your life, or for the blooming flowers outside.



Exercise:

Take a few minutes and think about some things that you are grateful for. Remember to keep in mind that these can be small or big things. Use the sun below to expand your ideas. See the example below as a guide.



The trees as the seasons change.

Reflection:

How did this activity make you feel? Did you appreciate anything that you normally do not think of? How can you practice gratitude in your everyday life?



Challenge: Start trying to incorporate gratitude in your life over the next week.

Week 12: Equity

What Is An Ally?

"Allyship born of heroism- not altruism- will ultimately be performative and harmful."

-Jamie Aprin-Ricci

Allyship is an active, consistent, lifelong process of building relationships based on trust and accountability with marginalized individuals and groups of people.

To be an ally means to give more than performative support. It takes accountability and openness to consistent education and re-evaluation.

The work of allyship should be done collaboratively with those that you seek to ally with.



Sharing the Weight. Julia Carpenter, CNN Business. (2018)

Exercise:

What are some do's and don'ts of allyship? Was there ever an opportunity when you were or could have been an ally?

Reflection:

How can privilege be helpful in allyship? How can misuse of privilege be harmful in allyship?



Challenge: In what way can you take action this week to be a good ally?

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ANSWERS

1. One thing after another
2. Broken heart
3. A pay bump
4. A drop in temperature
5. Last but not least
6. Hardening up
7. But on second thought
8. The long and short of it
9. Straight and narrow path
10. One in a million
11. Crossed purposes
12. Bookends
13. Two under par
14. Fooling around
15. A turn for the worse
16. Hell bent on winning
17. History repeats itself
18. Fat chance
19. Musically inclined
20. Beginning of the end