


# How do UFlourish?

A notebook for  
self-reflection and self-discovery



# Contents

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| <b>1</b> Introduction                | <b>10</b> Storytelling with strengths |
| <b>2</b> Seligman's PERMA model      | <b>11</b> Goal-setting                |
| <b>3</b> Breath exercise             | <b>12</b> Identifying connections     |
| <b>4</b> Colouring page              | <b>13</b> Notes                       |
| <b>5</b> Strategies for stress       | <b>14</b> Notes                       |
| <b>6</b> Developing a self-care plan |                                       |
| <b>7</b> Colouring page              |                                       |
| <b>8</b> Gratitude reflection        |                                       |
| <b>9</b> Colouring page              |                                       |



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The background features a large, dark grey organic shape on the left side. To its right, there are several curved lines: a solid dark grey line starting from the top right and curving downwards, and two dotted dark grey lines that curve upwards and then downwards. The overall aesthetic is clean and modern.

**you**  
are part of a  
**caring**  
campus  
**community**

This notebook uses

# **psychologist Martin Seligman's PERMA model of well-being**

to reflect on practices to help us all flourish.

Flip to the next page to learn about PERMA and how it helps us understand flourishing.

The rest of the notebook prompts reflections based around this model. These reflections can be filled out in any order and done at your own pace.

Often, the act of writing things down can help us become more clear about how we're feeling, and this can be a powerful tool for processing and retention.

## What is Seligman's PERMA Model?

Developed by psychologist Dr. Martin Seligman, the PERMA “flourishing” model uses five elements to understand well-being: **P**ositive emotion, **E**ngagement, **R**elationships, **M**eaning and **A**chievement/**A**ccomplishment.

Let's explore a bit further. We've defined each element of the PERMA model and given an example.

**Think about how you might support yourself or others in each area.**

Positive emotion	Examples	Fill in your own
<i>Feeling joy, hope and contentment</i>	<ul style="list-style-type: none"><li>• Go for a walk</li><li>• Put on a favourite song or album</li></ul>	

Engagement	Examples	Fill in your own
<i>Feeling attached, involved and able to concentrate on activities</i>	<ul style="list-style-type: none"><li>• Cook a favourite meal</li><li>• Attend a group fitness activity</li></ul>	

Relationships	Examples	Fill in your own
<i>Feeling connected, supported and cared about</i>	<ul style="list-style-type: none"><li>• Catch up with a good friend</li><li>• Show gratitude to a peer or colleague</li></ul>	

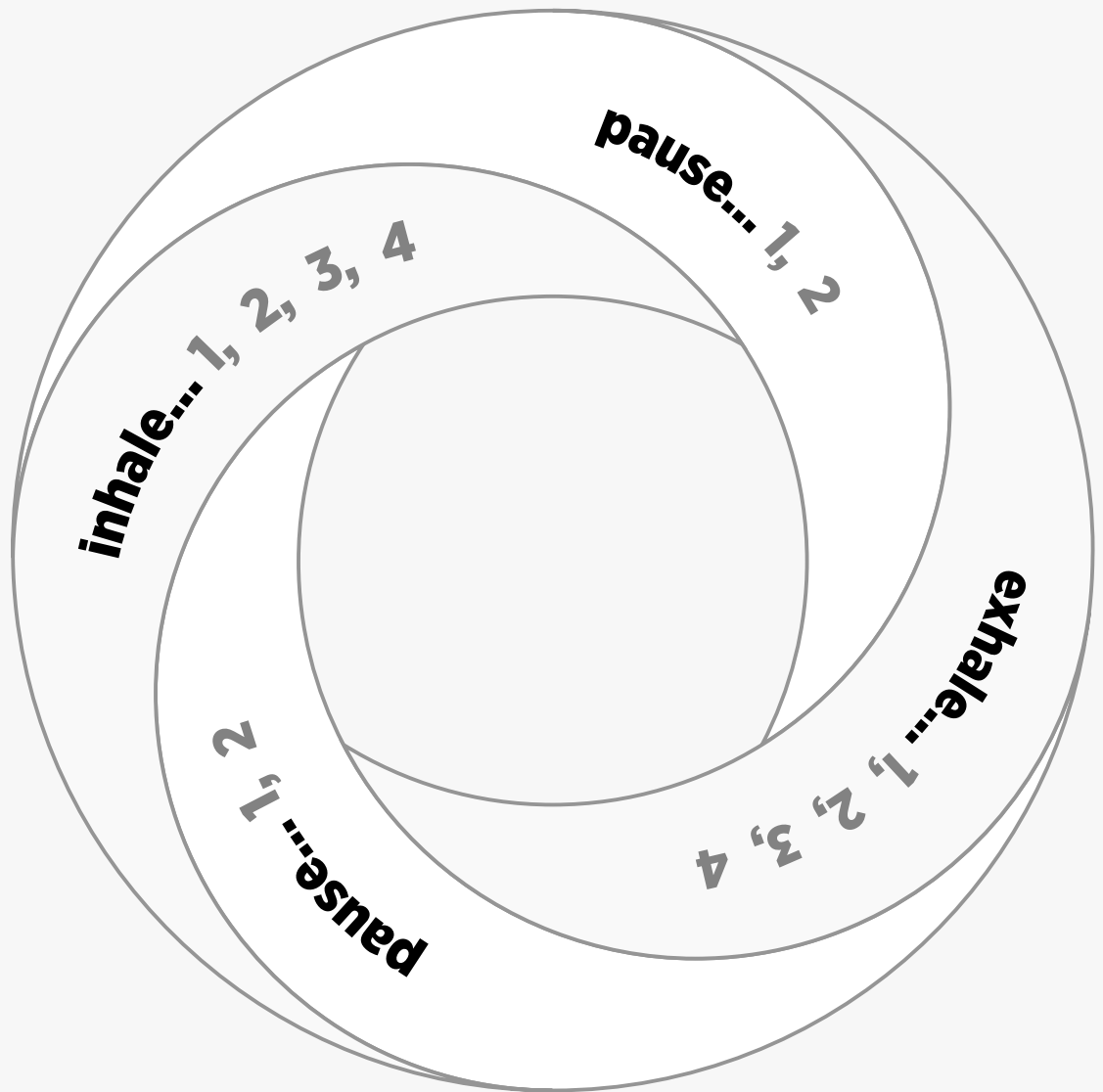
Meaning	Examples	Fill in your own
<i>Feeling valued and connected to something greater than oneself</i>	<ul style="list-style-type: none"><li>• Engage in a volunteer activity</li><li>• Send a care package to a loved one who might need it</li></ul>	

Achievement	Examples	Fill in your own
<i>Progressing towards goals, feeling capable and experiencing a sense of accomplishment</i>	<ul style="list-style-type: none"><li>• Make a to-do list and prioritize the tasks</li><li>• Set an exercise or fitness target</li></ul>	

## Let's start with the breath

Paying attention to our breath can help reduce experiences of stress and promote a sense of calm. There are many useful breathing exercises out there, but let's start with the following:

Use this anywhere, at anytime.



**Start here** ▶

*inhale* (count to four)

*hold* (count to two)

*exhale* (count to four)

*hold* (count to two)

## Notebook colouring pages

These pages are placed throughout this notebook. Relax and relieve stress by shading or colouring these images.





## Strategies for stress

Stress can look and impact people differently. This activity is designed for you to identify sources of stress, rate the level of control you have over each source and formulate an action plan to help you manage certain stressors.

**What is stressful in your home life?** *e.g., finances, roommates, chores*

\_\_\_\_\_

What has helped you handle this stressor so far? \_\_\_\_\_

What is your level of control over this experience or event? Circle one.  LOW  MEDIUM  HIGH

**What are you experiencing at work or in school that is stressful?** *e.g., deadlines, exams, peer/colleague/supervisor*

\_\_\_\_\_

What has helped you handle this stressor so far? \_\_\_\_\_

What is your level of control over this experience or event? Circle one.  LOW  MEDIUM  HIGH

**What is stressful in your community or in the world around you?** *e.g., climate change, inflation, conflict*

\_\_\_\_\_

What has helped you handle this stressor so far? \_\_\_\_\_

What is your level of control over this experience or event? Circle one.  LOW  MEDIUM  HIGH

**Is there anything else that is stressful for you at this time?**

\_\_\_\_\_

What has helped you handle this stressor so far? \_\_\_\_\_

What is your level of control over this experience or event? Circle one.  LOW  MEDIUM  HIGH

**Identify the top three stressors you have the most control over:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

\_\_\_\_\_

**Reflect on what would help you manage the stressors you have the most control over:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Developing a self-care plan

Self-care can look different for everyone, but it generally involves anything we do to take care of our health and well-being.

By practising regular self-care, we are not only taking care of ourselves, we are strengthening our ability to care for others.

There are many ways to set up a self-care plan. We're dividing this worksheet up into: **Body, Mind and Spirit**

### Self-care can also involve what you *don't* do.

Think about what boundaries you might want to establish or activity you can remove from your week to make space for something you enjoy.

	Practice to...	What steps will help me maintain this activity?
<b>Body</b>	<i>e.g., Prepare two healthy meals for the week</i>	<i>e.g., Plan simple meals that can be easily doubled</i>
<b>Mind</b>	<i>e.g., Spend one day a week away from social media</i>	<i>e.g., Invite a friend to take part in the social media "detox"</i>
<b>Spirit</b>	<i>e.g., Take a short walk outside in the morning before work to clear my head</i>	<i>e.g., Go to bed earlier and set my alarm 30 minutes ahead of my usual wake-up to make time for my walk</i>

Colouring page



## **Gratitude reflection**

Reflecting on things we are grateful for can bring up positive emotions. Practising gratitude can also create more optimism and helps us achieve our goals. Gratitude is also a strength that is positively correlated to happiness (Martin Seligman).

**Utilize the prompts below to identify what you're grateful for.**

**The best part of my day today was:**

---

---

**I'm grateful for my body because:**

---

---

**I'm grateful for my family and/or friends because:**

---

---

**The thing I like most about myself is:**

---

---

**I'm grateful for my past because:**

---

---

**The resources I'm grateful to have access to are:**

---

---

**My favourite local public place to spend time at is:**

---

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Colouring page



## Storytelling with strengths

We all have beliefs about ourselves that can reinforce the way we feel, think and act.

**For this activity, consider your strengths.**

Select three words that fit the strengths you have or have possessed in the past. If you think of others, write them in the blank boxes. If you are having a hard time choosing any, think of what a good friend or close family member would use to describe you. Now, pick one of the words and reflect on a time where you demonstrated that strength. You can journal about it, draw a timeline, or create a picture, collage or other form of creative expression.

<b>Active</b>	<b>Fair</b>	<b>Kind</b>
<b>Appreciative</b>	<b>Dedicated</b>	<b>Inquisitive</b>
<b>Creative</b>	<b>Generous</b>	<b>Optimistic</b>
<b>Good listener</b>	<b>Protective</b>	<b>Helpful</b>
<b>Hopeful</b>	<b>Energetic</b>	<b>Curious</b>
<b>Spiritual</b>	<b>Thoughtful</b>	<b>Funny</b>
<b>Strong</b>	<b>Expressive</b>	<b>Resourceful</b>

**Write about or draw a story that illustrates the strengths you possess:**

## Goal-setting

Goals can help give us direction and move us towards positive change or achievement, helping us build resilience and a sense of accomplishment. In this activity, we'll set a goal that is SMART: **S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-bound.

The structure of a SMART goal helps us keep our goals achievable and within our abilities.

1. First, think of an area of focus to consider. This could be a regular review, limiting procrastination, preparing for exams or big presentations.

2. Ask yourself some questions about the focus area:

a. What would you like to achieve? \_\_\_\_\_

b. Why is it important to you? \_\_\_\_\_

c. What do you want to gain from reaching the goal? \_\_\_\_\_

d. What degree of control do you have over this goal? \_\_\_\_\_

## Now make it SMART

<b>Specific</b>	<p><b>Get specific with what your goal is</b></p> <p><i>e.g., Run a half marathon</i></p>	
<b>Measurable</b>	<p><b>Define how you will measure your progress</b></p> <p><i>e.g., I will have completed the Calgary Half Marathon next summer and logged a completion time</i></p>	
<b>Attainable</b>	<p><b>Can you reasonably accomplish the goal?</b></p> <p><i>e.g., I am already working out, have talked to a trainer and have a run schedule</i></p>	
<b>Relevant</b>	<p><b>Align the goal to your values and long-term objectives</b></p> <p><i>e.g., I value health and fitness and would like to establish lifelong habits</i></p>	
<b>Time-bound</b>	<p><b>Set a realistic end date</b></p> <p><i>e.g., The marathon is in September and I will have six months to train</i></p>	

## Identifying connections

Strong social ties help us feel valued and supported, and can be strong protective factors to our well-being.

Relationships can encompass many connections we have with others, whether that be a romantic partner, a friend, a family member, a mentor, colleagues or other peers in our lives.

Think of the connections you have now that are important, ones you want to nurture, others you can actively build, what you might need from your connections and how you can support them.

<p><b>People I can talk to:</b></p> <p><i>e.g., Specific friends or family members</i></p> <p><i>e.g., Mentor or community leader</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>Where I might go to build my connections:</b></p> <p><i>e.g., Volunteer at an organization based around my interests or values</i></p> <p><i>e.g., Group exercise</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>What I need from my community:</b></p> <p><i>e.g., Support with grief</i></p> <p><i>e.g., Help with a physical task</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>What I can provide my community:</b></p> <p><i>e.g., Homecooked meal for a new parent</i></p> <p><i>e.g., Text check-in with a long-distance friend</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>









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● **Presented by** UCalgary's Community Mental Health and Well-Being Strategy, Student Wellness Services and Staff Wellness

