

# Mental Health & Happiness Series

## Be Kind to Your Mind, Body and Community

### Activities to Cultivate Bravery

- Use Your Strengths for a Courageous Mindset
- Mindfully Moving Forward
- Managing Change with WOOP

### Use Your Strengths for a Courageous Mindset

*Take a moment to think about one of your personal strengths—for instance, creativity, perseverance, kindness, modesty, or curiosity. Consider how you could use this strength today in a new and different way.*

*For example, if you choose the personal strength of perseverance, you might make a list of tasks that you have found challenging recently, then try to tackle each one of them. Or if you choose curiosity, you might attempt an activity that you have never tried before.*

Select a strength: \_\_\_\_\_

activity continued on next page >

**Plan:** Describe the personal strength that you plan to use today and how you are going to use it in a new and different way.

**Act:** Use this strength frequently today. Notice how it makes you feel and helps you to have a more courageous mindset (your inner voice of strength, confidence, power and passion).

**Reflect:** Write in detail about what you did, how you felt, and what you learned from the experience of using one of your personal strengths?

Inspired by: [https://ggia.berkeley.edu/practice/use\\_your\\_strengths](https://ggia.berkeley.edu/practice/use_your_strengths)

## Mindfully Moving Forward

By listening to this guided mindfulness practice, you will have the opportunity to reflect on what can support you moving forward.

**Mindful Moai (18 minutes)** <https://www.youtube.com/watch?v=RBUg3qeMFR8>

Once you finish, make notes about your insights. These can help to inform your goals, identify what you can control, and help you realize your own bravery as you move forward.

1. Set an intention
2. Reflect on something to:
  - a. Stop (that is not serving you)
  - b. Start (that will serve you well)
  - c. Continue (working well for you)
3. Acknowledge your progress

**My Intention:** \_\_\_\_\_

**My Reflection:**

- **Stop:** \_\_\_\_\_
- **Start:** \_\_\_\_\_
- **Continue:** \_\_\_\_\_

**My Progress:**

## Managing Change with WOOP

*Sense of agency is your control or influence in a situation. This activity to manage change uses WOOP, a planning tool and celebratory expression. Think of a goal that you want to accomplish. Daydream about the outcome of achieving this goal. Now, imagine what might hold you back. Create a plan to prepare for an obstacle that you might face, using the if/then format. For example: If (this obstacle comes up), then I will (take this action). Once you have drafted your plan, see how a series of small action steps can help you manage change.*

**Wish: Define your goal**

**Outcome: Daydream about the outcome**

**Obstacle: Imagine what holds you back**

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Plan: Use the "If/Then" format to address your obstacles

If  , (obstacle)

Then  . (action)

If  , (obstacle)

Then  . (action)

If  , (obstacle)

Then  . (action)

Source and more information: <https://www.happify.com/hd/how-science-can-help-you-stick-to-your-goals-infographic/>  
and [https://greatergood.berkeley.edu/article/item/three\\_tricky\\_ways\\_to\\_cultivate\\_courage](https://greatergood.berkeley.edu/article/item/three_tricky_ways_to_cultivate_courage)