POSITIVE EMOTION
FEELINGS LIKE HOPE, JOY AND GRATITUDE CAN BE CULTIVATED TO ENHANCE WELLBEING.

ENGAGEMENT
LIVING IN THE PRESENT MOMENT AND FOCUSING ENTIRELY ON THE TASK AT HAND.

RELATIONSHIPS
FEELING SUPPORTED, LOVED, AND VALUED BY OTHERS.

MEANING
HAVING A PURPOSE IN LIFE HELPS INDIVIDUALS FOCUS ON WHAT IS REALLY IMPORTANT IN THE FACE OF SIGNIFICANT CHALLENGE OR ADVERSITY.

ACCOMPLISHMENTS
BENCHMARKING MILESTONES CONTRIBUTES TO WELLBEING BECAUSE INDIVIDUALS CAN LOOK AT THEIR LIVES WITH A SENSE OF PRIDE. NOTING THAT THEY HAVE OVERCOME HARDSHIP BEFORE AND ARE EQUIPPED TO DO IT AGAIN.

GROWing RESILIENCE
Recovering from Autoimmune Encephalitis
Science-based Exercises
re:PERMA; Seligman, 2012
Hope, interest, joy, love, compassion, pride, amusement, and gratitude. When you explore, savor, and integrate positive emotions into daily life (and visualizations of future life), it promotes resilience.

Worksheet
#AETuesdayTries

Example:
G - My goal is to practice gratitude in my daily life.

R - I am especially good and feeling thankful when...

O - Opportunities exist for me to expound upon this gratitude practice by...

W - I am committed to doing ‘X’ in this interval of time daily/weekly/monthly
Goal
Reality
Opportunity
What I Will Do

Worksheet
#AETuesdayTries
ENGAGEMENT

BEING ONE WITH THE MUSIC.” IT IS IN LINE WITH CSIKSZENTMIHALYI’S (1989) CONCEPT OF “FLOW.” FLOW INCLUDES THE LOSS OF SELF-CONSCIOUSNESS AND COMPLETE ABSORPTION IN AN ACTIVITY, LIVING IN THE PRESENT MOMENT AND FOCUSING ENTIRELY ON THE TASK AT HAND.

Worksheet
#AETuesdayTries
Goal
Reality
Opportunity
What I Will Do

Worksheet
#AETuesdayTries
RELATIONSHIPS

FEELING SUPPORTED, LOVED, AND VALUED BY OTHERS.

Worksheet
#AETuesdayTries
Goal
Reality
Opportunity
What I Will Do

Worksheet
#AETuesdayTries
MEANING

THE SEARCH FOR MEANING AND THE NEED TO HAVE A SENSE OF VALUE AND WORTH.

Worksheet
#AETuesdayTries
Goal
Reality
Opportunity
What I Will Do

Worksheet
#AETuesdayTries
ACCOMPLISHMENTS

ARE A RESULT OF WORKING TOWARD AND REACHING GOALS, MASTERING AN ENDEAVOR AND HAVING SELF-MOTIVATION TO FINISH WHAT YOU SET OUT TO DO.

Worksheet
#AETuesdayTries
Goal
Reality
Opportunity
What I Will Do

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