

Flourishing Through the Five Factors

TIPS & STRATEGIES

Flourishing means living with purpose, energy, and well-being. These five factors - Play, Learn, Connect, Help, and Interact - can guide you toward a more balanced and fulfilling life. Use the tips and reflection prompts below to explore how you can integrate them into your day-to-day life.

1 PLAY

Bringing joy, fun, and creativity into your life.

Tips & Strategies:

- Schedule time for hobbies, sports, or games you enjoy.
- Try something playful (e.g., 10 minutes of music, doodling, or movement).
- Don't be afraid to be silly; laughter fuels well-being.

Reflection Prompt:

What's one playful activity I can add to my week?

2 LEARN

Growing through curiosity and new experiences.

Tips & Strategies:

- Set small learning goals (e.g., read an article, try a new recipe, attend a workshop).
 - ULearn (UBegin, UGrow and ULead programming)
- Be curious (i.e., ask questions, explore perspectives different from your own).
- Celebrate progress, not perfection.

Reflection Prompt:

What's one thing I'd like to learn this month?

3 CONNECT

Nurturing supportive relationships.

Tips & Strategies:

- Reach out to a friend, family member, or colleague, even if it's just to say 'hello'.
- Share experiences, meals, or activities with others, schedule a team engagement activity!
- Listen actively - connection is built as much by hearing as by speaking.

Reflection Prompt:

Who could I reach out to this week to strengthen my connection?

4 HELP

Contributing to others & your community.

Tips & Strategies:

- Offer your time, skills, or encouragement to someone in need.
- Volunteer or take part in a cause you care about.
 - [Alumni Volunteer Opportunities](#)
 - [Student Volunteer Opportunities](#)
 - [Graduate Student Volunteer Opportunities](#)
- Practice small kindnesses (e.g., hold the door for someone, give a compliment, or send a thank-you note).

Reflection Prompt:

What's one act of kindness or support I can offer today?

5 INTERACT

Engaging with your environment & community.

Tips & Strategies:

- Get outside (e.g. go for walk, explore nature, or spend time in fresh air).
- Join events, clubs, or campus/community activities. (e.g. go to a Dinos' game (students get in free to all home games))
- Be present – put away devices and notice the world around you.

Reflection Prompt:

Where in my environment can I feel more engaged this week?

MY FLOURISHING ACTION PLAN

Tips & Strategies:

- Play _____
- Learn _____
- Connect _____
- Help _____
- Interact _____

This week, I will focus on these five steps to support my well-being.