

A BRIEF GUIDE ON

MANAGING STRENGTHS TO FOLLOW YOUR BLISS

CREATED BY THE SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING (SCEW)

Before the world was hit with COVID-19, we all were busy with our routine, believing life will always be the same for us. We assumed that when we get in our car each morning it will start, we'll always have our career/jobs, and our loved ones will always be there for us. We were comfortable and started acting as though these things are permanent. However, as this major life transition of COVID-19, lock-down and extended lock-down hit us, it gave us time to slow down and discover ourselves. In this week's newsletter, we aim to cover a few ways to help you connect with yourself and see your world in a fresh, new way.

RELIABLE NEWS AND INFORMATION SOURCES

The COVID India Data Tracker

<https://covidout.in/>

The US CDC Website:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For news and updates, rely on reputed news sources and channels and avoid getting your information from social media, heresay or Whatsapp

Importantly, keep an eye on all official communication from your campus admins and directors.

- **Mindfulness:** Mindfulness means living with awareness in the present moment. To manage a negative emotion, it's important to be an objective observer of uncomfortable moments without judging, shaming, hiding or resisting it. This shifts us quickly from the fear-focused part of our brain to the more evolved part that can focus on our strengths to get solutions thereby promoting resilience and is energizing. You can try mindfulness by using this website: <https://www.headspace.com/meditation/exercises>
- **Gratitude as the Way of Life:** No emotions are negative, however experiencing any emotions that makes you feel negative for long can be difficult to manage. Using gratitude to intentionally focus on positive aspects of life situations can loosen the hold that a negative emotion has gained on a person's mind and body. Self-regulation, positive emotional health & increased productivity are added advantages. Write a journal to show gratitude.

- **Use of character Strengths:** They are positive traits that lead us to positive emotions, engage us in meaningful life activities that benefit us and others. These basic building blocks represent our individuality; their understanding increases our confidence and ability to deal with challenges coming on way. Everyone has all 24 in varying combinations and degrees as per behavior and focus. To find our own character strength, we suggest to take this fun filled quiz and share your strengths with us on our email so that we can help you use them productively:

<http://www.viacharacter.org/www/Character-Strengths#>

- **Introspection and reflection:** Self-reflection helps to build emotional self-awareness. We won't grow from our experiences if we don't understand them and make changes based on what we've learned. We must reflect on both our success and our failures and works well in specific situations allowing us to examine potential transference to other situations. Try sitting in front of a mirror and talking your heart out.

Care, Connect, Create

- **Care:** Practice self-care. Send yourself compassion, remembering that everyone experiences difficult moments, loss, mistakes and failure. Reassure yourself that all will be well, that you will give yourself the support you need to get through this experience and that you will take the steps to better the situation. It's also helpful to engage in a positive ritual that releases the emotion such as talking to someone you trust who will be compassionate with you, taking a walk, practicing yoga, prayer, mediation, listening to uplifting music, reading something inspiring, writing down the emotion and throwing it away, taking a shower, etc.—whatever tends to lift your spirits. Try this link to feel relaxed: <https://youtu.be/Fpiw2hH-dlc>





- **Connect:** Connect with the people from your support system whom you call usually to vent or to share happy news. Initiate meaningful connections, cultivate the important relations and restore broken relationships; in case you don't want to mend a relationship or can't communicate with someone, you can still write a letter to this person / record a voice note.



- **Create:** Recognize that you have the choice and ability to respond to difficult emotion in creative new ways. Try to identify a character strength which can help you transform a negative emotion and to create a positive shift in perspective that better serves you. How can you learn and grow from this experience? What new positive emotions are you feeling now? Notice the negative emotion gradually disappear and lose its power over you, as new positive emotions are created in its place. Celebrate this emancipating feeling by treating yourself to an enjoyable activity. Create a vision board.

IN CASE OF ANY MENTAL HEALTH EMERGENCIES, REACH OUT TO YOUR SCEW CAMPUS COUNSELOR VIA PHONE OR AT MINDHELP@SIU.EDU.IN

ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Start Where You Are. Use What You Have." Do What You Can" ~ Arthur Ashe</p>				1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

WE ASK YOU TO SHARE YOUR EXPERIENCE WITH US ON SCEW.EVENT@SIU.EDU.IN

SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

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