



Tips & Tricks to Thrive, Not Just Survive

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THE OHIO STATE UNIVERSITY

OFFICE OF THE CHIEF WELLNESS OFFICER

What Does It Mean to Thrive?

- To grow vigorously- flourish (Merriam Webster Dictionary)
- To progress toward or realize a goal despite or because of circumstances
- To grow, develop and be successful (Cambridge Dictionary)
- To become, and continue to be successful, strong, healthy, etc. (Oxford Learner's Dictionary)
- To be aligned with your dreams, purpose and passion to the extent that you wake up every day excited about your work and what your future holds (Bern Melnyk)

Face Your True Thriving Story & Rewrite a New One



Picture from Pixabay



Face Your True Thriving Story

- Regarding your thriving story, how would you rate your level of thriving over the past few months on a scale of 0 “not at all thriving” to 10 “really thriving”?
- How important is thriving to you on a scale of 0 “not at all” to 10 “extremely”?
- What can you do to achieve a higher level of thriving or to sustain it?
- If your rating of thriving is not what you would like it to be, what story are you telling yourself that explains why it’s not happening at this point in your life?

After this webinar, write your new thriving story: how you see yourself in 2 years!



YOUR DREAMS AND PURPOSE

- Drives engagement
- Guides energy investments
- Ignites motivation

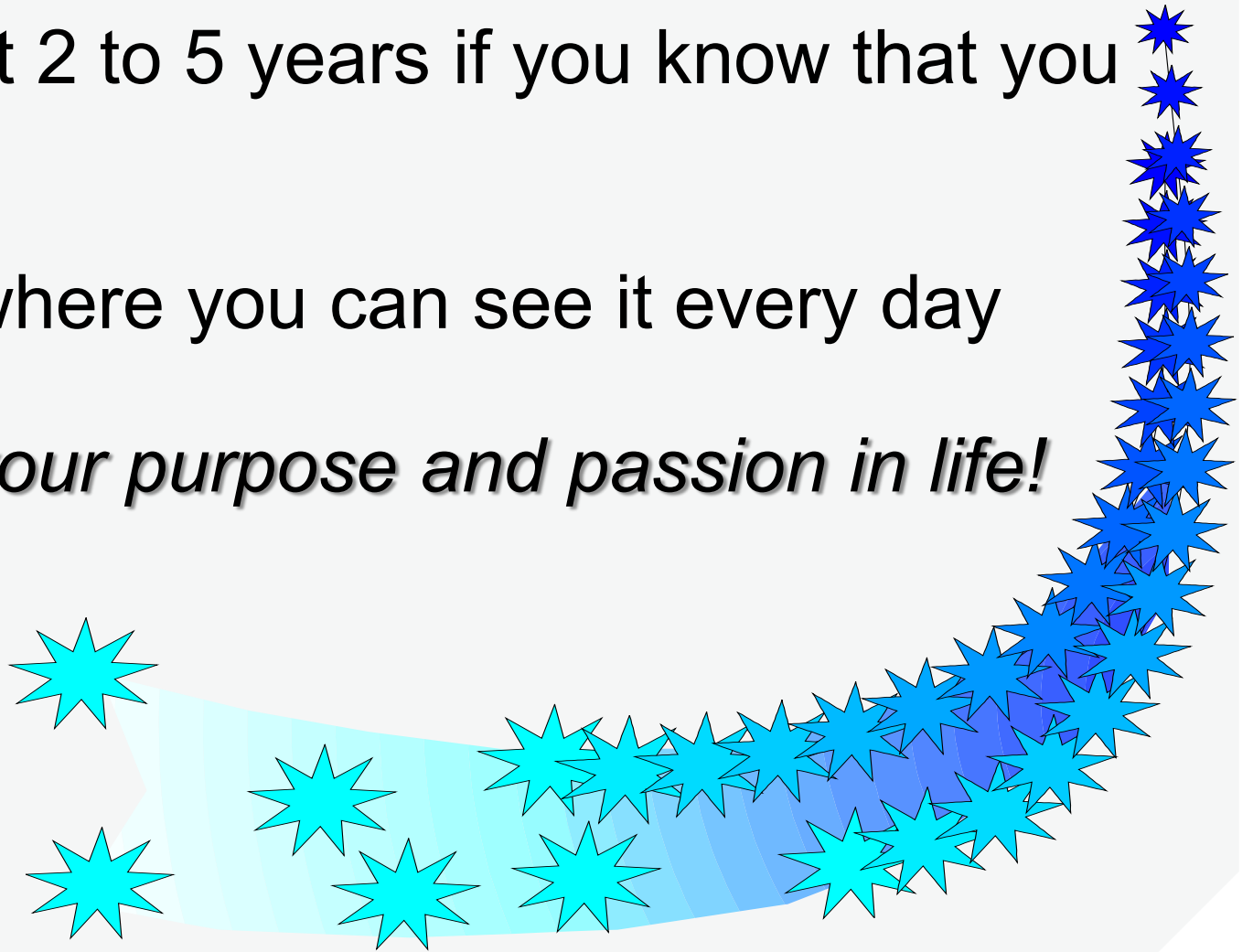


Getting Your Dreams and Purpose in Clear Focus

What will you do in the next 2 to 5 years if you know that you can not fail?

Write it down and place it where you can see it every day

Your dreams give birth to your purpose and passion in life!



Activity: What is your Purpose Statement?

- Who/what matters most to you?
- How would you define success in your life?
- What impact do you want to have on others?
- How would you want other people to describe you?
- What makes your life really worth living?





**Are you aligned with your ultimate dream/purpose
and mission in life?**

Face the truth in all ways: Physically, Emotionally,
Mentally, Spiritually

Stories (positive or negative) that you tell yourself are
powerful

Changing your story is key to changing your life.

Human Performance Institute, Inc. (2010)

HOW OFTEN DO YOU CONNECT YOUR ENERGY INVESTMENTS TO YOUR DREAMS AND PURPOSE?

WHAT'S TAKING YOU OFF COURSE?

HOW CAN YOU GET BACK ON TRACK AGAIN?



Action Plan

What actions will you take to align better with your dreams, purpose and passion in the next 90 days?

*STAYING ALIGNED WITH YOUR
DREAMS AND PURPOSE IN YOUR
LIFE IS CRITICAL TO THRIVE.
NEVER SURRENDER IN YOUR
PURSUIT OF THEM!*

We are Never Too Mature to Pursue our Dreams and Passions



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Lou's Story

- From dreams and risk to reality

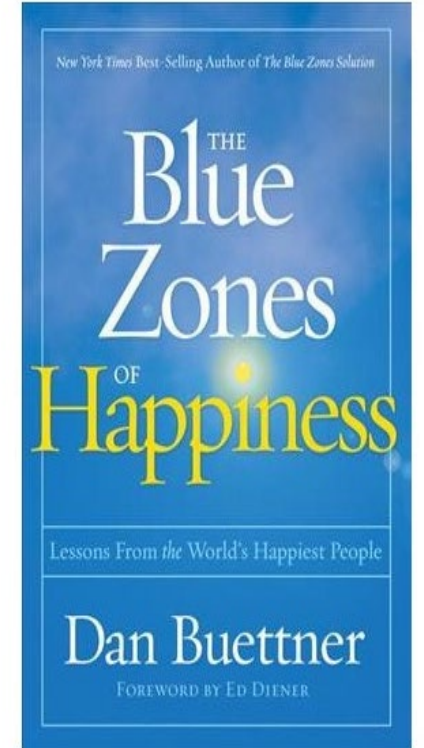
People do not typically regret what they did in life, they regret what they did not do



Three Keys for Happiness

Dreams/Purpose, Passion and Pride

- To enhance pleasure, look for ways to add fun and joy to your daily routines (e.g., socialize often)
- To enhance purpose, increase opportunities to use your strengths to achieve meaningful goals
 - **Knowing your sense of purpose is worth up to 7 years of extra life expectancy!**
- To enhance pride, look for ways to align your job with your passions; reflect upon your accomplishments (none are too small!)



Persistence is Key to Success

- R.H. Macy failed in retailing 7 times before his store in New York became a success
- Fred Smith got a poor grade on his paper that outlined his dream for federal express
- Abraham Lincoln failed twice in business and was defeated in 6 states and national elections before being elected president
- Theodor S. Geisel wrote a children's book that was rejected by 23 publishers. The 24th publisher sold 6 million copies of the first "Dr. Seuss Book."
- Fred Astaire's first screen test assessment: "Losing hair. Can't sing. Can dance a little."

Persist through the "character-building" days and experiences



Face Your True Burnout Story

Based on your definition of burnout, how would you rate your level of burnout?”

- 1 = *“I enjoy my work. I have no symptoms of burnout;”*
- 2 = *“Occasionally I am under stress, and I don’t always have as much energy as I once did, but I don’t feel burned out;”*
- 3 = *“I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion;”*
- 4 = *“The symptoms of burnout that I’m experiencing won’t go away. I think about frustration at work a lot;”*
- 5 = *“I feel completely burned out and often wonder if I can go on. I am at the point where I may need some changes or may need to seek some sort of help.”*



— Build in Periodic Activities to Disconnect and Experience Joy to Avoid Burnout

Practice good self-care and continue to do things that bring you joy;
It is not selfish!



Key Strategies to Prevent Burnout and Fatigue

Practice good self-care! It is not selfish!

Be aware of the signs (e.g., chronic fatigue, exhaustion; reduced feelings of empathy/sympathy, irritability, anxiety, anger; difficulty making decisions; headaches; trouble sleeping)

Set emotional boundaries; Learn to say no without guilt

Set aside time for activities/hobbies that bring you joy

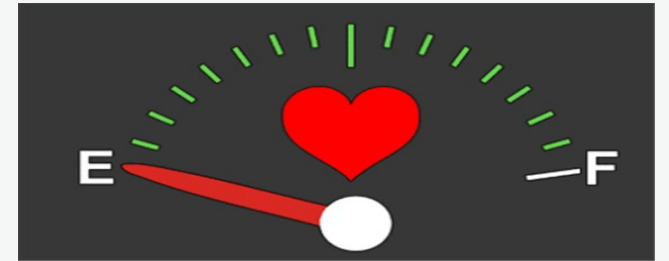
Cultivate relationships outside of work

Use positive coping strategies daily (e.g., cognitive-behavioral skills building/ mindfulness; deep abdominal breathing)

Build resiliency skills

Engage in helpful strategies and programs at work- regular breaks, routine check-ins, support groups, health coaching

Ask for help when symptoms are beginning to interfere with your functioning, concentration or judgement!



Cultivate a Growth Mindset to Thrive

- Set new learning goals
- Get motivated to delve into new activities
- Experiment with new ways of doing things
- Associate with positive minded people
- Have fun
- Become comfortable with change
- Maintain optimism
- Develop an attitude of gratitude

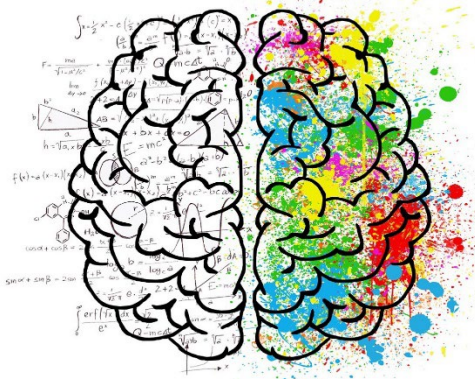


Photo from Pixabay

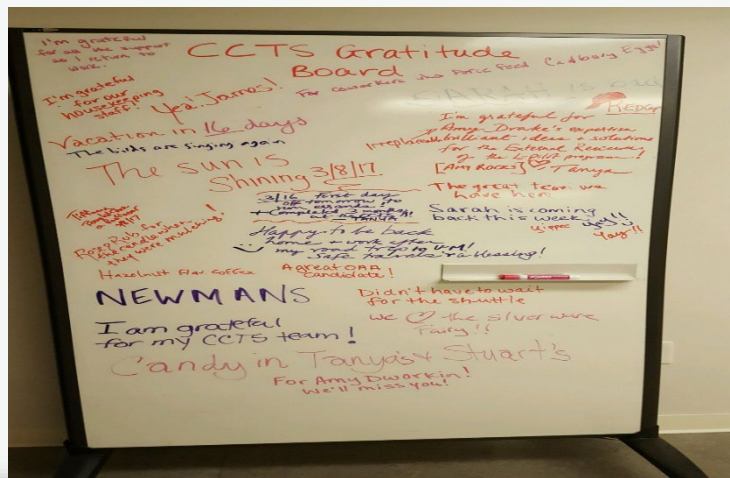


Take & Give a Dose of Vitamin G Every Day

Positive Effects of Gratitude



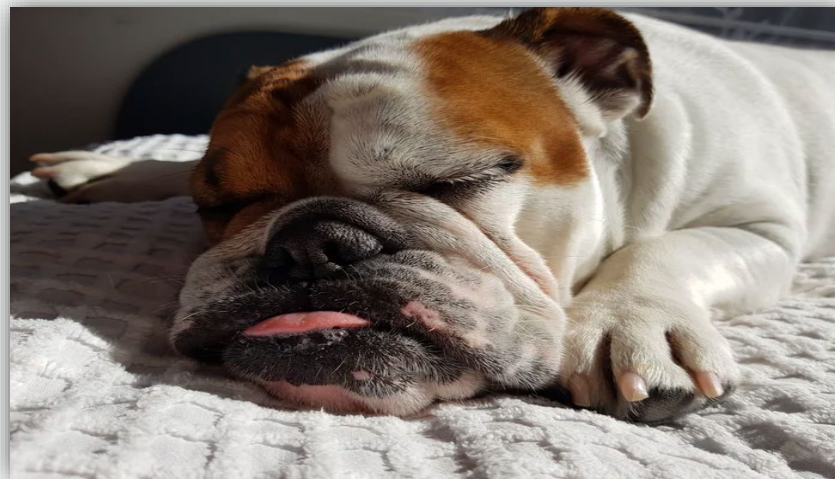
Improved Mood



Improved Heart Health



Increased Optimism



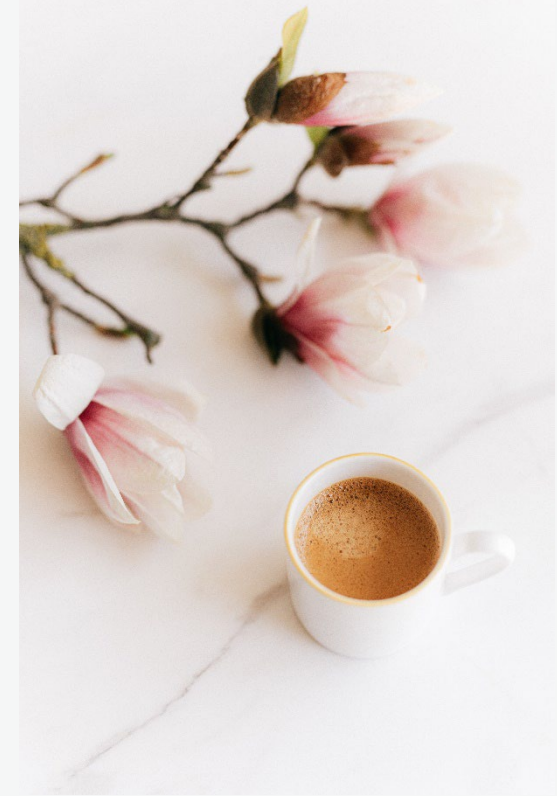
Improved Sleep



Improved blood pressure



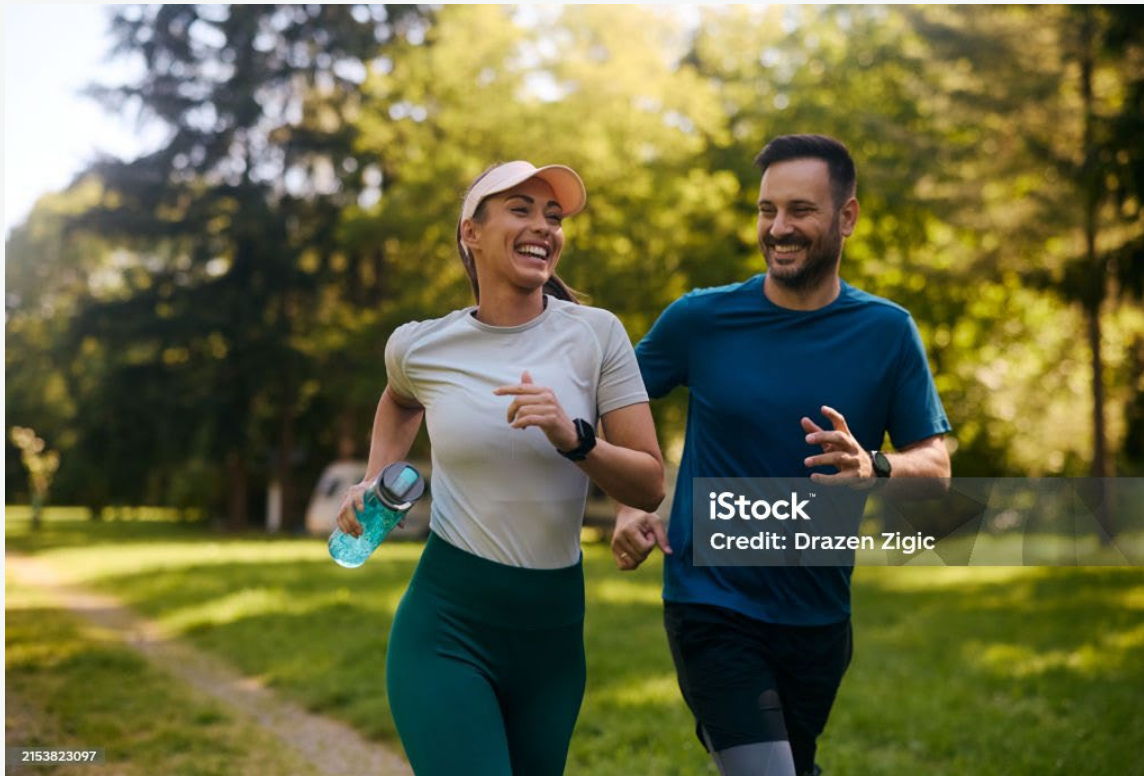
Self-Care is Necessary to Thrive



*You can't pour from an empty cup
Take Care of Yourself First*

Behavioral Activation

Do It, Even When You Don't Feel Like It!



Tips & Tricks to Thrive and Find Joy in Everyday Life

Adapted from Natale, 2020

1. Stay aligned with your dreams, purpose and passion
2. Create time for what you're passionate about/ what brings you joy and meaning
3. Look for meaning in everyday life
4. Take and give a dose of Vitamin G every day
5. Be mindful (not mind full) in the present moment
6. Be kind to yourself and others



7. Work on healing the past/forgiving
8. Choose authenticity/ be yourself
9. Pay forward (volunteer)
10. Connect with nature and family/friends
11. Laugh/have fun
12. Associate with positive people
13. Cultivate a growth mindset

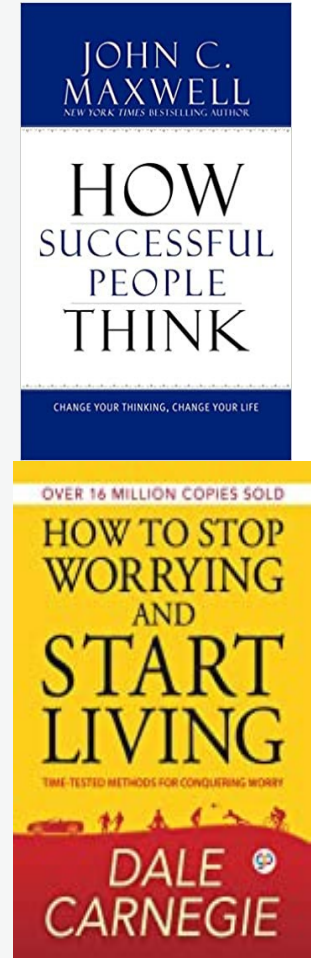


*Stay aligned with
your dreams and
purpose, nurture
them, and
don't give up
before they grow!*



— Complete Our 1-5-5 Buckeye Eye Opener Challenge

- “1” Minute of Gratitude
- “5” minutes of reading in a positive book or listening to a positive podcast
- “5” minutes of light movement/stretching/activity



NEW!

Health & Wellness Briefs



Tactics for a better you!

With Host Dr. Bernadette Melnyk
*Vice President for Health Promotion &
Chief Wellness Officer at The Ohio State University*



Visit Health & Wellness Briefs Podcast:
<https://go.osu.edu/healthandwellnessbriefspodcast>



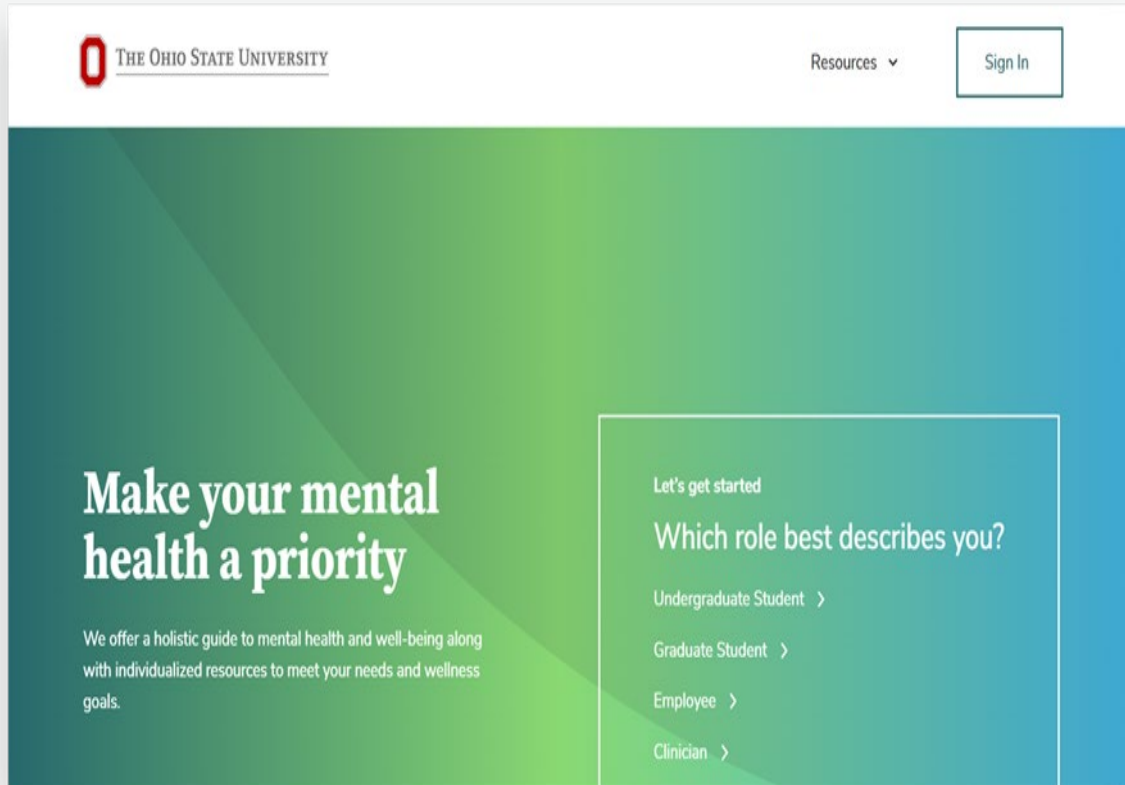
Listen on
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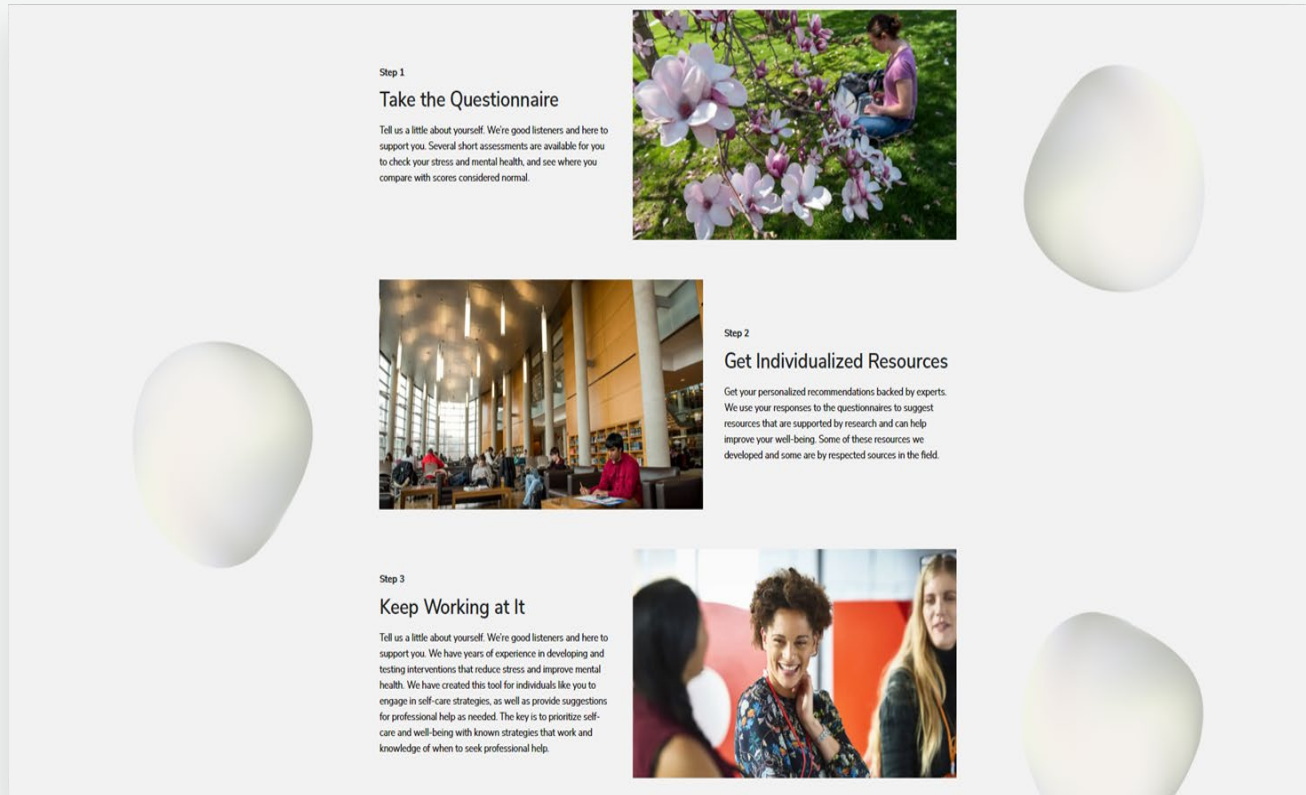
New! Our Stress Reduction Web-based Tool



Purpose:

To enhance the mental health and well-being of our college students, faculty, staff, alumni, and clinicians so they can thrive and realize academic, career and personal success.

Our Stress Reduction Web-based Tool: How It Works



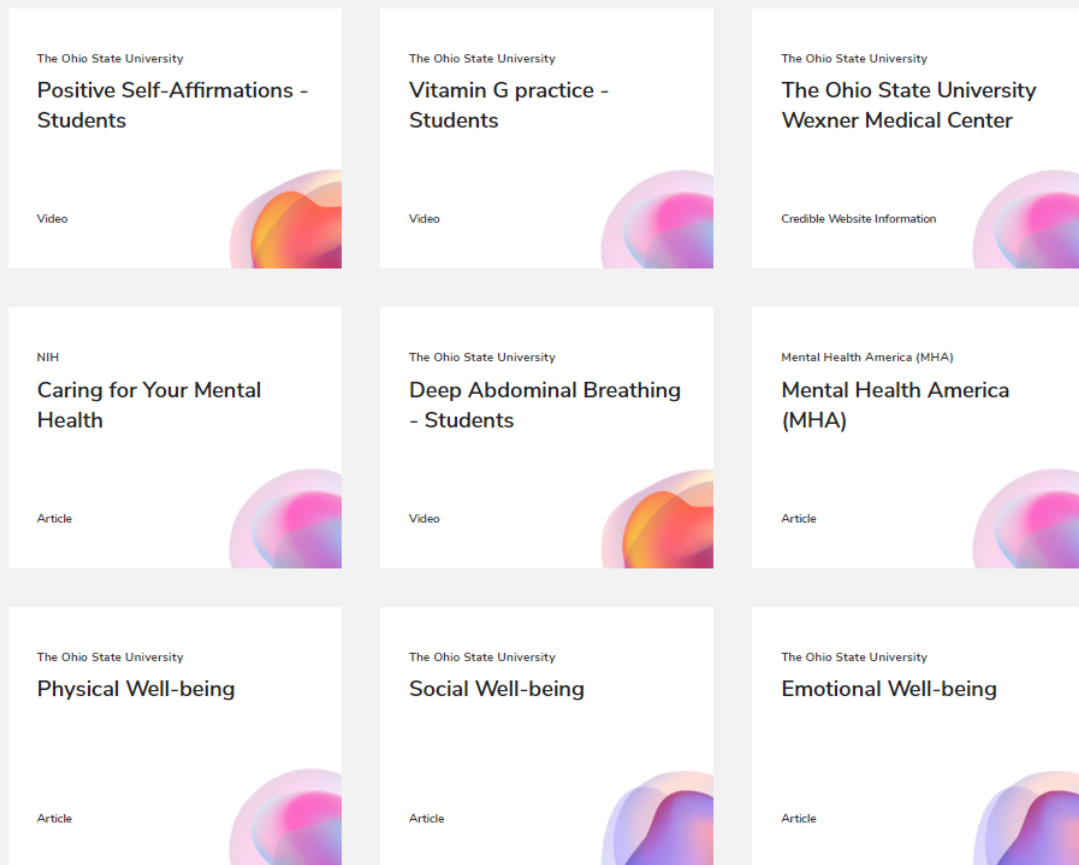
Brief assessment using standardized measures on 6 topics

1. Stress management
2. Sad emotions
3. Anxious emotions
4. Health behaviors
5. Alcohol and drug use
6. Trauma



Our Stress Reduction Web-based tool: How It Works

Your Resources

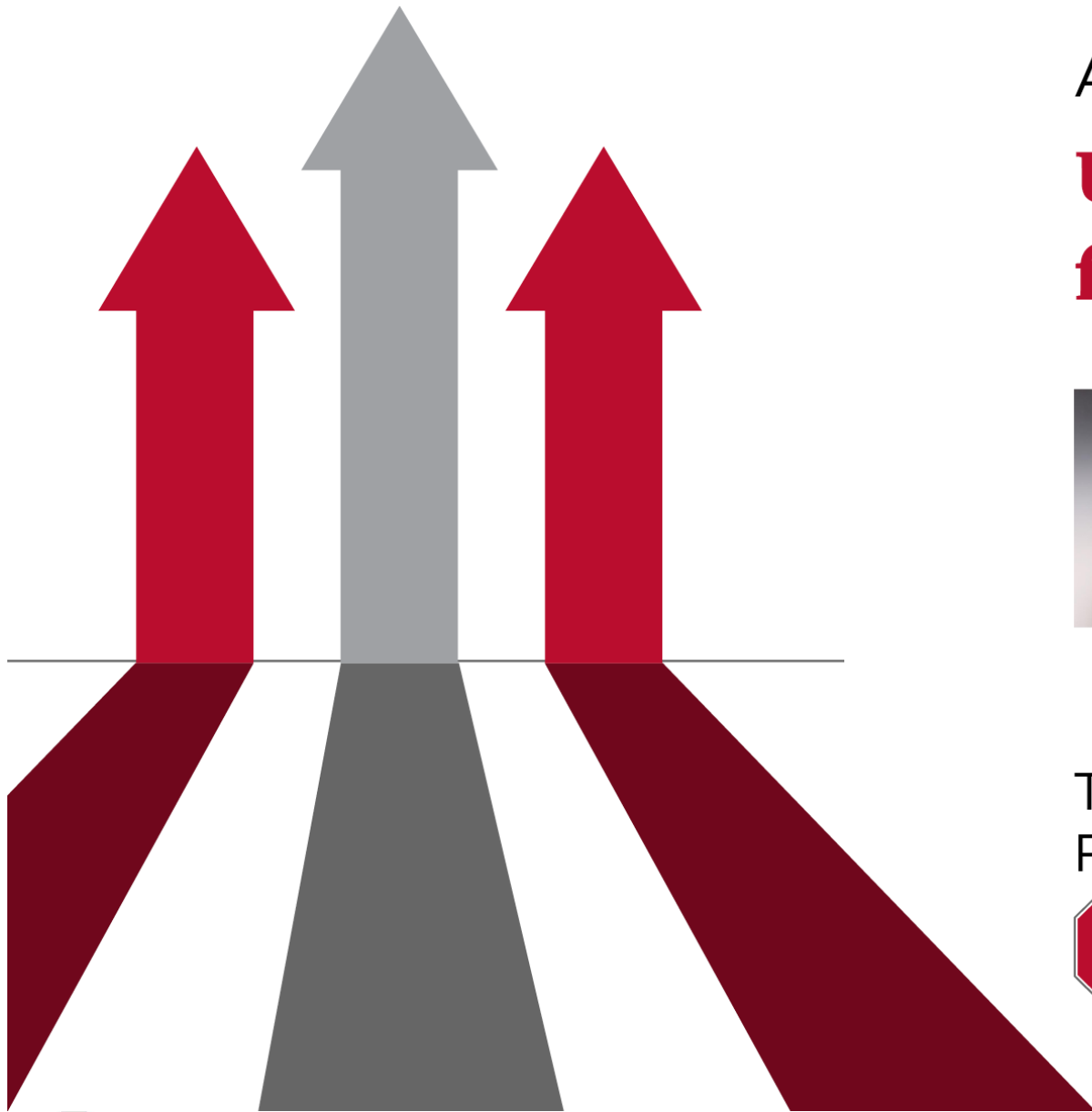


Tailors an array of resources to the individual

- Short CBT-based videos (micro-modules) with evidence-based strategies that include self-soothing, coping and relaxation techniques
- Brief PDFs, including on the 10 dimensions of wellness
- Local and national URLs to mental health resources
- Access the site at:

<https://stressreduction.osu.edu/>





A WELLNESS SERIES

Unleashing Your Potential for Career and Personal Success



FEATURING:

Jackie Hoying, PhD

Assistant Clinical Professor
The Ohio State College of Nursing

Time: October 22, Noon to 12:30 p.m.

Place: Virtual



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go.osu.edu/thrive-2024-2025

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