



Empowering teachers, students and parents to thrive



How to Thrive Rather Than Survive

During this busy time of year we need to remember the tools available to us to thrive. Whilst some may already be on holidays many are still trying to get through the last few weeks of school or work. Either way, use our 5 evidence based tips to help you move from surviving into thriving.

1. Give the gift of **kindness to yourself** by noticing when you are stressed and pausing to offer yourself a supportive touch. This activates the parasympathetic nervous system which calms us. Check out Dr Kristine Neff's exercises for [self compassion](#), such as Hand Over Heart.
2. Deliver **kindness to others**, this releases oxytocin, decreases blood pressure & increases social bonds. Simply spot a [character strength](#) in someone and tell them.
3. **Reflect on your successes for the year**. Write them down, share them with others. What are you most proud of? What are you grateful for? Gratitude shifts your thinking and feeling. It elicits positive emotions and encourages you

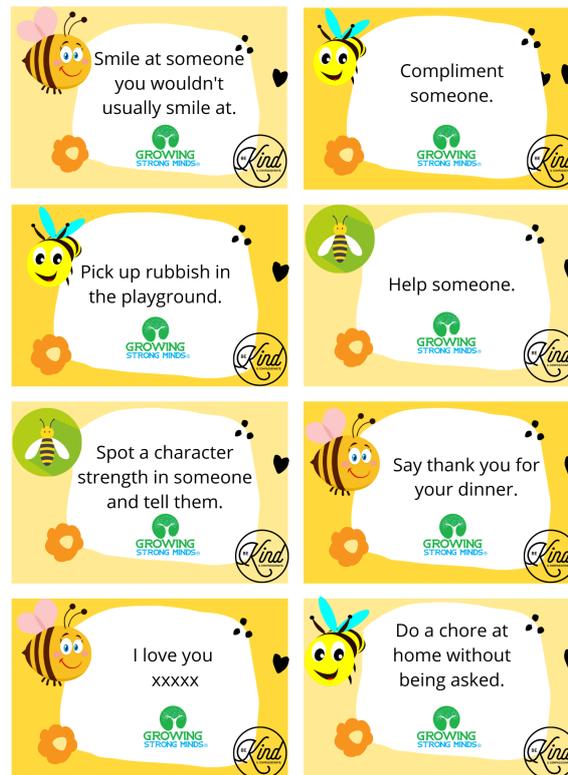
to think outside of autopilot. It also connects us with others, building positive relationships. Complete your [gratitude journal](#).

4. **Exercise**– use your energy character strength. We all know that this is good for us, but why? It reduces cortisol in your body, the immune depleting stress hormone. In addition exercise increases endorphins (the feel good hormones). Schedule some fun exercise today! Check out these [30 suggestions](#).

5. Practise some [relaxation](#) before bed – engaging your self-regulation strength. Relaxation reduces the overall production of cortisol and reduces cortisol already in your blood stream. This improves concentration and thinking ability, creativity, sleep, calmness, immune function, cholesterol, anger management and more.

Kindness Cards for Kids

End the year with daily kindness activities. Leave our free [Bee Kind cards](#) in an advent calendar, on your child's pillow or hang them off your whiteboard.



Great Christmas Gift Ideas

Gratitude Journals



JOURNALS



JOURNALS



JOURNALS

Purchase a Gratitude Journal for a loved one. We offer 3 gratitude journals for all ages from 5 years to adults. They include instructions for how to journal most effectively and room to write or draw what you are grateful for.

Research into the character strength gratitude demonstrates that it **increases optimism, immunity to stress, improves sleep** and **strengthens relationships**. In terms of staff wellbeing, gratitude diary intervention are associated with a **reduction in teacher burnout** (Chan, 2011) and are more effective if shared with a partner (Lambert, 2013).

BUY HERE

Character Strength Cards



Did you know that those that know and use their strengths effectively are more likely to be **successful** and have **better self-**

discipline. Self-discipline predicts academic success better than IQ (Duckworth & Seligman, 2005).

A set of twenty-four A6 character strength cards representing Peterson and Seligman's (2004) empirically validated character strengths.

The cards are recommended for the classroom or home. Students can choose a strength to focus on for the week, independently, or as a class or family. They can then brainstorm novel ways to develop this strength perhaps set a SMART goal to develop the strength, and spot it in others. This helps them to focus on the best in themselves and others, enhancing relationships and self esteem.

[BUY HERE](#)

Start 2022 with a Wellbeing Approach for Staff and Students

[STRONG MINDS](#)



BENEFITS

- Wellbeing **APPROACH** based on the **latest science in positive psychology**, - our foundations for wellbeing should

be **character strengths**

- **One year staff wellbeing** component
- **Complements wellbeing programs** you may be doing in your school (SEL, PBL etc.)
- Provides a **positive shared language**
- Encourages an **inclusive culture** - when we spot strengths in others
- **Supports new PDHPE syllabus** - a strength based approach is 1 of the 5 propositions
- Meets 4 elements in the **Australian Student Wellbeing Framework** - inclusion, student voice, partnership and support.
- **Whole School Approach** - comprehensive resources for staff, students and families - **Strength Based Parenting reduces stress** for parents and children
- **Fully scripted lessons** for time poor teachers
- **Embedding resources** so it is sustained - **complimentary members portal to train new staff and parents**
- **Be You** approved
- Available throughout Australia

WHAT OTHERS SAY...

WORKSHOP DATES 2022

CONTACT US TO BOOK OR FOR A FREE CONSULTATION



Wishing you a safe and healthy holiday season.

Warmest wishes

Nicole and the team at Growing Strong Minds

Growing Strong Minds

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