

'PRACTICAL TIPS ON HOW TO BE THE BEST, HAPPIEST AND KINDEST VERSION OF YOU, EVEN IN THESE TIMES OF UNCERTAINTY' — DR. BRIAN GOLDMAN

WE

WELL-  
BEING  
PLAY  
BOOK



BY LEYSA CERSWELL KIELBURGER

THE  
**WE WELL-BEING  
PLAYBOOK**

**BY LEYSA CERSWELL KIELBURGER  
WITH ILLUSTRATIONS BY SAM ISLAND  
AFTERWORD BY DANIEL J. SIEGEL, MD**



**SUSAN ALLAN, EDITOR  
WE WELL-BEING**

The WE Well-being Playbook

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The WE Well-being Playbook is a proactive resource designed to empower people of all ages with everyday actions and opportunities to promote their own mental well-being and the well-being of others. It does not dispense medical advice. It is not a substitute for mental health treatment or crisis support. We all need help and support from time to time. See page 207 for more resources.

For free educational resources and more fun content, please see [www.we.org/wellbeing](http://www.we.org/wellbeing)

FOR  
**ERIKA & THE  
ELKINGTON FAMILY**



WITH SPECIAL THANKS TO  
**BILL, SABRINA AND THE ERIKA LEGACY FOUNDATION**  
FOR THE MANY WAYS YOU LIVE TO INSPIRE

## PRAISE FOR THE WE WELL-BEING PLAYBOOK



“Feeling good about yourself and your life is a journey that requires many steps. Most adults are still learning! The WE Well-being Playbook is a jump start to understanding with concrete resources on how to take the steps toward better well-being. Teaching self-compassion, mind-body connection and awareness of self-talk, are just a few of the topics in a guide full of wisdom about what makes a difference in being happy. It’s taken me 40 years to learn to love myself and fully accept who I am, this book will shorten your learning curve!”

**SILKEN LAUMANN,**  
OLYMPIAN, INSPIRATIONAL  
SPEAKER AND AUTHOR OF  
*UNSINKABLE: A MEMOIR*

“The WE Well-being Playbook is a valuable and necessary tool now more than ever. As we all face these uncertain times, getting back to the basics of self-care and social emotional learning is crucial. What I love most about this guide, and true to the WE philosophy, is that it teaches people to care not only about their own well-being, but the well-being of others as well. Introduce your family and friends to this resource — and let them know we’re all in this together.”

**AMY CRANSTON, EDD,**  
EDUCATOR AND AUTHOR OF  
*CREATING SOCIAL AND EMOTIONAL  
LEARNING ENVIRONMENTS*

“Life does not always go as planned, but we do get to choose how we’ll walk through our days. The WE Well-being Playbook is like a trusted companion that has your back as you take on challenges.”

**DIANE GUERRERO,**  
ACTRESS AND AUTHOR

“Self-care is self-love. We’re all going through something and the WE Well-being Playbook reminds us of the importance of giving our minds and bodies the attention they deserve. The sooner we realize we’re never alone, the sooner we can live well no matter what.”

**LILY COLLINS,**

ACTRESS AND AUTHOR  
OF *UNFILTERED: NO SHAME,  
NO REGRETS, JUST ME*

“The WE Well-being Playbook brings the concept of ‘well-being’ home to our day-to-day lives. Flip to any page and you will be empowered by practical wisdom to make your life brighter, more calm and increasingly aligned with your values.”

**MEG POPOVIC, PHD,**

DIRECTOR OF ATHLETE  
WELL-BEING AND PERFORMANCE  
WITH THE TORONTO MAPLE LEAFS  
HOCKEY CLUB

“The WE Well-being Playbook is a lively read for anyone looking to discover the rich resources they have that are just waiting to be discovered. Covering every part of who we are, from our brains to our relationships and talents, this guide is a powerful reminder that we all have so much potential and so many more strengths than we ever imagined.”

**MICHAEL UNGAR, PHD,**

AUTHOR OF *CHANGE YOUR  
WORLD: THE SCIENCE OF  
RESILIENCE AND THE TRUE PATH  
TO SUCCESS* AND THE CANADA  
RESEARCH CHAIR IN CHILD, FAMILY  
AND COMMUNITY RESILIENCE,  
DALHOUSIE UNIVERSITY

“All of us experience the human condition. It’s our invisible common ground; the bedrock for our radiant resilience. Let this book serve as a wise reminder of that shared empathy and powerful humanity.”

**CONNOR FRANTA,**

YOUTUBER, ENTREPRENEUR,  
ENTERTAINER  
AND AUTHOR

“Pioneering research in the past decade has shed light on the essential ingredients for promoting health and happiness, and the WE Well-being Playbook has distilled this research into practical approaches in a user-friendly format. The WE Well-being Playbook provides a cornucopia of information and practices that are fun and easy to do. These strategies can pave the way for anyone looking to foster their own well-being or to help their community in these challenging times.”

**KIMBERLY A. SCHONERT-REICHL, PHD,** APPLIED DEVELOPMENTAL PSYCHOLOGIST AND PROFESSOR, UNIVERSITY OF BRITISH COLUMBIA

“This is a wonderful collection of effective ideas and methods for resilience, compassion and happiness. Plus, it’s fun!”

**RICK HANSON, PHD,** AUTHOR OF *RESILIENT: HOW TO GROW AN UNSHAKABLE CORE OF CALM, STRENGTH, AND HAPPINESS*

“Science shows that teaching individuals to take care of themselves and serve others lays the foundation for a successful, fulfilling and healthy life.”

**EMMA SEPPÄLÄ, PHD,** SCIENCE DIRECTOR, STANFORD CENTER FOR COMPASSION AND ALTRUISM RESEARCH AND EDUCATION; CO-DIRECTOR WELLNESS, YALE CENTER FOR EMOTIONAL INTELLIGENCE

“As a mother, musician and passionate music education advocate, I know that taking care of our own well-being is the most important thing we can do for ourselves and the people around us. This guide is a great resource and reminder for kids and adults alike to be good and kind to ourselves, our bodies and minds.”

**SARAH MCLACHLAN,** SINGER, SONGWRITER AND PHILANTHROPIST

**“To address the mental health crisis in this country, I encourage educators to create a space for conversation. Every classroom in America and around the world should empower our kids with the tools they need to care for their mental well-being.”**

**ARNE DUNCAN,**

UNITED STATES SECRETARY  
OF EDUCATION, 2009 TO 2015

**“The WE Well-being Playbook weaves cutting-edge neuroscience and advanced psychology into a highly readable book filled with practical tips on how to be the best, happiest and kindest version of you ... even in these times of uncertainty and heightened anxiety.”**

**BRIAN GOLDMAN, MD,**

EMERGENCY PHYSICIAN AND  
AUTHOR OF *THE POWER OF  
KINDNESS: WHY EMPATHY IS  
ESSENTIAL IN EVERYDAY LIFE*

**“The WE Well-being Playbook is a guide we can all use right now as we’re faced with a global pandemic. Inspired by science-based impactful actions that I prescribe to my patients to improve their physical and mental well-being, the Playbook can provide a grounding when we need it most. Let’s join in the WE Well-being journey as youth, parents, educators and healthcare professionals alike, build coping skills toward stronger mental resiliency. We’re all in this together.”**

**ELAINE CHIN, MD, MBA,**

AUTHOR OF *LIFELINES: UNLOCK  
THE SECRETS OF YOUR TELOMERES  
FOR A LONGER, HEALTHIER LIFE*



“Every one of us is on our own unique journey. We may have broken moments, but I like to remind myself we are never broken people. No matter where you are at, The WE Well-being Playbook is a trusted travel companion to always encourage and remind us of the importance of self-care!”

**ARIEL WINTER,**

ACTRESS AND STAR OF  
*MODERN FAMILY*

“Each one of us is powerful within. Sometimes, we all need a little nudge, a bit of direction and some coaching. The WE Well-being Playbook inspires us with tips, tactics and small actions that can help each of us find our best.”

**PETE CARROLL,**

HEAD COACH AND EXECUTIVE VP  
OF THE SEATTLE SEAHAWKS

“WE has created a powerful and inspiring guide to help make life more manageable as we navigate the anxiety and stress associated with a global pandemic. Constructed with clear and cutting-edge science applied in practical ways for our everyday use, this magnificent and timely collection of wisdom from the world’s leading researchers and visionaries provides us with a concise and empowering guide to be happier and healthier even in times of tremendous stress and uncertainty. Thank you for this gift that will keep on giving.”

**DANIEL J. SIEGEL, MD,**

EXECUTIVE DIRECTOR, MINDSIGHT  
INSTITUTE; CLINICAL PROFESSOR,  
UCLA SCHOOL OF MEDICINE, AND  
AUTHOR OF *AWARE: THE SCIENCE  
AND PRACTICE OF PRESENCE*, AND  
*BRAINSTORM: THE POWER AND  
PURPOSE OF THE TEENAGE BRAIN*



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# THIS IS NOT A SELF-HELP BOOK

**HERE IS OUR  
STARTING EQUATION:  
YOU = AWESOME**

Little things make a big difference.

Even as a new reality unfolds with physical distancing and our heightened focus on the health of our loved ones, taking simple actions to support our own mental well-being and the well-being of others is more important than ever.

During these unprecedented times, we are reminded that physical and mental well-being go hand-in-hand. The proactive measures taken to maintain our physical health through hand-washing and physical distancing are not unlike the self-care practices that maintain our mental well-being.

That's why we've updated this playbook with tools and tactics informed by science that can apply to your life during and after this difficult time. We invite you to use the playbook as a tool to support your own mental well-being, and the well-being of others – now and after we make it through to the other side of COVID-19.

WE Well-being is grounded in knowledge and action. It is inspired by the Elkington family and the Erika Legacy Foundation and their dedication to the wellness of our communities.

We've worked with leading experts and drawn from the best available evidence to create this hands-on guide of everyday actions to promote your mental well-being and the well-being of others. We start with the essentials, then explore the power and potential of everything from compassion and connection to resilience.

Science tells us our brains are always changing, shaped by actions and interactions.

Don't worry, this is not a crash course in neuroplasticity! But it helps to know that exploring and practicing health habits for mind and body can strengthen your brain and enhance your mental health.

The WE Well-being Playbook is built on 10 pillars of wellness. The actions may seem simple, but don't let that deceive you. Each action is based on evidence — we've taken the leading science and made it applicable to our daily lives. The best part? These actions fit within the physical distancing guidelines; we can simultaneously support our overall well-being while following public health measures to protect ourselves and our communities.

Play. Experiment. Discover what works for you.

Remember, we're all in this together.

\*THIS GUIDE FOCUSES ON PROMOTING MENTAL WELL-BEING. FOR SUPPORT AND RESOURCES TO ADDRESS MENTAL HEALTH CHALLENGES, SEE PAGE 207

**THREE  
SUGGESTIONS  
FOR ENGAGING  
WITH THE  
EXERCISES IN  
YOUR DIGITAL  
PLAYBOOK →**



FOLLOW THIS ICON FOR ONLINE  
EXTRAS AT → [WE.ORG/WELLBEING](https://we.org/wellbeing)

**1**

---

**SET ASIDE SPACE IN A JOURNAL**  
or notebook to contemplate  
the well-being exercises.

**2**

---

**GO TO [WE.ORG/WELLBEING](https://we.org/wellbeing)**  
to download a chapter  
(or all 10!) that will enable  
you to follow along.

**3**

---

**EXPLORE THE PLAYBOOK** and  
share your answers with a  
loved one at home or virtually.

## WHAT YOU NEED TO KNOW ABOUT YOU

Every day, the choices you make build your brain.

In the words of the experts, "Neurons that fire together, wire together." The decisions you make and the actions you take sculpt your brain.

Neural pathways are always changing in response to experience. "Neuroplasticity," as it is known, gives us the power to influence the wiring and circuits in the brain.

When you practice habits that nurture your health, you strengthen neural connections. When you repeat those actions, those neurons become a network that supports your well-being.

The tips and actions in this book are designed to do just that.

You will read about a handful of brain chemicals in these pages.

### **DOPAMINE**

A neurotransmitter involved in the brain's pleasure-and-reward system. It helps regulate movement, emotional responses, attention and learning.

### **SEROTONIN**

A neurotransmitter involved in regulating sleep, mood, appetite and digestion.

### **OXYTOCIN**

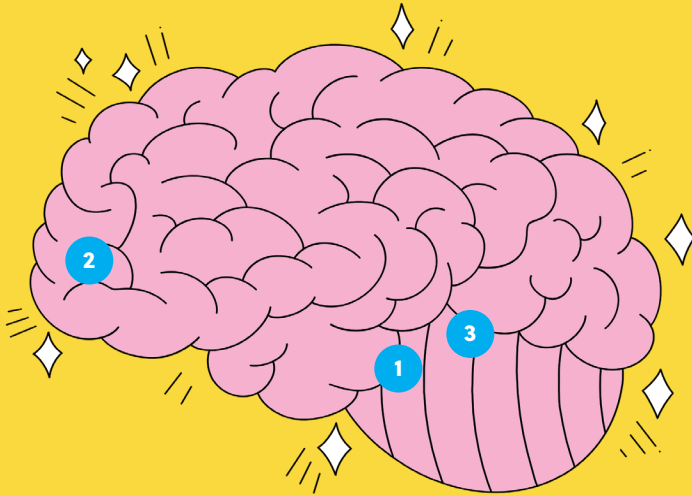
Also known as "the love and cuddle hormone."

### **ENDORPHINS**

"Feel good" neurotransmitters that decrease our perception of pain.



# EVERY DAY YOU BUILD YOUR BRAIN



1

## AMYGDALA

**A COLLECTION OF NEURONS THAT ARE VIGILANT TO THREAT, INCLUDING STRESS.**

Problem is, the same system gets turned on no matter how big or small the problem. Just thinking about a threat can activate the “fight or flight” response.

2

## PREFRONTAL CORTEX

**THE EXECUTIVE DIRECTOR OF THE BRAIN.**

The seat of complex thinking, it is in charge of planning and organizing.

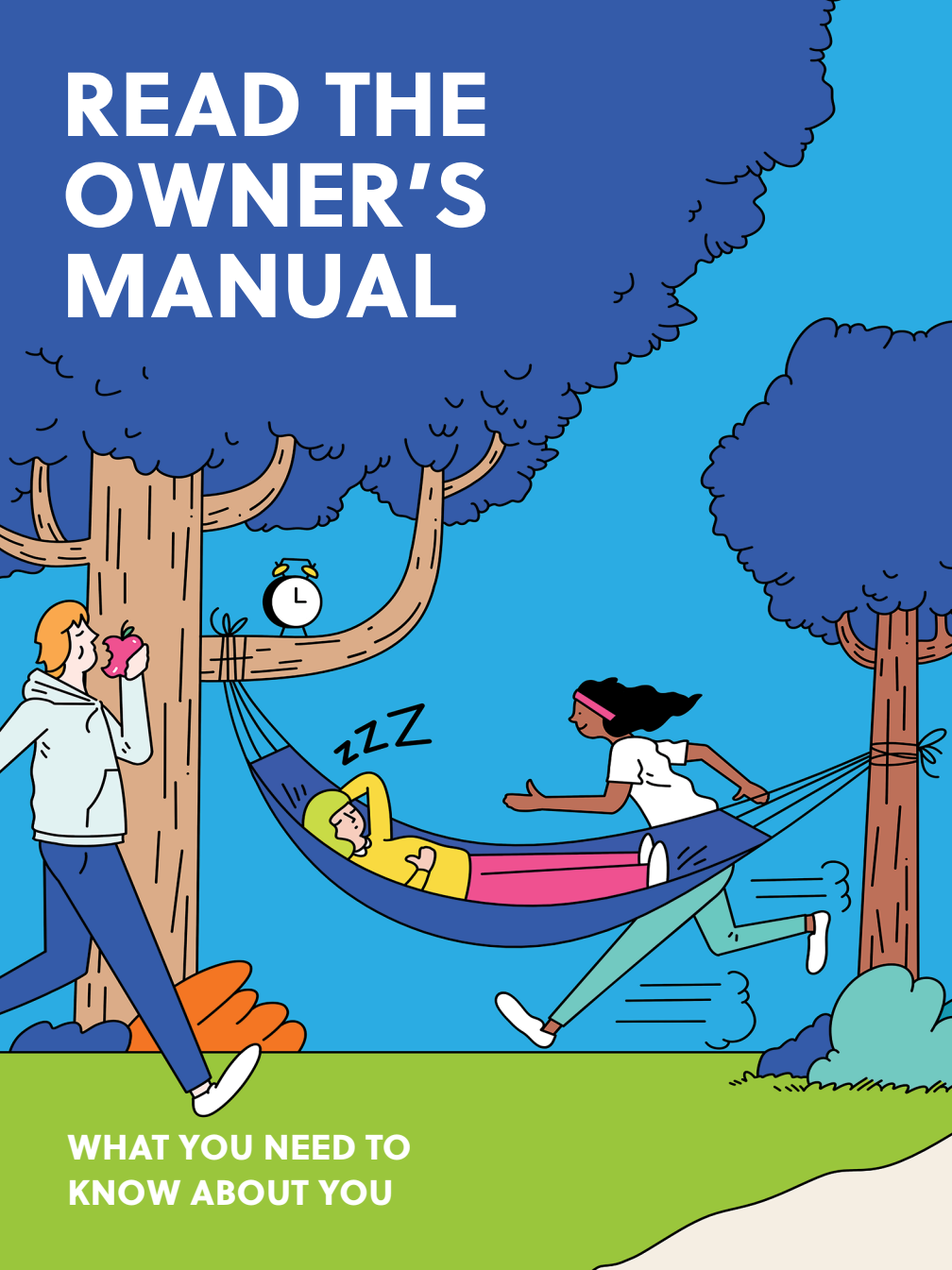
3

## HIPPOCAMPUS

**SOMETIMES CALLED “THE LIBRARIAN,”**

it is responsible for new learning and memories.

# READ THE OWNER'S MANUAL



WHAT YOU NEED TO  
KNOW ABOUT YOU

CHAPTER

01

# Sleep

## Make routine a key to your Zzzzz

Want to rest easy? Try to go to bed and wake up at the same time every day.\*

Sleep is the Swiss Army knife of health, explains neuroscientist Matthew Walker, director of the Center for Human Sleep Science at the University of California, Berkeley.

“No matter the ailment, it’s more likely sleep has a tool within the box that will see you well.”

Sleep is the single most effective thing we can do to reset our brain and body health each day, Dr. Walker writes in *Why We Sleep*.

His evidence fills 368 pages of a best-selling book. Just for starters, he explains that proper sleep has the power to boost brain power and decision-making, charge the immune system and lower blood pressure.

Problem is that most of us don’t get enough, especially in times of high stress and anxiety. How much is enough? Shoot for nine hours — more or less.

Dr. Walker has lots of bedtime tips — avoid screens, dim lights an hour before bed, lower the thermostat — but sticking to routine tops his list of advice.

\*TOO BUSY FOR ROUTINE? TRY TO GET MORE SLEEP ON WEDNESDAYS AND SUNDAYS.

Z

## Do your own sleep research

FOR ONE WEEK

Track your sleep.  
Measure your energy.  
Observe the connection.



1

	HOURS OF SLEEP	ENERGY LEVEL
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		



DISCOVER MORE SLEEP TIPS!

# Eat Well



## Nourish yourself

When it comes to healthy eating, Serena Williams serves up a simple truth: “You put out what you put in.”

Nutrition is key to vitality. It promotes healthy brain development and function and also helps to prevent disease. What’s good for your gut is good for your brain—they are connected by millions of nerve cells! The field of nutritional psychiatry continues to discover the many ways food influences mood and well-being.

We don’t believe in hard, fixed rules, but here is a little food for thought →

### DID YOU KNOW

Healthy eating supports synaptogenesis, the way neurons talk to each other.

# 1

## GET BACK TO BASICS

Choose healthful, whole foods. Doing so will enable your body to do what it does best!

# 4

## FEED BODY & SOUL

Aspire to make 80 percent of your food nutrient-dense and healthful. Let 20 percent be soul food—an expression of your love of life.

# 7

## PRACTICE MINDFUL EATING

“When walking, walk. When eating, eat.”

ZEN PROVERB

# 2

## TRY THE RULE OF THREES

Eat three meals—including breakfast—and up to three snacks every day. Fuel your body every three to five hours.

# 5

## FATS ARE ESSENTIAL FOR BRAIN AND HORMONAL HEALTH

Try avocados, olive oil, salmon, nuts and seeds.

# 3

## BUMP UP YOUR INTAKE OF FRUITS AND VEGETABLES

Add color (fruits and vegetables) to most meals and snacks.

# 6

## BE AWARE OF PROTEIN NEEDS

The body does not store protein, so eat protein at breakfast, lunch and dinner for a steady supply.

## KEEP IT SIMPLE, IF YOU CAN

Notice how different foods change your energy or mood. Remember, there are no absolutes!



**WATER IS THE  
MOST NEGLECTED  
NUTRIENT IN YOUR  
DIET, BUT ONE OF  
THE MOST VITAL.**



**KELLY BARTON**

---

# Hydrate

## Just add water

Is the glass half empty or half full?

In this case, the answer doesn't matter as long as you drink up!

Water is key to mental and physical health and performance.

The folks at the Harvard T.H. Chan School of Public Health want everyone to know that water improves sleep quality, cognition and mood. It also regulates body temperature and delivers nutrients to cells.

Mom is mostly right. You need to drink about eight cups of water each day, though every person is different.

### DID YOU KNOW

About 75 percent of your brain is water. Dehydrated, it struggles to focus, solve problems and co-ordinate motor skills.

### TRY THIS

Start with a glass each morning. Consider toting a reusable bottle through the day. Drink water with meals and make it your beverage of choice first thing in the morning. Keep a pitcher in your fridge for quick access. Drink when you are thirsty!





## **To manage input, keep tabs on output**

The color of your pee can tell you if you're getting enough water. The Cleveland Clinic created a color-coded chart to help!

### **NO COLOR**

**YOU'RE DRINKING A LOT OF WATER, YOU SHOULD CUT BACK**

### **PALE STRAW COLOR**

**YOU'RE HEALTHY AND HYDRATED**

### **TRANSPARENT YELLOW**

**YOU'RE IN THE ZONE!**

### **DARK YELLOW**

**IN THE ZONE, BUT DRINK SOME WATER SOON**

### **AMBER OR HONEY**

**YOUR BODY ISN'T GETTING ENOUGH WATER, DRINK SOME NOW**

# Move

## Get going

What's good for the body is good for the brain. What's good for the brain is good for the body! Here is what science tells us about the connection:

- Exercise stimulates blood vessels in the body and increases blood flow to the brain.
- It appears to slow or reverse the brain's physical decay and jump-starts neurogenesis, the creation of new brain cells.
- Scientists are especially interested in the way it increases BDNF, or brain-derived neurotrophic factor. This protein is considered "fertilizer for your brain" and helps to create and maintain healthy neurons. It is believed to improve mood stability and well-being.

A 2018 cross-sectional study of 1.2 million people identified a meaningful link between movement and well-being.\* Here are a few highlights from that study:

- People who exercised had 1.5 fewer days of poor mental health in a month than those who did not.
- Exercising 45 minutes for three to five times a week was found to deliver the greatest benefits.

\*DON'T LIKE TO SWEAT? DON'T SWEAT IT. "WALKING JUST THREE TIMES A WEEK IS BETTER THAN NOT EXERCISING AT ALL," SAID RESEARCHER ADAM CHEKROUD OF YALE UNIVERSITY.

## What is your action plan?

Having a plan is more important now than ever. Pull out your notebook and finish these statements, then keep reading to find out how to build movement into your day.

---

**1** THIS WEEK, I'LL SET ASIDE THE FOLLOWING TIMES FOR MOVEMENT ...

---

**2** I'LL TRY THINGS LIKE ...

---

**3** THIS IS IMPORTANT TO ME BECAUSE...

---

**4** ONE SIMPLE ACTION I WILL TAKE THIS WEEK IS...

### DID YOU KNOW

The U.S. Department of Health and Human Services says physical activity delivers the following benefits to brain health: improved cognition, performance on academic achievement tests, memory, executive function, quality of life. It can reduce the risk of depression, short-term feelings of anxiety and improve sleep.



1

GET INTO A ROUTINE

2

PICK A TIME  
AND PLACE

3

LIMIT SCREEN TIME

4

RECORD YOUR  
ACTIVITY AND SHARE  
WITH A FRIEND

5

TRY A VARIETY OF  
AT-HOME OR SOLO  
PHYSICAL ACTIVITIES

**TEN  
WAYS  
TO GET  
ACTIVE**



Build activity into your day with some tips from the Public Health Agency of Canada.

Experiment with one thing from the list this week.

What will it be?

6

SET A GOAL

7

JOIN AN VIRTUAL  
EXERCISE GROUP

8

MAKE A PLAN

9

SPREAD ACTIVITY  
THROUGHOUT  
THE WEEK

10

REMEMBER,  
EVERY LITTLE THING  
COUNTS!



**SELF-CARE  
DOESN'T  
NECESSARILY  
MEAN  
JOGGING.**

**SANDRA OH**

---

# Connect

## Maintain your community

Relationships and connection are key to well-being.

Unlike hearts, thumbs up and winky faces in texts and social feeds, building community takes work.

“Tending to your relationships is a form of self-care,” says Dr. Robert Waldinger, a psychiatry professor who directs the Harvard Study of Adult Development.

No one is immune to loneliness. Encourage yourself to maintain meaningful connections during periods of physical distancing. Try catching up with a friend over FaceTime or Skype rather than a simple text message.

### A FEW FRIENDLY SUGGESTIONS

- Instead of a volley of texts, phone a friend or call a loved one.
- Start a virtual book club with friends.
- Create a playlist of your favorite songs and share with friends to brighten their day.

## Social experiment

### OVER TO YOU NOW

Write down four things you could try this month to connect with others while practicing physical distancing.

### DID YOU KNOW

You can use your smartphone for a voice call? LOL!

In fact, you might want to ... One study of children interacting with their moms noted a release of oxytocin (the love hormone) in the kids who did so in person or by phone. This was not the case for those who connected by text. :(



**IF YOU WANT  
TO GO QUICKLY,  
GO ALONE.  
IF YOU WANT  
TO GO FAR,  
GO TOGETHER."**

**AFRICAN PROVERB**

---



## Get yourself a cheap alarm clock

Chances are you don't own a bedside clock, what with the app built into your phone.

If you keep your phone an arm's length from your pillow — like 89 percent of teens — it will be the first and last thing you reach for each day.

Instant access to social media, text messaging and newsfeeds (especially these days) can delay sleep, disrupt natural rhythms and keep you bouncing from one thing to the next.

In the same way, it will disrupt your focus when the day begins.

Try putting your phone in another room overnight. That's why you may need an alarm clock.

Notice if distance from your phone leads to better rest. Oh, and one more pro tip from sleep doctor Matthew Walker: "Turn the clock's face out of view so you don't worry about the time while trying to fall asleep."



# Help Others

**“The best way to find yourself is to lose yourself in the service of others.”**

**MAHATMA GANDHI**

THINK ABOUT HOW YOU WOULD FINISH THIS SENTENCE

**TODAY, I WILL HELP BY...**

---

---

---

**P.S. THIS IS A QUESTION YOU MIGHT CONSIDER REGULARLY! IF YOU KEEP A JOURNAL, CONSIDER WRITING DOWN YOUR ANSWER THERE.**

When you help others, you help yourself.

Next time you need groceries, consider also picking up supplies for an elderly neighbor. By reducing our collective outings, we can protect vulnerable members of our community.

You might even experience “helper’s high” — a feeling of energy, inner warmth and calm created by a release of endorphins in the brain. The phenomenon was first identified by Allan Luks when he surveyed more than a thousand volunteers on the connection between altruism and health.

**DID YOU KNOW**

Researchers have observed the neural golden rule:

“The more we tend to vicariously experience the states of others, the more we appear to be inclined to treat them as we would ourselves.”



**ALMOST EVERYTHING  
WILL WORK AGAIN  
IF YOU UNPLUG IT  
FOR A FEW MINUTES,  
INCLUDING YOU.**

**ANNE LAMOTT**

---

# Recharge

## Book some time for yourself

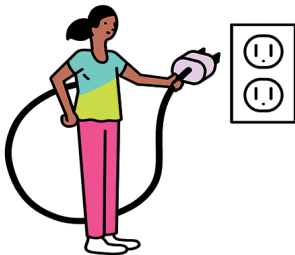
Pull out your calendar or day planner and build in some time to recharge, away from relentless COVID-19 updates on your social media newsfeeds.

Pro tip: Safeguard this time using code words like “deep work” or “exam prep” so that those viewing your calendar respect your time.

Switching from “doing mode” to “being mode” is essential in a 24-7 world where it’s easy to be busy non-stop and always available.

The upside of downtime?

You’ll have more energy and may even be better equipped to respond to stress.



### DID YOU KNOW

Just as a recharge revives your phone, downtime refuels your brain and its ability to focus. It also boosts your get-up-and-go! Research shows it fuels productivity, creativity and our highest levels of performance.

A recent study using brain imaging technology revealed that a great deal of meaningful activity occurs in the brain when the mind is at rest.

# Get Outside

## Be in nature

A breath of fresh air will do you good. Truly! Science says so.

No backyard? No problem! Consider opening a window.

In fact, a 2014 meta-analysis examining the link between “nature connectedness” and happiness suggests a regular dose of the outdoors can be as restorative as it feels, improving attention, emotional functioning and increasing feelings of vitality.

Those of us in cities have to work a little harder to build fresh air into routine.

Close your eyes and consider your daily routine. Can you think of three ways you can get some fresh air?



# Be Prepared



## In case of emergency

Life is full of stressors — conflict with friends, relationship drama, challenges and deadlines, just to start.

Every one of us has moments when things seem too much to handle alone.

Make a list of your go-to people and safe places to be. File it away for moments when you feel overwhelmed.

Consider your resources — family members, teachers, elders, counselors, co-workers, trusted allies, healthcare providers and community support.

Never be shy to ask for help.

## Build your support team

As you consider the names and contacts of those you can turn to when you need an extra hand, think also of the places that will provide safety and support.

Find a special and easy-to-access place for this list — the inside flap of a journal or on a standalone piece of paper that you can tuck into your wallet.

Another way to carry it with you is to photograph your list with your phone!



**DISCOVER MORE WAYS TO PLAN  
FOR SELF-CARE AND SAFETY**

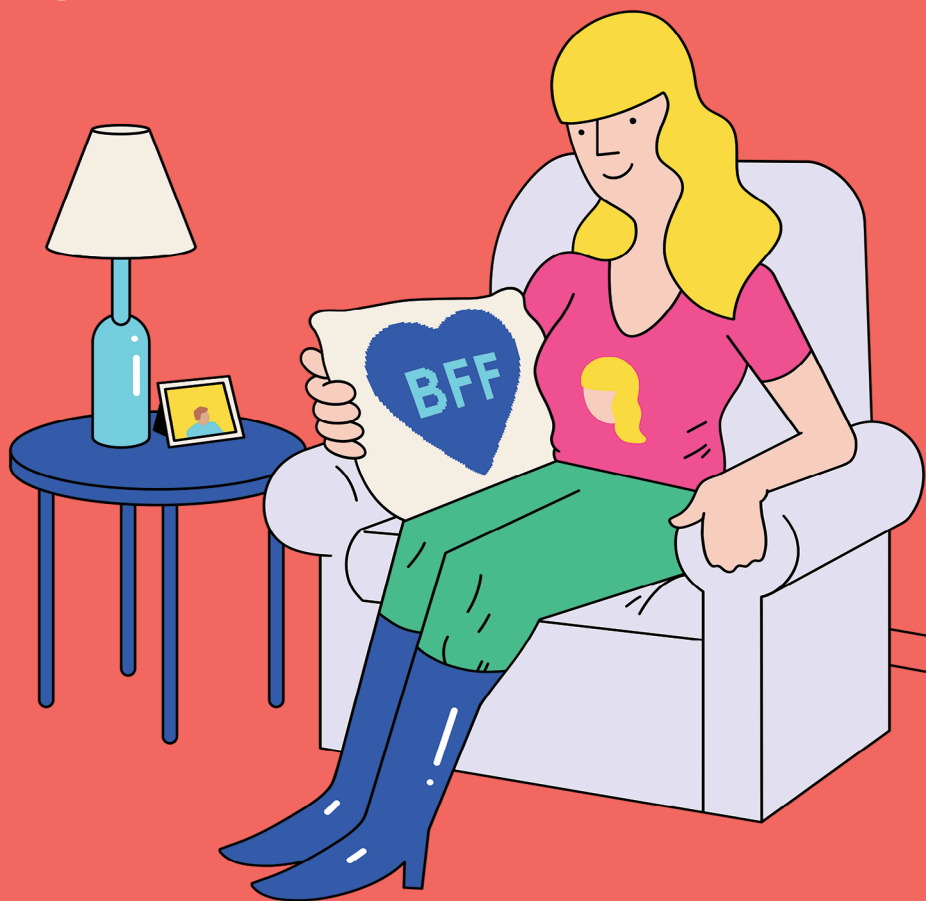


**DON'T BE AFRAID TO  
ASK FOR HELP WHEN  
YOU NEED IT. I DO THAT  
EVERY DAY. ASKING FOR  
HELP ISN'T A SIGN OF  
WEAKNESS. IT'S A SIGN  
OF STRENGTH."**

**BARACK OBAMA**

---

# BE YOUR OWN BFF



OWN YOUR STRENGTHS AND  
FIND YOUR POWER SOURCES

“

**I LEARNED A LONG  
TIME AGO THAT  
THE WISEST THING  
I CAN DO IS BE ON  
MY OWN SIDE,  
BE AN ADVOCATE  
FOR MYSELF AND  
OTHERS LIKE ME.**

**MAYA ANGELOU**

”



## Be Your Own BFF

Think about how you would greet and treat an old friend. If we weren't practicing physical distancing, probably with a great big bear hug! Now consider ways you can extend that same affection to yourself.

Not sure where to begin? Stretch your arms wide. Cross your hands to opposite shoulders. Squeeze!

You have every reason to be your own BFF.\* Being kind to yourself is a good place to start.

"The nurturing quality of self-compassion allows us to flourish, to appreciate the beauty and richness of life, even in hard times," says Dr. Kristen Neff, who has made the field her life's work.

Neff, a researcher at the University of Texas at Austin, has studied the many ways self-compassion trumps self-esteem. For one thing, it does not depend on achievements or accomplishments. "Whether we're on top of the world or at the bottom of the heap, we can embrace ourselves with a sense of kindness," she explains.

Go ahead and turn some kindness inwards!

### TRUE FACT

A friendly hug or a pat on the back releases oxytocin — the hormone involved in social bonding — and reduces cortisol, the stress hormone.

\*FOR THE RECORD, A BFF KNOWS YOU WELL, LOVES YOU UNCONDITIONALLY, RESPECTS YOU ENOUGH TO BE HONEST AND BRINGS JOY AND LAUGHTER WHILE DRAWING OUT THE BEST IN YOU.

## OWN YOUR STRENGTHS

---

CHOOSE AND CELEBRATE THE WORDS BELOW THAT APPLY TO YOU

→ GOOD LISTENER OPTIMISTIC HUMBLE CREATIVE CURIOUS

COURAGEOUS DETERMINED HARD-WORKING FRIENDLY WISE

AUTHENTIC OPEN-MINDED CALM PATIENT HELPFUL HOPEFUL

RESPECTFUL GENEROUS FAIR FLEXIBLE APPRECIATIVE KIND

ARTISTIC DISCIPLINED LOVE OF LEARNING GRATEFUL BRAVE

ACTION-ORIENTED FOCUSED COMPASSIONATE ADVENTUROUS

ENTHUSIASTIC FULL OF GRACE HUMBLE OPTIMISTIC → FROM THE

LIST OF STRENGTHS YOU CIRCLED, RANK YOUR TOP 10 → WHAT OP-

PORTUNITIES DO YOU HAVE TO FLEX THESE STRENGTHS? → WHERE

IN YOUR COMMUNITY DO YOU SEE THESE QUALITIES REFLECTED.

# How To Be Your Own BFF, No Matter What

1

UNDERSTAND THAT  
MAKING MISTAKES  
AND FACING  
CHALLENGES ARE  
ALL PART OF BEING  
HUMAN



2

LEND YOURSELF  
A CURIOUS AND  
COMPASSIONATE EAR  
IF YOU NOTICE  
SELF-CRITICISM, ASK  
YOURSELF: IS THERE A  
KINDER RESPONSE?

3

SEEK TO IDENTIFY  
AND CARE FOR  
YOUR NEEDS

4

REALIZE YOUR  
THOUGHTS ARE  
JUST THOUGHTS

5

BE KIND  
WHenever  
POSSIBLE

## KNOW YOUR VALUES

---

WHAT IS IMPORTANT TO YOU? FIND THE ONES THAT REFLECT YOUR VALUES AND JOT THEM DOWN IN YOUR JOURNAL OR

**NOTEBOOK** → **ABUNDANCE** **ACCOUNTABILITY** **ADVENTURE**

**ADVOCACY** **APPRECIATION** **BALANCE** **BOLDNESS**

**BRILLIANCE** **CHALLENGE** **CONTRIBUTION** **COMMUNITY**

**COMMITMENT** **COLLABORATION** **CONSISTENCY** **CURIOSITY**

**DARING** **DECIVENESS** **DEPENDABILITY** **DIVERSITY**

**FAIRNESS** **FAMILY** **FOCUS** **FORTITUDE** **GRACE** **GRATITUDE**

**GROWTH** **HARD WORK** **HOPE** **IMAGINATION** **LEADERSHIP**

**OPTIMISM** **PATIENCE** **PRODUCTIVITY** **PROFESSIONALISM**

**RESPECT** **RESULTS** **SECURITY** **SKILL** **TALENT**

**TEAMWORK** **TRANSPARENCY** **VISION** **WISDOM** **WONDER**

→ FROM THE LIST OF VALUES YOU SELECTED, RANK YOUR TOP

10 → WHAT OPPORTUNITIES DO YOU HAVE TO PRACTICE THESE

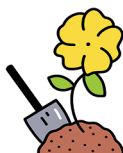
VALUES? → WHERE IN YOUR COMMUNITY DO YOU SEE THESE

VALUES REFLECTED?

Making time for creativity — from coding to gardening, drama to art, to wherever your imagination takes you — enhances well-being.

Think of ways that you like to create. If you are inspired, create a doodle or drawing to remind you that setting aside time for creativity is good for your brain.

#### THINK OF WAYS YOU LIKE TO CREATE



#### THINK OF ANYTHING WE'VE MISSED?

# Express Yourself

# Practice Self-Care



DISCOVER MORE  
ENERGY BOOSTERS

## Identify your power sources

Check the activities that give you an energy boost. They can all be done while physical distancing! Use these ideas to inspire your own list of self-care activities. Write in a journal or notebook, or someplace that's easy to see when you are in need of a little pick-me-up!

- **TALK TO A FRIEND ON THE PHONE**
- **COOK YOUR FAVORITE DISH**
- **TRY A NEW RECIPE**
- **ORDER DELIVERY FROM YOUR FAVORITE RESTAURANT**
- **ORGANIZE A VIRTUAL PARTY**
- **PLAY WITH YOUR PET**
- **EXERCISE, DO YOGA OR TAI CHI**

ADAPTED FROM *THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK*  
BY MATTHEW MCKAY ET AL. (NEW HARBINGER PUBLICATIONS, 2007).

- **STRETCH YOUR MUSCLES**
- **EAT ICE CREAM**
- **GO FOR A WALK**
- **WATCH A FUNNY MOVIE**
- **SLEEP OR TAKE A NAP**
- **STREAM YOUR FAVORITE MOVIE ONLINE**
- **RIDE YOUR BIKE**
- **GO FOR A SWIM**
- **GO HIKING**
- **PLAY A BOARD GAME**
- **PLAY SOLITAIRE**
- **DO A PUZZLE**
- **TAKE A BATH**
- **WRITE A POEM OR STORY**
- **EAT CHOCOLATE (IT'S GOOD FOR YOU!)**
- **READ YOUR FAVORITE BOOK**
- **TAKE A VIRTUAL TOUR OF A MUSEUM  
OR ART GALLERY**
- **PRAY OR MEDITATE**
- **WRITE IN YOUR JOURNAL**

## **DRUGS, ALCOHOL & YOUR BRAIN**

Practicing self-care skills on a regular basis builds stronger neural connections in our brain, called synapses. Using drugs (including cannabis) and alcohol can undo the hard work of building a healthy brain by scrambling the flow of information between synapses and negatively impacting memory, attention, and problem solving.

NATIONAL INSTITUTE ON DRUG  
ABUSE (NIDA), NATIONAL  
INSTITUTES OF HEALTH,  
U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES.



**DISCOVER MORE  
ABOUT BRAINS  
AND DRUGS**

# Kind Hand + Open Heart = Self-Compassion 101

## Caring for yourself, as you would a friend

Self-compassion is a life-long survival skill — one that's most important during challenging times.

Author and educator Rachel Simmons is on a mission to show how it's done.

Sometimes she invites assemblies of high school kids to place their hands on their hearts: "Feel the pressure and warmth of a kind hand."

Go ahead: Try it yourself. (Or place a hand on your cheek, or arm.)

This simple exercise moves many to tears. Simmons explains: "They'd never thought to approach their own setbacks with gentleness."

### TAKEAWAY LESSON

The next time you mess up, think about how you would respond to a friend. Without hesitation, extend the same compassion, kindness and care to yourself!



# Make Your Own Emotional First Aid Kit

## Create a go-to collection of your favorite things

Gather together a few treasures — comfort items — to have on hand when you need a lift. Some ideas: Photos or souvenirs from your happy place. Letters from awesome people. A favorite sweatshirt. Inspirational quotes. A sachet of tea. You get the idea!

You may also want to create a digital space with meaningful photos, movies and songs.

1

**DON'T STOP ME NOW**  
**QUEEN**

2

**DANCING QUEEN**  
**ABBA**

3

**GOOD VIBRATIONS**  
**THE BEACH BOYS**

4

**UPTOWN GIRL**  
**BILLY JOEL**

5

**EYE OF THE TIGER**  
**SURVIVOR**

## THE 10 HAPPIEST SONGS ON EARTH



Dutch neuroscientist Jacob Jolij created a Feel Good Index that measures the number of positive references in a song, its tempo and its key.

What are your go-to, feel-good songs? Create your happy playlist.

### DID YOU KNOW

Listening to pleasurable music releases “feel-good” neurotransmitters.

6

**I'M A BELIEVER**  
**THE MONKEES**

7

**GIRLS JUST WANT  
TO HAVE FUN**  
**CYNDI LAUPER**

8

**LIVIN' ON A PRAYER**  
**BON JOVI**

9

**I WILL SURVIVE**  
**GLORIA GAYNOR**

10

**WALKING ON  
SUNSHINE**  
**KATRINA & THE  
WAVES**

# Save Your Fan Mail

**P.S. And send some, too!**

Create a space where you can save words of praise and appreciation.

Set up a file in the cloud or kick it old school and use an empty shoe box. File any kudos that come your way — texts, emails and letters.

Make this stockpile of cheer and acclamation a go-to place whenever you're in need of a pick-me-up.

In one study of the negativity bias — our tendency to focus on unpleasant things — researchers at Florida State University noted the power of noticing and accumulating the good.

Think about sending your own fan mail to yourself, or to others.

**OPEN YOUR JOURNAL TO  
WRITE A MEMO TO YOURSELF**

# Let Go the FOMO

## Embrace this down lo: Life online ≠ Real life

The fear of missing out is understandable in these days of quarantines and physical distancing. So too is a rise in perfectionism — up 33 percent among U.S., Canadian and British college students since 1989.

“Millennials feel pressure to perfect themselves partly out of social media use that leads them to compare themselves to others,” explains Thomas Curran, a researcher at the Centre for Motivation and Health Behaviour Change at the University of Bath. None of us is immune.

Start by memorizing this equation: Life online ≠ Real life.

Real life is actually greater — and, yes, messier — than living online. It’s worth reminding yourself every time you check in on your social feeds.

Notice when you find yourself comparing yourself to strangers. It happens to everyone! See if you can shake it off ... maybe even LOL and give yourself a break. <3

# Practice Self-Kindness

Send a wish for well-being  
to yourself and others



As odd as it sounds, being kind to yourself can take practice.

Here is a little technique used by people all over the world. You will need a little quiet and a couple of minutes.

- Find a safe place to sit comfortably.
- Start by paying attention to your breathing, feeling your breath move in and out.
- Rest in the quiet, repeating a small wish for yourself.

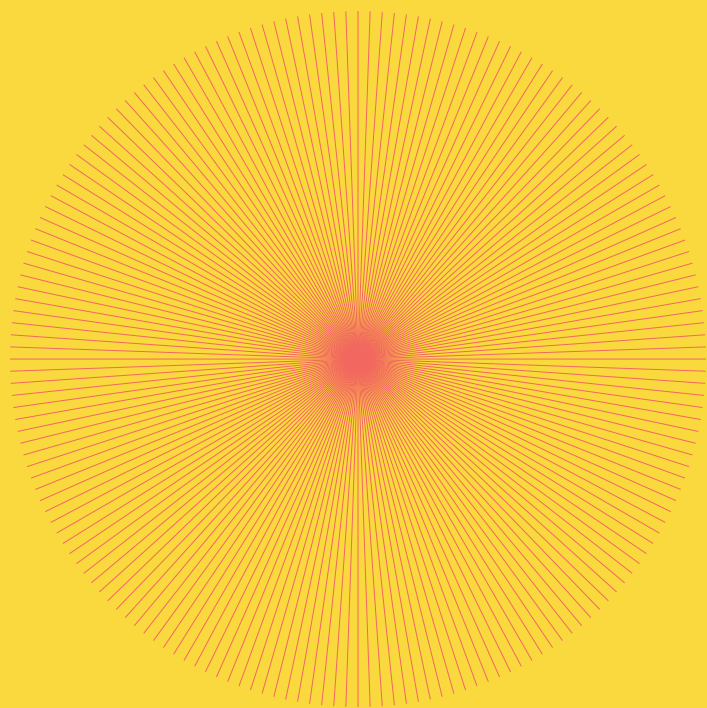
Meditation teacher Sharon Salzberg teaches people to use a phrase something like this: "May I be peaceful and happy." You can use any words you like.

Research shows even a few minutes of this practice can enhance your sense of daily joy, gratitude and hope.

Chances are this will feel weird at the start. It gets easier.



**DISCOVER MORE WAYS TO  
PRACTICE SELF-KINDNESS**



## Shine

We dare you to own a compliment. It's not always easy, especially if you're not tapped into your strength and stand-out qualities.

Because the brain is hyper-alert to potential threats, it is wired to pay acute attention to negative information.

This may be one reason we struggle with positive feedback and praise.

Bask in kind words without deflection. Instead of talking yourself down, or diminishing your achievement — “Oh, it was nothing” — try saying ...  
**THANKS!**

# CONNECT



IT REALLY DOES  
TAKE A VILLAGE.  
GET TO KNOW  
YOURS!

“

SHARED  
JOY IS A  
**DOUBLE JOY.**  
SHARED  
SORROW IS  
**HALF A  
SORROW.**

SWEDISH PROVERB

”



## We all benefit from a sense of belonging

It is key to our well-being — and has forever been so. Friends and followers, groups and hang-outs ... believe it or not, they all existed before Google and Facebook!

Today, we're connected, but also disconnected. We simultaneously celebrate and fret the reach and influence of Snap-streaks, Battle Passes, texts and DMs, chat rooms and virtual community.

We are wired for connectivity. Like the devices we use, sometimes we are fully charged and

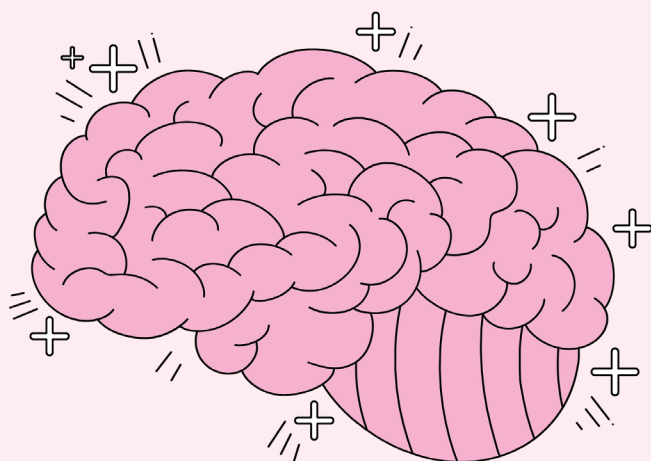
other times ... we're in search of a signal.

Every day, science tells us a little bit more about the measurable ways that everyday interactions, helping hands and kind words enhance our well-being.

In the next few pages, we'll explore this world of connections and perhaps remind you of the many, many ways you are connected — even at times when it doesn't feel that way.

Physical distancing does not mean social isolation.

## THIS IS YOUR BRAIN ON CONNECTIONS



### FACT NO. 1

Even thinking about connections can activate a release of neurotransmitters

### FACT NO. 2

Feeling socially connected reduces cortisol (the stress hormone)

### FACT NO. 3

Brain imaging reveals that all kinds of love grow the brain

### FACT NO. 4

Connections boost the release of oxytocin, the "love and cuddle" hormone

**“We don’t have to do it all alone.  
We were never meant to.”**

**BRENÉ BROWN**

Vivek H. Murthy is a former U.S. surgeon general who remains on guard against risks to public health.

“The most common pathology I saw was not heart disease or diabetes,” he has said of his years in medicine. “It was loneliness.”

In a widely shared *Harvard Business Review* cover story, Murthy voiced his concerns. Among the risks and effects he cited:

- A greater risk of cardiovascular disease, dementia, depression and anxiety.
- Higher levels of inflammation and, in turn, damaged blood vessels.
- An increased risk of diabetes, joint disease and obesity.

We’re watching the warnings. But we also know there are simple ways to engage and connect that allow us to experience the benefits of belonging. We can all do a better job of connecting— to ourselves, and to one another. “We can be the medicine that each other need,” Murthy has said.

Keep reading to find out how.

# Explore Your Virtual Village

## Find your place in it

“Omwana ni wa bhone” is a saying in the Mara Region of Tanzania that means the whole of a community is responsible for its children.

Put another way: It takes a village!

The next few pages are designed to get you thinking about the world around you — your connections with friends, family and communities. Let’s use this time inside to reflect on our meaningful connections.

The world is full of possible connections. Let’s explore the many you have already made.

Time to pull out your notebook again — this time to explore the many connections you have made in the world!

## Friends & Family

- MY FAMILY — BIOLOGICAL AND/OR CHOSEN
- HERE ARE MY GO-TO PEOPLE
- THIS IS MY INNER CIRCLE
- MY FAVORITE PETS AND ANIMALS

## Places

- COUNTRIES I’VE LIVED IN
- ONES I’VE VISITED, OR HOPE TO
- CITIES I KNOW MY WAY AROUND
- MY FAVORITE PLACE

## Schools

- SCHOOLS I HAVE ATTENDED
- THINGS I AM STILL LEARNING
- FAVORITE TEACHERS
- FRIENDS I’VE MET

## Online Connections

- MY GO-TO DIGITAL PLACES AND PLATFORMS
- PEOPLE I FOLLOW

## Clubs, Hobbies & Teams

- TEAMS/CLUBS TO WHICH I'VE BELONGED TO OR CHEERED FOR
- MY COACHES/TEAMMATES
- PLACES I FEEL CONNECTED
- MY HOBBIES

## Work, Service & Volunteering

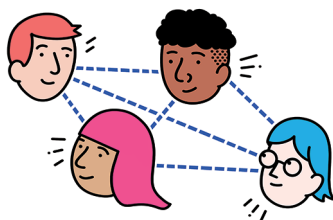
- THE JOBS, PROJECTS AND VOLUNTEER ASSIGNMENTS I'VE TAKEN ON SO FAR
- SOME OF THE PEOPLE I'VE MET
- PROJECTS AND ASSIGNMENTS I MIGHT ENJOY IN THE FUTURE

## Religion & Spirituality

- CHURCHES, FAITH GROUPS OR SPIRITUAL ACTIVITIES THAT HAVE BEEN A PART OF MY LIFE
- FRIENDS AND COMMUNITY I HAVE MET THIS WAY

**“The truth is, we are all one connected thing. We are all from the exact same molecules.”**

ELLEN DEGENERES



The list you've just made is just for you.

It's not exhaustive. It's probably complicated! Perhaps it's brought up a few names you've not thought of in a while. (Maybe — though not always — that's for a reason.) With luck, it has identified ways to connect with people, places and experiences.

# In Your Corner

## My supporting players

On page 36, we encouraged you to make a list of your go-to people. As you think about how you would answer the questions on this page, it might inspire you to add a few more names!

Using suggestions from Mental Health America, we've created a few sentences to help you bring your people into focus. Think about how you would complete the following sentences. Adjust any words to make this work for you.

Think about how you would complete the following sentences.

- I ALWAYS FEEL COMFORTABLE WITH
- I CAN TELL ANYTHING TO
- PEOPLE WHO HELP ME TO SOLVE PROBLEMS
- PEOPLE WHO MAKE ME FEEL VALUED
- PEOPLE WHO TAKE MY CONCERNS SERIOUSLY



For many of us, it will be tricky to fill in every blank right now. It can take time to build a team.

**“The most basic and powerful way to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention. A loving silence often has far more power to heal and to connect than the most well-intentioned words.”**

**RACHEL NAOMI REMEN**

As you move through these pages, give thought to those you might turn to when you need a lift or a laugh.

The opportunity to help another is a gift—corny, but true. In a way, that makes your decision to ask for—or accept—help another gift. Friendships, relationships and communities are built on this reciprocity.

#### **BONUS ASSIGNMENT**

There are also people in our lives who we support. Take a moment to jot down the names of those you have helped in the past.

→ **IS THERE SOMEONE YOU ARE CURRENTLY SUPPORTING, OR WOULD LIKE TO SUPPORT MORE?**

#### **ONE WAY TO ASK FOR HELP**

Not sure how to ask for help?

Kids Help Phone offers some advice that’s as good for adults as it is for children.

They suggest you start like this:

“Say, ‘I need information about/support with X. Do you know where I can go?’”

Keep reading for more tips on talking and listening.

**IF YOU ARE IN CRISIS, GO TO THE NEAREST HOSPITAL OR CALL 911**

# A Reason to Smile\*



"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

This quote from Thich Nhat Hahn is more than just a happy thought, it's scientific fact. Engaging your "smile muscles" signals the release of endorphins.

Don't take our word for it. See for yourself!

## **BONUS**

Smiling is contagious!

## **TRY THIS AT HOME**

Flash yourself a grin whenever you're in front of the mirror brushing your teeth. Make smiling a part of your morning routine.

\*DON'T FEEL LIKE IT?  
THAT'S OKAY. WE'VE  
BEEN THERE, TOO.





**YOUR SMILE  
IS WORTH  
A FORTUNE,  
AND YOURS  
TO SPEND  
AS YOU WISH.”**

**LIN-MANUEL MIRANDA**

# Caring For Connections

Ready to keep exploring? Go back a few pages to review what you've recorded about your village. With names and places in mind, consider the following questions:

Are there people you've lost touch with? Lots, probably! Do any reasons come to mind as to why you might like to reconnect? If so, who would you like to reach out to?

Are there any relationships on your list that could be repaired or strengthened with an apology or by offering some forgiveness?

Is there someone on your list who would appreciate some appreciation?

Ready for some deep reflection? Check out the names and places you came up with as you explored your community. Consider if, and how, the questions on this page apply to those names.

# Explore Your Roots

Is there someone in your world you'd like to know more about?

If so, who would you like to reach out to? Perhaps you could get to know them, interview-style. Think of the things you would like to find out.

A "TO TRY" LIST

- BEND AN EAR. JUST LISTENING IS POWERFUL
- SAY THANKS TO THOSE WHO MAKE A DIFFERENCE
- SAY HELLO TO SOMEONE WITH WHOM YOU MIGHT HAVE LOST TOUCH
- CONSIDER A SENIOR IN YOUR LIFE WHO COULD USE A TELEPHONE CALL
- ACKNOWLEDGE AND GIVE THANKS TO THE PERSON WHO STOCKS THE PRODUCE AT YOUR SUPERMARKET
- WATCH FOR PEOPLE WHO ARE DOING JOBS YOU MIGHT TAKE FOR GRANTED
- WATCH FOR EVERYONE ELSE YOU MIGHT OTHERWISE OVERLOOK
- WRITE A NOTE OR TWEET OF APPRECIATION TO OUR HEALTH CARE WORKERS OR ESSENTIAL SERVICE PROVIDERS

# How to Start (or Deepen) a Conversation

## Here are 12 questions to get the ball rolling

Twenty years ago, Arthur Aron crafted 36 questions to create closeness between two people in an experimental setting. The opposite of small talk, the list features mind-expanding, open-hearted questions designed to build relationships. A few years ago, the list went viral after an essay in the *New York Times* described how the lab questions could be employed in real life.

A quick search for Aron and 36 questions will yield you the complete list and many ways it has been used!

We consulted and adapted those questions to create conversation starters. We started with 12 questions on strips of paper, which we dropped in a jar in the middle of the table. When the mood is right — and sometimes even when it's not — we pull out a question and go around the table listening to the replies. As you will see, the questions here will inspire more of your own.

- **1** GIVEN THE CHOICE OF ANYONE IN THE WORLD, WHO WOULD YOU WANT AS A DINNER GUEST?

---
- 2** HOW WOULD YOU LIKE TO MAKE A DIFFERENCE IN THE WORLD?

---
- 3** IF YOU COULD WAKE UP TOMORROW HAVING GAINED ANY ONE QUALITY OR ABILITY, WHAT WOULD IT BE?

---
- 4** IF A CRYSTAL BALL COULD TELL YOU THE FUTURE, WHAT WOULD YOU WANT TO KNOW?

---
- 5** WHAT HAVE YOU DREAMED OF DOING FOR A LONG TIME? WHY HAVEN'T YOU DONE IT?

---
- 6** WHAT WOULD CONSTITUTE A "PERFECT" DAY FOR YOU?

---
- 7** WHO OR WHAT DO YOU FEEL MOST GRATEFUL FOR?

---
- 8** WHAT IS THE GREATEST ACCOMPLISHMENT OF YOUR LIFE?

---
- 9** WHAT DO YOU VALUE MOST IN A FRIENDSHIP?

---
- 10** WHAT IS YOUR MOST TREASURED MEMORY?

---
- 11** SHARE AN EMBARRASSING MOMENT IN YOUR LIFE.

---
- 12** WHEN DID YOU LAST CRY?

---

# Don't Just Listen Up, Listen Deep\*

## The easiest way to understand someone else is to listen

Attention is a limited commodity and listening can be really, really hard, especially as our daily conversations are virtual rather than IRL. Use nonverbal cues to note that you hear what is being said — smile, nod ... whatever makes sense. Pose open-ended questions that encourage the speaker to elaborate, if they so wish.

*Messages: The Communications Skills Book* by Matthew McKay, Martha Davis and Patrick Fanning includes the following 12 blocks to listening. Think about the things you do most often. Next time you are in conversation, notice if you can gently bring your attention back to the conversation any time you find it somewhere else.

### PRACTICE MINDFUL SPEECH\*

Here are three good questions to ask yourself before you speak:

- Is it true?
- Is it necessary?
- Is it kind?

\*ALSO APPLIES TO SOCIAL MEDIA POSTS AND TEXT MESSAGES

## 12 BLOCKS TO LISTENING

### 1

#### COMPARING

It's hard to listen when you are focused on measuring up.

### 4

#### FILTERING

You pay only enough attention to see if you're in emotional danger.

### 7

#### IDENTIFYING

You take everything said and refer it to your own experience.

### 10

#### BEING RIGHT

You go to any lengths to avoid being wrong.

### 2

#### MIND READING

This happens when you spend less time listening and more time looking for hidden meanings.

### 5

#### JUDGING

This can happen often, which makes it difficult to stay in the conversation.

### 8

#### ADVISING

Without hearing even a few words, you begin searching for advice.

### 11

#### DERAILING

"Suddenly changing the subject."

### 3

#### REHEARSING

In this case, you get distracted by thinking about what you are going to say next.

### 6

#### DREAMING

"You're half-listening, and something the person says suddenly triggers a chain of private associations."

### 9

#### SPARRING

You argue and debate.

### 12

#### PLACATING

You agree with everything said because you want people to like you.



**Phone  
+ snub  
= Phub**

It's a funny new word used to describe mindless moments in which we prioritize digital interaction over real-life connections.

We don't need research to tell us that it's rude to focus on social media or email while having a conversation with someone on the phone or in a video chat. Make a mindful decision about where you put your attention.



# Turn Off, Tune In

## Explore what it feels like to disconnect

Just because you carry your phone everywhere does not mean you always need to be available!

- Turn off app notifications.
- Use auto-reply to identify times when you will be away from email — if you use it — so you may not have to worry about watching your phone.
- Try putting your device on “do not disturb,” a setting that still allows you to get messages from your VIP or favorites list.

## Write your own rules

The Unlonely Project of the Foundation for Art & Healing suggests creating your own manual to guide your use of social media.

- Develop real strategies.
- Include plans to check in with friends regularly over the phone or on FaceTime.

**FOR MORE INSPIRATION,  
FOLLOW @WEMOVEMENT**

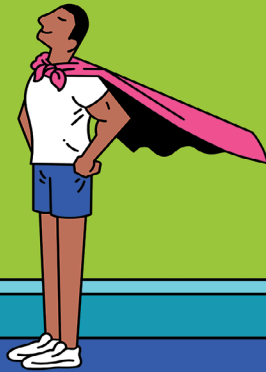
### DID YOU KNOW

We are social animals who forget to socialize. One oft-cited study of Chicago commuters revealed the ways small talk and little exchanges with strangers can have a positive influence on well-being. Still, most of us think we'd prefer to sit in silence — almost certainly staring into our phones.



**DISCOVER WAYS  
TO HARNESS  
TECHNOLOGY  
FOR GOOD!**

TIME TO FLEX YOUR  
INNER STRENGTHS



# TAP INTO YOUR SUPERPOWERS



"MAY ALL OF YOUR VIBES SAY: I GOT THIS."

— CLEO WADE

## Tap Into Your Superpowers

Remember where we started?

You = Awesome

Here is what else we know:

**YOU**  
=  
**COMPASSIONATE**  
+  
**RESILIENT**

We like to think of these qualities — along with gratitude, empathy and altruism — as superpowers that promote and sustain well-being.

In this section, we will look at ways to bolster and share these qualities, so that when times get tough — as they will — you will be able to draw on these inner strengths.

Knowing how to find them in yourself means you'll be able to recognize them in others.

The ability to see the good in yourself and beyond is an extraordinary skill that will serve you well in life. Same goes for the know-how and ability to put yourself in someone else's shoes. This alone, will make the world a kinder place.

# Gratitude

THINK ABOUT HOW YOU WOULD FINISH THIS SENTENCE

**TODAY, I AM  
GRATEFUL FOR ...**

---

---

---

It's something to think about first thing in the morning or last thing at night. If you journal, come back to the question regularly.

Take it from Robert Emmons, a world-leading scientific expert on gratitude. By studying more than 1,000 people ages eight to 80, he and researchers linked the benefits of gratitude practice to stronger immune systems, higher levels of positive emotions, better sleep and more get up and go.

Try setting aside time each day to reflect — perhaps first thing in the morning or last thing at night. You will thank yourself later!

**PULL OUT YOUR JOURNAL AND JOT DOWN FIVE THINGS FOR WHICH YOU ARE THANKFUL. IT WILL BE HELPFUL TO PULL OUT THIS LIST WHEN COVID-19 IS A DISTANT MEMORY.**

## Thanks a thousand

A.J. Jacobs is always super grateful for his morning coffee. In fact, the bestselling author is so appreciative that he decided to thank everyone who makes it possible. Turns out that is hundreds and hundreds of people, as he recounts in his book, *Thanks a Thousand: A Gratitude Journey*. “Most of us err on the side of being under-grateful instead of being over-grateful,” he explained of his exercise in trying to thank everyone involved in the process. Are you ready to celebrate small wonders? Jacobs advises starting with little things: “It’s a discipline, a practice.”

## Express thanks (Yes, a text will do)

Here’s an experiment you SHOULD try at home. Set aside two minutes to send a quick email, tweet, direct message or text to express gratitude to one person you know.

“It’s so simple,” positive psychology expert Shawn Achor says of the technique. Social connection is a predictor of long-term happiness. As he explains, studies show that senders feel happier with every dispatch. Phone calls work, too, of course!

### TRY THIS

Author A.J. Jacobs also builds gratitude into his bedtime routine.

“Instead of counting sheep, I count things to be grateful for. And here’s the trick. Do it alphabetically. So I’ll start with A and be grateful for, say, the apple pancakes my sons made me over the weekend. Then I’ll move onto B.... They can be small things or big things. I rarely make it to Z. I usually fall asleep around F or G.”

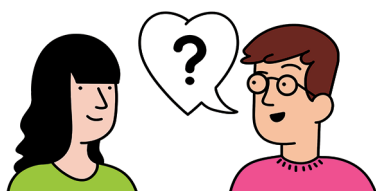
Drop your A to Z on paper, or make this exercise a bedtime ritual.



**HAPPINESS DOES NOT  
LEAD TO GRATITUDE.  
GRATITUDE LEADS  
TO HAPPINESS.**

**BENEDICTINE MONK DAVID STEINDL-RAST**

# Compassion & Empathy



## ‘How are you?’ It’s a simple question worth asking twice

“‘Fine’ is a nothing word,” writes stand-up comedian Juliette Burton. “It’s like ‘nice.’ There’s so many words we really mean. Fantastic? Elated? Terrific? Euphoric? Manic? Hectic? Busy? Excited? Fraught? Struggling? Sad? Angry? Anxious? Depressed? Worried? Overwhelmed? Scared? Alone?”

So when you ask, “How are you?” and someone says, “fine” — as we all do — consider asking again. It’s important to demonstrate compassion and empathy especially with others who might be struggling during this uncertain time.

The Time to Change movement in the United Kingdom offers a few ways to follow up when a friend says, “fine, thanks.” You’ll have your own words, of course. →

### ARE YOU SURE?

“Short, simple, but very effective.”

### COOL, YOU KNOW WHERE I AM IF YOU NEED ME?

### HOW’S WORK?

A boring question, but one that shows interest without prying.

### WHAT ARE YOU BINGE WATCHING LATELY?

Chatting about everyday things is a nice way to stop prodding your pal.

### NICE ONE, HAVING A TOUGH DAY MYSELF, IF I’M HONEST

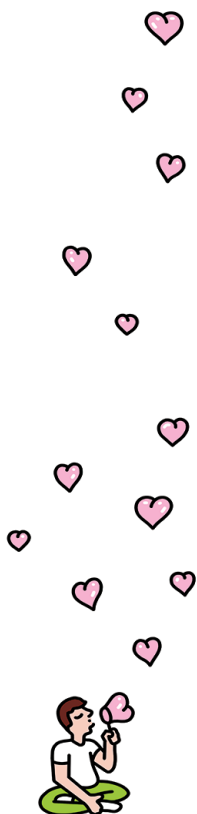
It’s okay to talk to other people about your worries.



### DISCOVER MORE ON MENTAL HEALTH LITERACY AND THE POWER OF WORDS



## Send good wishes into the world



Earlier in these pages, we started to explore the practice of self-kindness. Seriously, it's a practice!

Building on the technique, you might like to see what happens when you shift the focus from "me" to "we."

Here are the basics:

- Find a quiet place to sit.
- Begin to pay attention to your breathing.
- After a minute or two, bring someone to mind that you love, or someone who is having a hard time. (Maybe that's the same person.) Picture your individual.
- Now, each time you breathe out, dedicate that breath — and a good wish — to that person.

You could add words, like, "May you be peaceful and happy." You might even take time to send yourself some good wishes: "May I be peaceful and happy." Use any words you like.

Like we said earlier, this will feel weird to begin. It gets easier!

## What to expect when you don't know what to expect\*

Life can feel uncertain right now. The great unknown can stir up feelings of anticipation, excitement, worry and anxiety — perhaps all at once! Research shows we are all unique in how we respond to uncertainty.

What's your trick for facing down adversity? Putting pen to paper might help you identify some tactics you can use the next time you are up against it.

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**1**      **THINK OF ANOTHER TIME YOU FELT UNCERTAIN.  
WHAT WAS THAT EXPERIENCE LIKE FOR YOU?**

---

**2**      **WHO HELPED YOU GET THROUGH IT?**

---

**3**      **WHAT HELPED YOU GET THROUGH IT?**

### **REMEMBER: YOU'VE GOT THIS!**

These pages are full of tips and tactics that will help you respond to the curve balls of life. Not sure where to begin? Flip back to the beginning of this guide and check out the Owner's Manual for small actions that can make a big difference in your life.

**“Try to see the big picture. Whatever has happened is probably a short chapter in the long book of your life.”**

**DR. RICK HANSON**

**HAVING A TOUGH GO? BE KIND TO YOURSELF**

When things seem complicated, it can help to get back to basics: Sleep. Eat well. Hydrate! Get active. Connect with friends and loved ones. Get outside! Take a tech break. Recharge. Help others.

## Resilience

### Resilience is a process, and it takes a village

Dr. Michael Ungar of Dalhousie University has travelled the world talking to people in an attempt to identify what makes it possible for us to survive when we're under great stress or facing adversity.

Resilience is a process that involves using the resources we have around us, and inside of us, to promote our well-being.

In times of challenge, it's not just about calling on inner resources — courage, self-compassion and gratitude, for example — it's about being able to rely on external ones, including the people around us.

There is resilience in connection, belonging and community, which just so happens to be what we've been exploring! As you will see, finding a way to help others can also help.

## Train your brain to take in the good

The brain is amazing.

One of its quirks is original wiring designed to keep cave dwellers on alert for sabre-tooth cats and monster crocodiles. Its modern-day manifestation is known as “negativity bias” and Dr. Rick Hanson has a fantastic way of explaining its effect.

The psychologist and author compares the brain to Velcro for negative experiences, and Teflon for positive ones. Explains a lot, right? As a result, we pay acute attention to the negative.

Good news, though. As we’ve learned, we can train the brain. By intentionally taking time to turn positive events into positive memories and experience, you can teach your brain to look for the good in the world. Dr. Hanson champions a technique called “taking in the good.” It works like this →

# 1

---

THINK OF A POSITIVE EXPERIENCE YOU HAVE HAD RECENTLY

# 2

---

TAP INTO THOSE GOOD FEELINGS

# 3

---

LET THE FEELING SINK IN, NOTICING WHERE YOU FEEL IT IN YOUR BODY

See if you can stay with it for 20 to 30 seconds as neurons that fire wire together!

# 4

---

PRACTICE THIS FIVE OR SIX TIMES A DAY

## Overcoming Adversity

There is no right or wrong way to respond to grief. There are no rules on confronting challenges or adversity. We do know that helping can help.

In the next few pages, meet three women who found a way to transform suffering:

### 1 / SHERYL SANDBERG

## Grief, loss and option B

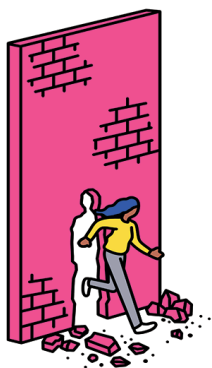
In the early days after the loss of her husband, Sheryl Sandberg shared a raw and intimate post on Facebook. She described the choice that arises after loss:

“You can give in to the void, the emptiness that fills your heart, your lungs, constricts your ability to breathe or even think. Or you can try to find meaning.”

In a bid to help others, Sandberg shared hard-earned lessons in resilience.

“I couldn’t undo the tragedy of Dave’s death,” she later said, “but, maybe, just maybe, there could be some meaning from it, that some good could come from it.”

Millions were moved to share Sandberg’s post, which inspired a bestselling book and an organization called Option B to help people build resilience in the face of adversity.





**DO NOT JUDGE ME  
BY MY SUCCESS,  
JUDGE ME BY  
HOW MANY TIMES  
I FELL DOWN AND  
GOT BACK UP AGAIN.**

**NELSON MANDELA**

## WHAT TO SAY WHEN YOU DON'T KNOW WHAT TO SAY

Sheryl Sandberg has spoken movingly about the way routine questions can seem bewildering in the wake of crisis.

She has one way you can acknowledge when someone you know is struggling. Instead of asking, “How are you?” — how on earth do you think?!? — try saying, “How are you today?”

Sandberg says it’s a shorthand for “I know you are suffering.” Acknowledgement — of pain and loss and grief — is key to empathy.

## 2 / ANNIE BARTLETT

### Altruism, adversity and the battle against stigma

Our friend Annie Bartlett liked to introduce herself as a “visual artist, folk dancer, jujutsu fighter and feminist.” She was also a fierce social activist — especially near the end of her life.

The teen had a passion for public speaking and would bound to center stage with a huge smile and a yellow knapsack on her back. What audiences couldn’t see was the IV tube running out of her sleeve, delivering antibiotics from two pumps in the bag.

Annie lived with cystic fibrosis and made it her mission to fight stereotypes. “Annie reminded us that those living with illness are so much more than their diagnosis,” Prime Minister Justin Trudeau said in the days after her death in 2018.

“I am never going to say anything positive about CF,” Annie once said. “But now I know I can create goodness from something truly devastating.”

Annie’s mom told us that helping others helped Annie, even when she was really sick.

## 3 / EMMA GONZÁLEZ

**It's OK to deal with adversity  
in your own way**

You may know Emma González as one of the brave faces and founders of March for Our Lives, led by students and survivors of a mass shooting at Marjory Stoneman Douglas High School in Parkland, Florida.

March for Our Lives inspired hundreds of thousands of youth to protest on Washington and across American for safer schools and communities. They've also turned their focus to turning out the vote.

In the whirlwind, Emma was asked how she takes care of herself. She shared with an audience at the *Teen Vogue* Summit that she'd found refuge in comedy on Netflix.

Another time, writing in the *New York Times*, she allowed she also cried a lot. "But crying is healthy and it feels good — I really don't know why people are so against it. Maybe because it's loud. Crying is a kind of communication, and communication is awesome. The lack of communication is what keeps us in this situation."

**"The bamboo  
that bends is  
stronger than  
the oak that  
resists."**

JAPANESE PROVERB



**WAYS TO PROMOTE RESILIENCE IN THOSE AROUND YOU → 1 GIVE AND RECEIVE: NURTURE POSITIVE INTERACTIONS AND STRONG RELATIONSHIPS / 2 CELEBRATE DIVERSITY / 3 OFFER HOPE AND OPTIMISM / 4 BECOME AWARE OF YOUR EMOTIONS AND HOW TO EXPRESS FEELINGS / 5 GIVE PEOPLE A CHANCE TO FIX MISTAKES / 6 ASK FOR HELP / 7 SHARE A LAUGH / 8 ENCOURAGE OTHERS TO TRY NEW THINGS, EVEN IF THEY MAY NOT BE SUCCESSFUL RIGHT AWAY (WHO IS?) / 9 PROMOTE A SENSE OF BELONGING AND MATTERING IN OTHERS / 10 SUPPORT ROUTINE / 11 CREATE SAFE SPACES WHERE UNCOMFORTABLE THINGS CAN BE TALKED ABOUT / 12 GIVE YOURSELF PERMISSION TO TAKE A BREAK WHEN YOU NEED ONE / 13 OFFER OTHERS BREATHING ROOM / 14 TALK ABOUT COPING STRATEGIES / 15 CELEBRATE STRENGTHS / 16 BE OPEN, ACCEPTING AND NON-JUDGMENTAL / 17 STAND UP FOR THOSE WHO ARE BEING MISTREATED / 18 LET OTHERS STAND UP FOR YOU WHEN YOU NEED IT**

## Don't let failures define you



In 2009, Barack Obama visited Wakefield High School in Arlington, Virginia, to talk to America's school children about the powerful learning that can come from the mistakes we make.

Here's just a little of what he said that day — universal advice that applies to every age:

"I know that sometimes you get that sense from TV that you can be rich and successful without any hard work — that your ticket to success is through rapping or basketball or being a reality TV star. Chances are you're not going to be any of those things.

The truth is, being successful is hard.

You won't love every subject that you study. You won't click with every teacher that you have. Not every homework assignment will seem completely relevant to your life

right at this minute. And you won't necessarily succeed at everything the first time you try.

That's okay.

Some of the most successful people in the world are the ones who've had the most failures. J.K. Rowling — who wrote *Harry Potter* — her first *Harry Potter* book was rejected 12 times before it was finally published.

Michael Jordan was cut from his high school basketball team. He lost hundreds of games and missed thousands of shots during his career. But he once said, 'I have failed over and over and over again in my life. And that's why I succeed.'

These people succeeded because they understood that you can't let your failures define you — you have to let your failures teach you. You have to let them show you what to do differently the next time."



**SOME OF THE MOST  
SUCCESSFUL PEOPLE  
IN THE WORLD ARE  
THE ONES WHO'VE HAD  
THE MOST FAILURES."**

**BARACK OBAMA**

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## How to practice resilience

We've all heard this saying: "Find a job you love to do, and you'll never have to work a day in your life." Few and lucky are those who truly know what it means!

The truth is that work is not always fun. (That's why it's called work, as another saying goes.) To quote Don Draper from *Mad Men*, "That's what the money is for!"

We're grateful to Dr. Michael Ungar for introducing us to these seven principles for developing career resilience. To be honest, we think they apply to everything in life →

# 1

BALANCE DREAMING  
AND REALITY

# 2

DO WHAT YOU  
LOVE SOMEWHERE  
IN YOUR LIFE

# 3

PLAN WITH POSITIVE  
UNCERTAINTY

# 4

FIND A STARTING  
POINT RATHER THAN  
A DESTINATION

# 5

EXPECT THE  
UNEXPECTED

# 6

ALWAYS HAVE  
A PLAN B

# 7

EXPECT TO BE  
UNCOMFORTABLE



**PRO TIP FROM A FOUR-STAR GENERAL: MAKE YOUR BED EVERY MORNING** → WILLIAM H. MCRAVEN WAS A NAVY SEAL FOR ALMOST FOUR DECADES, SO HE KNOWS A THING OR TWO ABOUT RESILIENCE. HE OFFERED THIS PRACTICAL ADVICE TO THE CLASS OF 2014 AT THE UNIVERSITY OF TEXAS: “IF YOU MAKE YOUR BED EVERY MORNING YOU WILL HAVE ACCOMPLISHED THE FIRST TASK OF THE DAY. IT WILL GIVE YOU A SMALL SENSE OF PRIDE, AND IT WILL ENCOURAGE YOU TO DO ANOTHER TASK AND ANOTHER AND ANOTHER. BY THE END OF THE DAY, THAT ONE TASK COMPLETED WILL HAVE TURNED INTO MANY TASKS COMPLETED. MAKING YOUR BED WILL ALSO REINFORCE THE FACT THAT LITTLE THINGS IN LIFE MATTER. AND, IF BY CHANCE YOU HAVE A MISERABLE DAY, YOU WILL COME HOME TO A BED THAT IS MADE — THAT YOU MADE — AND A MADE BED GIVES YOU ENCOURAGEMENT THAT TOMORROW WILL BE BETTER. IF YOU WANT TO CHANGE THE WORLD, START OFF BY MAKING YOUR BED.”

# Altruism



## Post something uplifting

We dare you to post something on social that inspires and lifts up your friends — a post about something unrelated to COVID-19.

Tend to your social feeds as you would to a garden. Plant with intention and stay on top of the weeds. Start right now with an inventory of the posts and messages that are competing for your attention.

Get rid of the noise and negative influences.



### A FEW FEEDS I FOLLOW

[@WEMOVEMENT](#)

[@WEVILLAGES](#)

[@METOWE](#)

**“There are just some times you have to give yourself space to be quiet, which means you’ve got to set those phones down.”**

**MICHELLE OBAMA**

# When In Doubt, Follow a Golden Rule

Across cultures and religions, there is a teaching that ties together empathy, compassion and altruism.

In Christianity, it is known as the golden rule:

“Do unto others as you wish them to do unto you.”

In Indigenous spirituality, Chief Dan George observed:

“We are as much alive as we keep the earth alive.”

Religious scholar Karen Armstrong once used a TEDtalk to talk about the transformative power of thinking about someone else: “To do it all day and every day, you dethrone yourself from the center of your world, put another there, and you transcend yourself,” she said. “It brings you into the presence of what’s been called God, Nirvana, Rama, Tao. ”

The next time you have a sense of someone else’s feelings, notice if it compels you to take action.

A USER'S GUIDE  
TO EMOTIONS



FEEL ALL  
THE FEELS





**S IS FOR STOP**  
**(AND ALSO SELF-EXPLANATORY)!**



**T IS FOR TAKE A BREATH**



**O IS FOR OBSERVE**  
**NOTICE THOUGHTS, FEELINGS**  
**AND SENSATIONS IN THE BODY\***

\*NOT SURE HOW TO DESCRIBE IT?  
DON'T FRET. THAT'S WHAT THIS  
CHAPTER IS ALL ABOUT!



**P IS FOR PROCEED**

## Feel All the Feels

### Saddle up. We're heading into emotional territory!

First though, let's STOP. We picked up this self-awareness trick from Dr. Elisha Goldstein. Practice this pause and you will be able to harness its power any time the moment demands. The short "time-in" is a reminder to breathe. It gives you space and creates choices as you notice what is going on in real time.

We are going to explore emotions in stages:

- Learning to STOP.
- Turning emotions into words.
- Putting new know-how to work.

Joyful or sad, bored or wired, anxious or exhilarated. Sometimes it feels like everything all at once! Just by being human, you demonstrate the ability to roll with emotions, feeling things even when they're unpleasant.

We can get to know our emotions — what they feel like, where they live in the body, how they affect the things we say and do.

Our friend Dr. Stanley Kutcher likes to remind folks that negative emotions are a part of good mental health. "Crying, feeling sad, getting annoyed or angry, etc. are all normal responses to life's challenges," he writes. (Phew.)

With intention and practice, you can become more aware of your emotions and take action to promote your well-being. The better you get at managing emotions, the more control you will have in every situation.

#### BONUS

You will also become aware of the needs and emotions of others!

## Q. WHAT'S UP? A. SEE BELOW ...

HOW ARE YOU? IT'S A QUESTION MOST OF US REPLY TO WITH AN "OK" OR "GOOD" OR "FINE." IMAGINE THE WAYS WE MIGHT REPLY! (THERE IS NO WRONG WAY TO FEEL!) → JOYFUL  
EXCITED ENERGETIC CHEERFUL CREATIVE HOPEFUL DARING  
FASCINATED STIMULATED AMUSED PLAYFUL OPTIMISTIC  
POWERFUL FAITHFUL IMPORTANT APPRECIATED RESPECTED  
PROUD AWARE CONFIDENT WORTHWHILE DISCERNING  
VALUABLE SUCCESSFUL SURPRISED PEACEFUL CONTENT  
THOUGHTFUL INTIMATE NURTURING TRUSTING LOVING  
RELAXED PENSIVE RESPONSIVE SERENE SECURE THANKFUL  
SAD GUILTY INFERIOR LONELY DEPRESSED ASHAMED  
BORED TIRED REMORSEFUL STUPID ISOLATED APATHETIC  
SLEEPY MAD HURT HOSTILE ANGRY FRUSTRATED SELFISH  
HATEFUL CRITICAL DISTANT SARCASTIC IRRITATED  
SKEPTICAL SCARED CONFUSED INSIGNIFICANT REJECTED  
HELPLESS SUBMISSIVE ANXIOUS INSECURE INADEQUATE  
BEWILDERED DISCOURAGED EMBARRASSED OVERWHELMED



**“Emotions are like passing storms, and you have to remind yourself that it won’t rain forever. You just have to sit down and watch it pour outside and then peek your head out when it looks dry.”**

**AMY POEHLER**

The emotions listed on the previous page are drawn from the work of Dr. Gloria Willcox. You will have more words of your own to add!

This is not seriously to suggest that you change your answer when someone asks about your well-being. But, when a

practice like STOP invites you to “observe,” you will have new ways to describe what you are experiencing.

This alone is huge when it comes to understanding one’s inner life. By paying attention this way, you may come to appreciate that emotions come and go.

**PRO TIP: 'NAME IT TO TAME IT'**

When it comes to dealing with strong or negative emotions, Dr. Dan Siegel notes how effective it can be to stop to identify what you are experiencing. In the words of the psychiatry professor and best-selling author: "Name it to tame it."

This is where the skills we've just learned — to STOP, and to notice — get put to work. Even in a whirlwind or a fury, attempt to put a name to what you are experiencing. You might say to yourself, "I am really angry" or "I am super frustrated."

This is the magic: The work of identifying an emotion — naming it, stopping to notice how it feels in the body — actually helps us to disengage from it. Researchers in Finland have mapped emotions and found that they are often experienced in consistent ways — anger in the upper torso, for example, or happiness throughout the body.

The more you get to know your emotions — giving them a name and locating them in your body — the more efficient you will become at identifying them. Remember, there is no wrong way to feel! This practice (a.k.a. emotion regulation) has been shown by brain imaging scans to calm the brain's emotional centers. It helps us to create choices in any given moment, and it gives us the chance to respond, rather than react.

The better you get, the more options you will have. When you feel yourself getting angry, for example, you might be able to pause a conversation or request a short break in a stressful meeting.

As we build these chops, we train the brain and strengthen well-being.





**THE BEST AND MOST  
BEAUTIFUL THINGS  
IN THE WORLD  
CANNOT BE SEEN OR  
EVEN TOUCHED —  
THEY MUST BE FELT  
WITH THE HEART.**

**HELEN KELLER**

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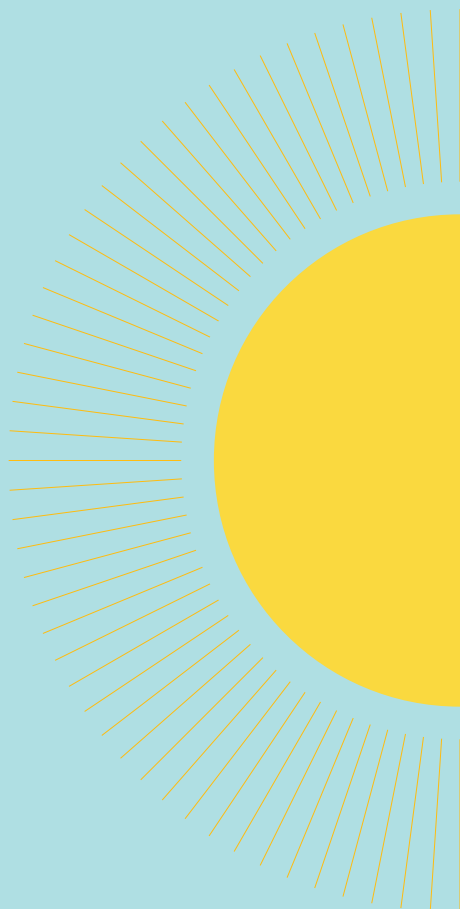
# Try This

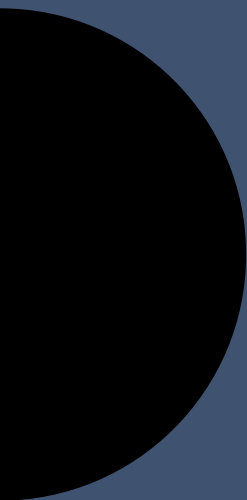
## **A walk in the sunshine**

Next time you spend time in nature, pause and notice how it feels for you.

e.g., I notice the warm sun on my face, I feel relaxed and refreshed, etc.

Maybe you'd like to spend more time in nature. Think of a few ways you might do so.





## A good night's sleep

The next time you catch a full 40 winks, pause to notice how you feel: for example, my body feels rested and energized, I feel patient and attentive ...

Based on your observations, think of a few ways you might tweak your sleep routine.



## One small act of kindness

Next time you do something nice for someone else, check out how the connection affects you. I notice warmth in my chest, for example, or ... I feel energized and content.

→ **THINK ABOUT OTHER WAYS YOU CAN PITCH IN**

## Following prayer or meditation

After time spent in quiet, pause once again to notice how it influenced the way you are feeling: I notice a sense of calm or stillness in my body, for example. Or, I feel focused and energized.

→ **HOW CAN YOU BUILD TIME FOR REFLECTION?**

## After taking on a challenge

Next time you meet a deadline, close a deal or work on something that requires enormous focus, pause to consider how that feels in your body: e.g., I notice a sense of relief in my shoulders, I feel satisfied and grateful, etc.

→ **HOW YOU WILL TAKE ON YOUR NEXT CHALLENGE?**

## After \_\_\_\_\_

**(FILL IN YOUR OWN SELF-CARE ACTIVITY)**

Describe the feelings in your nurtured body:  
e.g., I notice relaxation in my shoulders and neck,  
I feel joyful and cared for, etc.

→ **HOW CAN YOU MAKE SELF-CARE A PRIORITY?**

# 10 Ways to Lift a Mood

---

1

## POUR A CUPPA

"When tea becomes ritual, it takes its place at the heart of our ability to see greatness in small things," novelist Muriel Barbery writes in *The Elegance of the Hedgehog*.

---

2

## CREATE A PLAYLIST OF HAPPY SONGS

Brain imaging technology has revealed that listening to pleasurable music releases "feel-good" neurotransmitters.

---

3

## CUE THE FUNNY

Laughter releases dopamine, which can lift a mood and reduce stress. Find your favorite comedian on YouTube, search your social feed for cute animal memes.

---

4

## FIND SOME QUIET

You may need to create it! Turn off alerts. Power down for a few minutes — or early in the evening as a break before bed.

---

5

## SEEK THE BEAUTY

In one U.K. study, researchers found that looking at beautiful art increases blood flow to the brain. If you can't get to a gallery, create a digital one on your laptop or phone.

---

6

**PACK A SNACK**

Eating regularly — especially snacks with fiber, protein and healthy fats — can prevent a dip in blood sugar levels (a.k.a. feeling “hangry”).

---

7

**PRESS PAUSE**

Request a minute if you need one. Indoors or out, even a short stroll will make a difference. If you have more time, try an Awe walk (SEE PAGE 140).

---

8

**SMELL THE ROSES**

Aromatherapy can influence mood. For some, lavender reduces stress. Many people get a boost from the fragrance of citrus or peppermint.

---

9

**DISCOVER THE PET EFFECT**

Dogs, cats, horses — pets of all kinds — are used in therapy with kids, students, seniors and veterans. Animal lovers will require no more explanation.

---

10

**DO A GOOD DEED**

Earlier in these pages, we talked about helper’s high and the physical effects helping others have on your sense of well-being. Don’t take our word for it, give it a try!

10 Ways to Lift a Mood

# FLEX



HOW TO TAKE ON  
CHALLENGES WITH  
GRIT AND GRACE

**I AM NOT  
AFRAID  
OF STORMS,  
FOR I AM  
LEARNING  
HOW TO SAIL  
MY SHIP.**



**LOUISA MAY ALCOTT**

## **Flex**

Like physical fitness, mental well-being is a combination of strength, flexibility and endurance.

This book champions all three. As the title of this section suggests, we're ready to flex!

There are ways to train for the unexpected. We have tips on navigating change and tactics for tackling challenges!

We always laugh when Dr. Stanley Kutcher talks about "bad hair weeks," but we know that some days — and months — are harder than others.

In the next few pages, we will look closer at stress — a normal response to life. The better you get at managing your response to it, the more resilient you will become.

We will also expand on emotions, exploring ways to consider the feelings of others.

## **DID YOU KNOW**

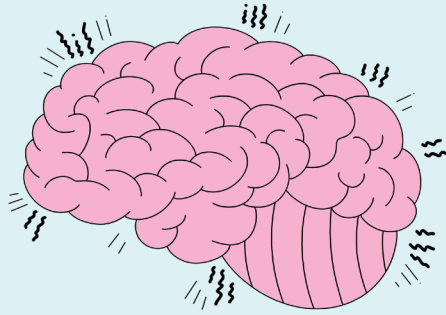
The command of social-emotional skills — empathy, the ability to navigate emotions, time management, perseverance, for example — is connected to resilience, better grades, long-term health and even financial success.

In one study of Grade 8s, researchers Angela Duckworth and Martin Seligman found that self-discipline was a better predictor of student achievement than IQ.

Truly exciting is the fact "EQ" — or emotional intelligence — can be developed.

Strengthening these skills is what this book is all about!

## THIS IS YOUR BRAIN ON STRESS



### FACT NO. 1

**THE MOMENT YOUR BRAIN PERCEIVES A THREAT**, it triggers the stress response (a.k.a. fight, flight, freeze). Acting faster than thought itself, it activates the most primitive part of the brain.

### FACT NO. 2

**THIS PART OF THE BRAIN** controls breathing, heart rate and body temperature.

### FACT NO. 3

**“STRESS HORMONES”** (adrenaline, norepinephrine and cortisol) are released.

### FACT NO. 4

**THE BRAIN USES IMPULSES** to send signals to other parts of the body. Stress can cause the heart to beat faster, breath to speed up, and muscles to get tight and tense.

### FACT NO. 5

**WHEN YOUR STRESS RESPONSE IS ACTIVATED**, your “wise brain” (prefrontal cortex), which helps us to see clearly, think rationally and act wisely, goes temporarily “offline.”



DISCOVER MORE ON  
THE STRESS RESPONSE

# How's This For a "Magic" Trick?



## Breathe in. Breathe out. Tada!

Here is a simple practice that activates the parasympathetic nervous system, which cues the body to relax and chill a little.

Keep this practice in mind as we begin to talk about stress and stressors. Take a couple minutes to learn this breath exercise and it will serve you a lifetime!

**“Be here now. Be someplace else later. Is that so complicated?”**

DAVID M. BADER

# 1

GET COMFORTABLE

# 2

BREATHE IN AS YOU  
COUNT TO FOUR

# 3

BREATHE OUT AS  
YOU COUNT TO SIX  
OR EIGHT. REPEAT  
FOR 90 SECONDS



# Stress vs. Stressors

## Learn to identify the conditions that activate your body's response system

Stressors are conditions and events that activate a stress response system that affects blood flow as well as adrenaline, norepinephrine and cortisol.

You may be experiencing a heightened level of stress during these changing and challenging times.

For some people it's deadlines and public speaking. For others, the list includes academic pressure, unpaid bills, unexpected delays, unreasonable demands, shark-filled waters, too many things all at once.

Stress is our body's response to the demands we face.

→ IDENTIFY SOME OF THE STRESSORS IN YOUR LIFE

→ WHAT, AND WHO, IN YOUR LIFE HELPS YOU TO MANAGE STRESS?\*

→ ARE THERE STRESSORS YOU CAN REMOVE OR AT LEAST MINIMIZE?

\*BY NOTICING WHEN WE ARE STRESSED AND THEN TAKING ACTION TO REDUCE IT, WE INCREASE SELF-AWARENESS AND BOOST SELF-MANAGEMENT SKILLS — BOTH OF WHICH IMPROVE WELL-BEING!

# Don't Distress About Short-Term Stress

No pressure, but ... maybe it's time to change the way you think about stress.

In nerve-wracking situations — before an exam or the start of a presentation — your heart rate may go up; you might sweat and begin to breathe faster. These are physical changes that you might perceive negatively, but wait ...

In a blockbuster TEDtalk a few years back, health psychologist Kelly McGonigal advocated for a new way of thinking about the stress response.

“What if you viewed them as signs that your body was energized and it's preparing you to meet this challenge?” McGonigal asked.

“When you view stress in this way, your body believes you, and your stress becomes healthier.”

The stress response serves as an alert that something is up. Stress hormones can produce butterflies or clammy palms, just for example, signals that you have come face to face with a challenge or opportunity.

The next time you note signs of “on the spot” nervous tension — a normal reaction to any challenge or new situation — it might help to remind yourself that it's your body revving up to the challenge.

Shorter version: Don't sweat it.

The next time your internal alarm system goes off, try to be mindful of your stress response. Notice where you feel it in your body.

**THINK OF A RECENT EVENT IN WHICH YOU WERE STRESSED. WHAT CHANGES IN YOUR BODY DID YOU NOTICE? HOW DID YOU RESPOND?**

**“The opposite of stress is resilience. Resilience is the ability to have a Plan B, a Plan C, a Plan D, etc., in order to face the situation that stresses you out.”**

**DR. SONIA LUPIEN**

Perspective is everything. We're grateful to have picked up the art of reframing — the ability to see the opportunity or to seek out the positive in a situation. The technique has the power to transform most annoyances. See for yourself →

Stuck at home alone? A chance to catch up on your favorite podcast! Need to clean the bathroom? The sooner it's done, the sooner it's off your to-do list. On hold with the cable company? An opportunity to practice patience.

**CAN YOU THINK OF ANYTHING IN YOUR OWN LIFE THAT WOULD BENEFIT FROM A REFRAME? CREATE YOUR OWN GRID**

STRESSOR	REFRAME

# Tame Your Stress Response

## 10 tips for tackling “crisis” situations

The world is full of could-be stressors. Sometimes one big thing can weigh you down. In other moments, it's lots of little events and circumstances.

The “fight-or-flight” stress response is forever on alert, but it was never meant to be always on. Nor is it equipped to judge levels of alarm.

“It may not know the difference between a mammoth and a traffic jam,” the Centre for Studies on Human Stress explains. “It secretes the same stress hormones, while you are stuck in traffic or being chased by an aggressive bear, which have the same effect on your mind and body.”

The body gets mixed up and run down when always dealing with “crisis” situations.

Everyone is different. Some people thrive on deadlines, love public speaking, like to get lost. There is no one-size-fits-all way to cope.

It helps to identify situations and events in your life that may activate your stress response. This book is full of tricks that can help you to pay attention in a way that will create options when you are tackling challenges.

The Centre for Studies on Human Stress is a champion when it comes to helping people of all ages and stages. It offers the following 10 tips that might inspire you to think about the way you cope. Experiment here, try one tip, then another.

**FIND WHAT WORKS FOR YOU! →**

- 1**      **BE POSITIVE**  
Think of obstacles as a chance to learn

---

- 2**      **MAKE THE CHOICE NOT TO OVER-REACT** to  
stressors and deal with them one at a time

---

- 3**      **TAKE AN OBJECTIVE VIEW OF YOUR STRESSOR**

---

- 4**      **COMMUNICATE**  
"Don't ruminate or bottle up your emotions."

---

- 5**      **ACCEPT YOURSELF (AND OTHERS)**  
No one is perfect!

---

- 6**      **MAINTAIN CONNECTIONS WITH PEOPLE**

---

- 7**      **DEAL EFFECTIVELY WITH MISTAKES**

---

- 8**      **DEAL EFFECTIVELY WITH SUCCESSES!**  
"This will build on your competence."

---

- 9**      **DEVELOP SELF-MANAGEMENT**  
"Train yourself to study hard in preparation for  
your final exam."

---

- 10**     **MAINTENANCE**  
"Practice, practice, practice for a long life of  
resilient living."

# The ABCs of Optimism

## Glass half-full or glass half-empty?

The question has launched 1,000 memes, including one that points out: "The glass is refillable!"

The good news about optimism is that it can be developed as a skill and way of thinking that contributes to well-being.

The ABC model of optimism was created by psychologist Albert Ellis to help explain how we respond to stress →

We all get carried away by worst-case scenarios. For example, most of us know the anticipation and worry around a first date. We imagine all the things that could go wrong: Prince (or Princess) Charming could turn out to be a frog. They might show up late or leave abruptly before things even get started!

# A

**A IS FOR ADVERSITY OR "ACTIVATING EVENTS," A TOUGH MOMENT OR SITUATION**

# B

**B IS FOR BELIEF WHAT YOU TELL YOURSELF ABOUT THOSE DIFFICULTIES**

# C

**C IS FOR CONSEQUENCES HOW YOU RESPOND TO A SITUATION BASED ON YOUR BELIEF**

# 7 Things to Ask Yourself

Some good questions that will help to challenge self-talk and slow runaway thinking

2

What is the evidence that this thought is true?

3

What is the evidence that this thought is not true?

1

Am I falling into a thinking trap, that is, catastrophizing or overestimating danger?

4

Have I confused a thought with fact?

5

What would I tell a friend if they had the same thought? What would a friend say about my thought?

6

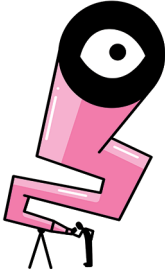
Am I 100 percent sure that \_\_\_\_\_ will happen?

7

Is my judgment based on the way I feel instead of facts?

SOURCE: ANXIETY CANADA

# Seeing is Believing



## For bonus points, try mental training

Many athletes and performers rely on mental rehearsal to enhance skills and decrease game-day nerves. The practice has been shown to improve performance in all kinds of sports from archery to high jump to rugby. “The more an athlete can image the entire package, the better it’s going to be,” Nicole Detling, a psychologist with the U.S. Olympic team, told the *New York Times*. The same applies to the plodders and recreational athletes among us. Affirmations and mantras can also help.

**“We do not need magic to transform our world;  
we carry all the power we need within already.”**

**J.K. ROWLING**



"FINISH EACH DAY AND BE DONE WITH IT. ... YOU HAVE DONE WHAT YOU COULD; SOME BLUNDERS AND ABSURDITIES NO DOUBT CREPT IN. FORGET THEM AS SOON AS YOU CAN. TOMORROW IS A NEW DAY; YOU SHALL BEGIN IT WELL AND SERENELY, AND WITH TOO HIGH A SPIRIT TO BE ENCUMBERED WITH YOUR OLD NONSENSE. THIS DAY IS FOR ALL THAT IS GOOD AND FAIR. IT IS TOO DEAR, WITH ITS HOPES AND INVITATIONS, TO WASTE A MOMENT ON THE ROTTEN YESTERDAYS."

— RALPH WALDO EMERSON

# Three's a Charm

## Keep on the lookout for good

Dr. Martin Seligman, a psychologist and champion of positive psychology, uses this “three good things” exercise to teach well-being, hope, optimism and resilience.

Like gratitude practices, it may motivate you to be on the lookout for good — even in that half-glass of water. Along with that, the exercise may inspire you to play closer attention as you move through your routines.

For one week, write down three positive things that happen to you each day.

Beside each thing, consider one of these questions →

“The core of a fulfilled life is knowing that every moment is a choice.”

ROD STRYKER

# 1

WHY DID IT HAPPEN?

# 2

WHAT DOES IT MEAN TO YOU?

# 3

HOW CAN YOU HAVE MORE OF THIS GOOD THING IN THE FUTURE?

# You + Everyone

## How to create space for the feelings of others

The better you get at clueing into your own emotions, the more likely you are to notice the feelings of others. Think of something — or someone! — who recently got under your skin. Now replay it with the benefit of the tips below:

### PERSPECTIVE IS EVERYTHING

If you see someone having a difficult time, try to imagine what they might be going through.



### ASSUME POSITIVE INTENT

Most of the time, you can't know what someone else is thinking, or why they acted in a certain way. So why not assume they are acting with the best of intentions — at least until they give you reason to think otherwise.

### ASK YOURSELF, HOW WOULD I FEEL IF ...?

It's the perfect question for every occasion.

Imagining yourself in someone else's shoes is often the first of many steps. Empathy and compassion will often inspire the desire to get involved.

# Troubleshooting the Stuff of Life

It's a 100-percent guarantee there will be mornings that demand an apology and others that call on forgiveness. This can be hard, so we'll keep it simple.

## Talking points for difficult conversations

Here are a few things to think about when talk is tough.

(If your needs are urgent, don't worry about these details — just seek help.)

### PLAN AHEAD

Think about what you want to say.

### CONSIDER TIMING

Find a quiet spot, if you can.

### TAKE BREAKS

If the conversation stops being productive, know that it's okay to take a break.

### SET EXPECTATIONS

Let your friend know what you expect out of the conversation.

### PACE YOURSELF

Take your time.

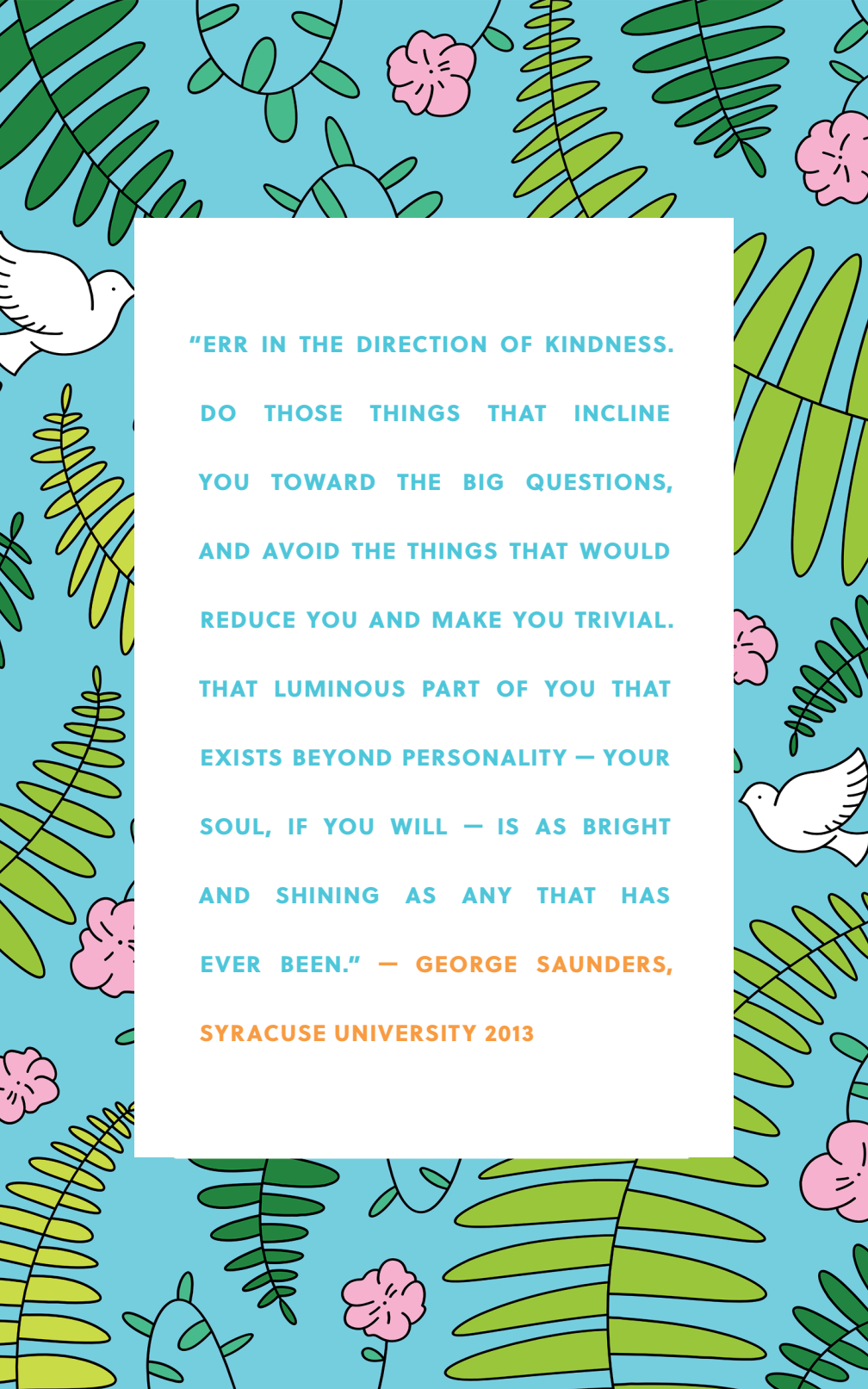
### LISTEN

Take time to hear your friend's side.

### STAY CALM

If you find yourself getting upset, take a time out.

SOURCE: KIDS HELP PHONE



**"ERR IN THE DIRECTION OF KINDNESS.  
DO THOSE THINGS THAT INCLINE  
YOU TOWARD THE BIG QUESTIONS,  
AND AVOID THE THINGS THAT WOULD  
REDUCE YOU AND MAKE YOU TRIVIAL.  
THAT LUMINOUS PART OF YOU THAT  
EXISTS BEYOND PERSONALITY — YOUR  
SOUL, IF YOU WILL — IS AS BRIGHT  
AND SHINING AS ANY THAT HAS  
EVER BEEN." — GEORGE SAUNDERS,  
SYRACUSE UNIVERSITY 2013**



**“Sometimes a person has to go a very long distance out of his way to come back a short distance correctly.”**

**EDWARD ALBEE, *THE ZOO STORY***

## How to apologize

Our notes on this subject come from the “last lecture” of Randy Pausch. In a presentation that went viral before becoming a book that sold millions, the terminally ill computer science professor shared his life’s wisdoms with students at Carnegie Mellon University.

Proper apologies have three parts, he advised:

- What I did was wrong.
- I feel badly that I hurt you.
- How do I make this better?

## How to fix an error

We all screw up, though knowing that is of little use when you’re in the middle of a five-alarm fire of your own making. Every situation is different, but here are three things that may help to extinguish the flames:

- Own the mistake. Apologize.
- Propose a solution.
- Identify ways to prevent the error from happening again.

## How to forgive

The act of forgiveness is not always easy, though the steps appear simple enough:

- Make a decision to forgive.
- Release emotions. (Try writing them down.)
- Let it go.

Dr. Fred Luskin is an expert on forgiveness and has put his methods to the test in war-torn countries and shell-shocked relationships.

The act of forgiveness is for YOU, he advises. (The emphasis is ours.) “[It] does not necessarily mean reconciling with the person who upset you or condoning the action.”

The point, as he explains it, is to release the hold that those actions have on your head and your heart.

Make a commitment to yourself to feel better. “Remember that a life well lived is your best revenge,” he adds.

- **IS THERE SOMEONE IN YOUR LIFE WHO WOULD BENEFIT FROM AN APOLOGY OR SOME FORGIVENESS?**
- **IS THERE SOMETHING YOU ARE HOLDING OVER YOUR OWN HEAD THAT YOU MAY BE ABLE TO LET GO OF? TRY SOME SELF-FORGIVENESS**

### DID YOU KNOW

In an interview with author Megan Feldman Bettencourt, Dr. Luskin detailed the body chemistry involved in holding a grudge:

“Each time you react, adrenaline, cortisol, and norepinephrine enter the body. When it’s a chronic grudge, you could think about it twenty times a day, and those chemicals limit creativity, they limit problem-solving. Cortisol and norepinephrine cause your brain to enter what we call ‘the no-thinking zone,’ and over time, they lead you to feel helpless and like a victim. When you forgive, you wipe all of that clean.”

# KNOW, GROW, FLOW



TAKE ON THE WORLD  
WITH A SENSE OF WONDER



**Know,  
Grow, Flow**



**AS LONG AS  
YOU LIVE,  
KEEP LEARNING  
HOW TO LIVE.**



**SENECA**

**PULL OUT YOUR PEN AND GIVE US  
10 THINGS YOU'D LIKE TO LEARN!  
WE'RE GOING TO COME BACK TO THIS,  
SO LEAVE SOME SPACE!**

## You = Awesome

By now, we hope you have come around to our way of thinking — if you were not there already!

In the section ahead, we will explore the many ways there are to look at the world.

Years ago, a Stanford University psychologist named Carol Dweck got curious about the fact that some people wilt in the face of challenge while others seek it out.

She went on to identify two mindsets, ways of approaching the world:

**GROWTH MINDSET** is the belief that you can develop qualities, skills and resiliencies through your own effort, actions and interactions. It's what this play-book is all about!

**FIXED MINDSET**, as the label suggests, is a notion that one's skills and knowledge are pre-determined. In which case, no use trying ... right?

"With a growth mindset, kids don't necessarily think that there's no such thing as talent or that everyone is the same," Dweck explained in an interview with *The Atlantic*. "But they believe everyone can develop their talents through hard work, strategies, and lots of help and mentoring from others."

No one views everything with a growth mindset all of the time, of course. Taking on the world with a sense of wonder and a willingness to explore it is a practice.

In the next few pages we'll look at ways you could embrace challenge, explore possibilities and delight in the things that you don't know — yet.

# Tap the Power of Yet

## DID YOU KNOW

Taking pleasure in learning something new releases dopamine. Science is also just beginning to understand the many ways that acquiring new skills and experiences — at any age — creates new connections in the brain, strengthening neural pathways.



## It's a little word with endless possibility

*The Blind Side* is a 2009 movie that champions the unbelievable, true-life story of Michael Oher. The Oscar-nominated film gave audiences much to celebrate, it also included a small exchange that made educators stand up and cheer.

Imagine football phenom Michael Oher, surrounded by open books, ready to throw in the towel. Enter tutor Miss Sue Mitchell with a Hail Mary and a three-letter word as tough as any challenge.

MICHAEL OHER

*I don't understand it.*

MISS SUE

*YET. You don't understand it YET.*

Three cheers for an educator touchdown!

Instead of negative self-talk ...  
Try saying, "I can't do that ... yet"  
or "I don't understand ... yet."

Optimism makes all things seem possible.

# Try Four-Finger Affirmations

## Repeat these words: I am always learning

Here's a technique we picked up from our friends at School Mental Health Ontario.

Come up with four words.  
Something like ...  
I will be myself.  
I can. I will.  
I am the change.

### FIGURE OUT YOUR FOUR WORDS

Assign each word a finger on one hand. As you repeat the affirmation in your head, move your thumb from finger to finger — one finger per word.

Emerging research connects self-affirmations with happiness, hopefulness and optimism.

You can use this four-finger affirmation in stressful situations. No one even needs to know!

“It’s the repetition of affirmations that leads to belief. And once that belief becomes deep conviction, things begin to happen.”

MUHAMMAD ALI

### PRO TIP FROM SERENA WILLIAMS

The tennis champ uses affirmations as the passwords for her phone and computer.

“You should try it,” the tennis great wrote in the November 2015 issue of *Wired*.

“You’ll be surprised how many times a day you log in and have an opportunity to trigger the positivity. I love that I can use technology that way.”

# Disrupt Digital Noise

## Create sacred spaces

Sherry Turkle is a psychologist and professor at MIT who has spent decades studying humans and technology. She is also a mom who had to set rules about screen time.

She has shared what (mostly) worked in her household:

### CREATE SACRED SPACES

Identify places where no phones are allowed.

### DO THE SAME THING ON THE JOB

### WHEN TALKING WITH FRIENDS OR LOVED ONES, PUT AWAY DISTRACTIONS

Even when off to the side, the presence of distractions pre-empts deep conversation.

"I am not anti-technology," Turkle has said. "I am pro-conversation!"

For the record, she has noted the ways texting can help parents stay connected to adult children. In one instant, she was able to follow along via texted photos as her daughter shopped for wedding dresses.

There's a time and place for everything.

Speaking of which, just minutes before Turkle was to deliver a TEDtalk on the need to disconnect she received a text from her daughter. "Mom, you will rock," it said. (She did, too!)

**“We often use technology to save time, but increasingly, it either takes the saved time along with it, or makes the saved time seem less present, intimate and rich. I worry that the closer the world gets to our fingertips, the further it gets from our hearts.”**

**JONATHAN SAFRAN FOER**

**DO IT YOURSELF: TAKE A SCREEN BREAK**

Challenge yourself to take some time away from your screen. Break free from nomophobia — “no-mobile-phone phobia.”

The average American looks at their phone 80 times a day.

Start with a small parcel of phone-free time: Some people won't look at their phones until after breakfast, for example. Others set boundaries for use on weekends.

FOR MORE  
DIGITAL WELLNESS  
TIPS, FOLLOW  
@WEMOVEMENT



# Keep Watch For Wonders



## No matter what or where

Alastair McAlpine is a pediatric palliative care physician.

"I spend my days working with children who have life-threatening or life-limiting illnesses and their families," he explained in a *Guardian* essay he wrote in response to a Twitter thread that went viral.

The doctor asked some of his terminally ill patients what they had enjoyed in life. He shared the big lessons he'd learned from little children:

When talking about joy and meaning, the kids told him about time spent with family and pets, laughter and kindness. "None said they wished they'd watched more TV. None said they should've spent more time on Facebook."

Sand castles, swimming and ice cream also made the list.

"Simple pleasures," McAlpine wrote in the *Guardian*, "[moments] that cost little except the effort of being present."

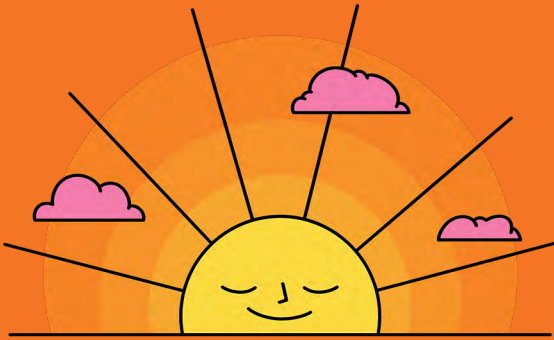
The doctor wrapped up his Twitter thread with this take-home that was shared tens of thousands of times:

"Be kind. Read more books. Spend time with your family. Crack jokes. Go to the beach. Hug your dog. Tell that special person you love them. ... Oh, and eat ice cream."

**WHAT SIMPLE PLEASURES IN LIFE DO YOU ENJOY MOST?**

**WHAT IS ONE SMALL THING YOU WOULD LIKE TO DO TO BRING SOME JOY TO SOMEONE ELSE?**

# 50



## SIMPLE PLEASURES

Stopping for simple pleasures can help people make progress on goals and deadlines, according to a study from the University of Melbourne. Nicole Mead, lead author of the 2016 study, explains:

“By acting as a buffer against small annoyances, simple pleasures could also help people to fortify themselves psychologically to deal with stress and take on challenges.”



1 SUNRISE / 2 CHIRPING BIRDS AT DAWN / 3 COFFEE /  
4 DISTRACTION-FREE MORNINGS / 5 A HOT SHOWER / 6 SUNSHINE  
/ 7 THE GRIN OF A LOVED ONE / 8 A MEAL WITHOUT HURRY /  
9 TIME TO LISTEN TO A FAVORITE PODCAST / 10 FRESH AIR BREAKS  
/ 11 IMPROMPTU SOLO DANCE PARTIES / 12 LAUGHTER THAT TURNS  
TO TEARS / 13 AN UNEXPECTED MESSAGE FROM AN OLD FRIEND  
/ 14 QUIET TIME TO FOCUS / 15 PEPPERMINT TEA / 16 DOWNWARD  
DOGS / 17 HAPPINESS PLAYLISTS / 18 SOCIAL FEEDS DEVOTED  
TO PUPPIES / 19 COOL BREEZES / 20 AFTERNOON MOVIE BREAK  
/ 21 WALKING MEETINGS / 22 BOOKS YOU CAN'T PUT DOWN /  
23 STREET ART / 24 PATTERNS IN NATURE / 25 RAIN BOOTS AND  
MUD PUDDLES / 26 THE SMELL OF SPRING / 27 SKIPPING STONES  
/ 28 WALKS WITH NO REASON / 29 SWEAT / 30 KNEADING DOUGH  
/ 31 BLOWING BUBBLES / 32 WATCHING CLOUDS / 33 FALLING  
LEAVES / 34 FRESH WATER SWIMMING / 35 CANNONBALLS! /  
36 BARE FEET / 37 DISTANT THUNDER / 38 AN AFTERNOON NAP  
ON A RAINY DAY / 39 WAKING UP BEFORE YOUR ALARM /  
40 A GREAT PLAYLIST / 41 POPCORN WITH BUTTER / 42 RANDOM  
ACTS OF KINDNESS / 43 SHARED SMILES / 44 GOOFY MEMES /  
45 TOASTED MARSHMALLOWS / 46 SUNSET / 47 SWEET DREAMS /  
TURN THE PAGE FOR 48, 49 AND 50! →

No.

# 48

## EATING AN ORANGE

Try the orange challenge. The super simple exercise reminds us of the power of paying attention.

Here is poet and teacher Thich Nhat Hanh with instructions that read like poetry:

“Peel the orange. Smell the fruit. See the orange blossoms in the orange, and the rain and the sun that have gone through the orange blossoms. The

orange tree that has taken several months to bring this wonder to you. Put a section in your mouth, close your mouth mindfully, and with mindfulness feel the juice coming out of the orange. Taste the sweetness.”

Find another moment to approach with wonder and curiosity and gratitude.

Notice if—and how—it changes the way you see the world.



No.

49



## BEING WITH TREES

Forest bathing — or shinrin-yoku as it's known by Japanese scientists who study its benefits — has been proven to enhance well-being.

Lead champion Dr. Qing Li even wrote a book to share his enthusiasm along with these tips to unlocking the power of nature. →

- 1** LET NATURE ENTER THROUGH YOUR EARS, EYES, NOSE, MOUTH, HANDS AND FEET.

---

- 2** LISTEN TO THE BIRDS SINGING AND THE BREEZE RUSTLING IN THE LEAVES OF THE TREES.

---

- 3** LOOK AT THE DIFFERENT GREENS OF THE TREES AND THE SUNLIGHT FILTERING THROUGH THE BRANCHES.

---

- 4** SMELL THE FRAGRANCE OF THE FOREST AND BREATHE IN THE NATURAL AROMATHERAPY OF PHYTONCIDES.

---

- 5** TASTE THE FRESHNESS OF THE AIR AS YOU TAKE DEEP BREATHS.

---

- 6** PLACE YOUR HANDS ON THE TRUNK OF A TREE.

---

- 7** DIP YOUR FINGERS OR TOES IN A STREAM.

---

- 8** LIE ON THE GROUND.

---

- 9** DRINK IN THE FLAVOR OF THE FOREST.

---

- 10** RELEASE YOUR SENSE OF JOY AND CALM.

No.

50



**AWE WALKS!**

“The simple things in life are the most extraordinary.”

PAULO COELHO

We've saved our favorite simple pleasure for last. At least once a week — no matter where we are — we dedicate 15 minutes to exploring the world as though seeing it for the first time. It lifts us out of our physical-distancing routine and connects us to the wider world.

We follow the following steps set out by the Greater Good Science Center at the University of California, Berkeley.

**PLAY AROUND WITH WHAT WORKS FOR YOU**

- Take a deep breath in. Count to six as you inhale and six as you exhale.
- As you begin to walk, feel your feet on the ground and listen to the surrounding sounds.
- Notice what is around you, including things that surprise and delight.
- Take another deep breath in and out.
- Let your attention be open to whatever inspires awe.
- Every once in a while, stop to notice your breath. Pay attention to the sights and sounds and smells and other sensations.

Jon Kabat-Zinn has been promoting the power of mindfulness for decades. He is the founder of Mindfulness-Based Stress Reduction, which has changed the lives of millions all over the world.

In MBSR teachings, Kabat-Zinn shares seven attitudes of mindfulness.

The very basics →

- 
- 1 **NON-JUDGING**  
Noticing thoughts without judgment or commentary.

---

  - 2 **PATIENCE**  
An ongoing practice!

---

  - 3 **A BEGINNER'S MIND**  
Seeing everything as if for the first time.

---

  - 4 **TRUST**  
Believing in yourself, your feelings and your gut. Taking responsibility for your well-being.

---

  - 5 **NON-STRIVING**  
Focusing on each moment without fixating on what comes next.

---

  - 6 **ACCEPTANCE**  
Acknowledging how it is in this moment. Note the difference between seeing things as they are (acceptance) and seeing them as unchangeable (resignation).

---

  - 7 **LETTING GO**  
Take a breath in. Exhale. Let go.

# Always Be Learning



Go back to your list from the start of this chapter — 10 things you'd like to learn.

Pick one that resonates with you right now — one that seems possible even with all the restrictions and challenges we face right now.

In your journal or on a separate piece of paper, jot down the things you might do to pick up this new skill.

Write down the names of people who might help.

Research books that will assist your quest.

Find online resources to help lead the way.

Write down one small step you will take this week toward your larger goal.

**“What is it that brings you alive?  
What pulls you to want to be more  
aware, to help others, to make the  
world a better place?”**

MARC LESSER



# EXPAND



**WHEN YOU GIVE,  
YOU GET BACK!**



Think of a time when you helped someone who needed it. Maybe you donated time or money or effort.

→ WHAT DO YOU REMEMBER ABOUT THAT EXPERIENCE?

→ HOW DID IT MAKE YOU FEEL?

## Expand

“Generous practices shape positive well-being outcomes,” says Dr. Christian Smith, head of an ambitious project on the act of giving. Scholars from across disciplines spent five years studying the habits of 2,000 American adults.

Dr. Smith shared their findings in a book he wrote with Hilary Davidson. “The more generous Americans are, the more happiness, health, and purpose in life they enjoy,” the authors observe in *The Paradox of Generosity*.

In a 2014 interview with *The New Republic*, Dr. Smith detailed the myriad effects of giving. “It involves everything from developing a sense of self as generous to being more socially networked to being more physically active.”

In doing something for others, one also benefits. On top of that, it feels great. “It gives people more pleasure chemistry in their brain.”

### DID YOU KNOW

This book is a Track Your Impact product. Just by picking it up and sharing it with others, you are supporting sustainable change in the world!

## A NOTE ON THIS CHAPTER

We are going to talk about people who are changing the world. This includes you, just so that we’re clear.

We are grateful—the world is grateful—for all kinds and sizes of contributions.

There are so many ways to make a difference. We champion them all with huge respect for parents raising kids while caring for elders, for educators, counselors and nurses. We’re grateful for open hearts, kind gestures and loved ones who make time to hang out, to check-in and to listen.

Your capacity to give will always depend on your bandwidth. Never diminish your role.

# Do the Math on Doing Good

## TRY THIS

No time to spare?  
Give some away.

Although it sounds illogical, researchers from Yale, Harvard and the University of Pennsylvania insist that sparing a few hours for others contributes to a sense of time affluence.

“Spending time on others makes people feel like they have done a lot with their time—and the more they feel like they have done with their time, the more time they feel they have.”

Want to slow down the clock? Make time by giving time.

## Even a fraction of free time contains power and promise

There are 8,760 hours in a year. Of those, you may spend about 5,650 sleeping and working (or going to school).\*

That leaves you with about 3,110 hours and countless possibilities.

If you were to donate some of those remaining hours to service ... you'd have time to do some good. What could you do with it? Take some time to imagine.

## IF YOU ARE FEELING INSPIRED, MAKE YOURSELF A PLEDGE ↓

I WILL DONATE \_\_\_\_\_% OF MY  
WAKING HOURS TO HELPING OTHERS.

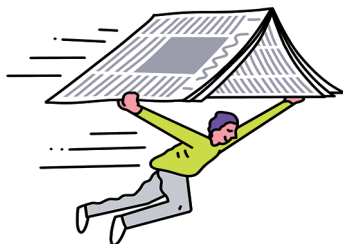
There are no right or wrong answers. Just something to think about as we explore the benefits and returns of giving back.

\*10 HOURS SLEEP A NIGHT PLUS 40 HOURS A WEEK AT SCHOOL OR WORK, WITH TWO WEEKS OF VACATION

**TIME TO DONATE? WHAT WILL YOU DO?**

PERCENT	NO. OF WAKING HOURS
1%	31
2%	62
3%	93
4%	124
5%	156
6%	187
7%	218
8%	249
9%	280
10%	311

# Turn Headlines Into Action



## Choose news you can use to inspire to-dos

It's way too easy to get overwhelmed by today's headlines, tweets and memes.

Whenever we get discouraged, we think of the great Desmond Tutu and endeavor to view current events with his sense of purpose and optimism.

He once told us he considers the newspaper "God's to-do list delivered for us." Thinking of things this way changed the way we view the world and encouraged us to identify places where we can make an impact.

In fact, WE Charity exists because a headline stopped a 12-year-old kid who was reaching for comics to read with his breakfast cereal. What Craig found instead was the story

of the life and senseless death of Iqbal Masih, a child activist in Pakistan.

Enraged and determined, he shared the story with his Grade 7 classmates. It was the start of an international development charity and youth empowerment movement that has helped lift more than a million people out of poverty.

The first step to engaging with anything is to find out more about it — the truthful stories behind the headlines, the background and context surrounding a trending social post.

Your choice: Turn the page, scroll past the link, or choose to get involved.



DISCOVER MORE ABOUT THE POWER OF HELPING OTHERS



**BE NICE TO  
LITTLE KIDS.  
BE NICE TO  
YOUR ELDERS.  
BE NICE TO  
ANIMALS.**

OPRAH

---

# Gift + Passion = Better World

“It’s a little embarrassing that after 45 years of research and study, the best advice I can give to people is to be a little kinder to each other.”

ALDOUS HUXLEY

Everyone has a gift to share. And we’ve all been moved by an issue, provoked by an injustice, or inspired by someone else’s actions. We are all united and affected by the current state of the world. When given the opportunity to put our wits and talents to work on something about which we care passionately, we truly can inspire change.

**GIFT PEOPLE HAVE TOLD ME I’M GOOD AT...**

**PASSION WHEN I HAVE SPARE TIME, I LOVE TO...**

- **REMEMBER THOSE STRENGTHS YOU LISTED?  
PICK THREE TO WRITE IN YOUR JOURNAL**
- **LIST SOME OF THE ISSUES YOU CARE ABOUT  
OR WISH TO EXPLORE**



Brainstorm ways you might use your gifts, strengths and passions to make a difference in your community. Need a little more inspiration? Read on!



GIFT	PASSION	ACTION

# Teens vs. Climate Change

## “Help us just a little bit”

If the newspaper is God’s to-do list, as Desmond Tutu says, then protecting the environment must be job one. Lucky for us all, Greta Thunberg has been making headlines of her own for taking a defiant stand against climate change.

During the record-breaking heat in the summer of 2018, the teen led a solo stakeout of Swedish parliament. She says she was inspired by the Parkland shooting survivors and March for Our Lives. “It is my moral responsibility to do what I can,” she told a reporter from the *Guardian* newspaper. Greta’s protest kick-started #FridaysForFuture, a global movement of school children striking from class to focus the world’s attention.

Thunberg, who objects to air travel, rode the train for 32 hours to address the World Economic



Forum in Davos. In another speech to the United Nations climate conference, she begged politicians to wake up.

“The year 2078, I will celebrate my 75th birthday. If I have children maybe they will spend that day with me. Maybe they will ask me about you. Maybe they will ask why you didn’t do anything while there still was time to act.”

Protest and activism takes many forms. We’ll share more examples in a minute. Finding a way to contribute can provide stability in the midst of uncertainty.

Young and old, on this issue, we all have a role to play.

**WORTH REPEATING → THE ACTOR AND ACTIVIST MARTIN SHEEN IS NEVER SHORT OF INSPIRATION. HERE IS AN EXCERPT FROM ONE OF HIS VISITS TO THE WE DAY STAGE, WORDS THAT WE COME BACK TO OFTEN: "THE IRISH TELL A STORY OF A MAN WHO CAME TO THE GATES OF HEAVEN AND ASKED TO BE LET IN. SAINT PETER SAID, 'OF COURSE! JUST SHOW US YOUR SCARS!' THE MAN SAYS, 'I HAVE NO SCARS.' SAINT PETER SAYS, 'WHAT A PITY! WAS THERE NOTHING WORTH FIGHTING FOR?'"**

**WHAT WILL YOU FIGHT FOR?**

## A SHAMELESS IDEALIST

## 16 WAYS TO BE

WHAT WILL YOU ATTEMPT THIS WEEK? WILL YOU COMMIT TO TRYING ONE OF THESE THINGS THIS MONTH? →

- 1 LIVE BY THE GOLDEN RULE: MOVE THROUGH YOUR DAYS, TREATING THOSE AROUND YOU AS YOU WOULD LIKE TO BE TREATED
- 2 CHECK IN WITH YOURSELF: BE AWARE OF HOW YOUR BACKGROUND AND EXPERIENCES SHAPE YOUR BELIEFS
- 3 GET INFORMED. RESEARCH ISSUES SO YOU KNOW WHERE AND HOW TO HELP. CONSIDER WAYS YOU MIGHT OFFER A HAND UP, RATHER THAN A HAND OUT
- 4 FUNDRAISE, DONATE — OR BOTH: JOIN AN EXISTING CAMPAIGN ONLINE, OR START ONE
- 5 SIGN A PETITION. OR CREATE ONE
- 6 BOOST YOUR FOOD LITERACY. FIND OUT HOW YOUR CHOICES AFFECT THE PLANET
- 7 DONATE BLOOD: IF YOU ARE OLD ENOUGH AND HEALTHY, MAKE REGULAR DONATIONS
- 8 BE A MENTOR: AS THE MEME GOES, BE THE PERSON YOU NEEDED WHEN YOU WERE YOUNGER

CON'T...→

○ 9 ESTABLISH A TRADITION OF SERVICE AROUND THE HOLIDAYS: WHAT DO YOU CELEBRATE? WHAT CAN YOU DO? ○ 10 ARGUE IN GOOD FAITH: CHECK YOUR FACTS. LOOK FOR COMMON GROUND ○ 11 TURN GIFT-GIVING OCCASIONS INTO CHARITABLE OPPORTUNITIES. WELCOME NON-PERISHABLE FOOD ITEMS INSTEAD OF GIFTS, FOR EXAMPLE ○ 12 ADOPT SLOW FASHION: REDUCE, REUSE, RECYCLE, REPAIR, REPURPOSE AND RENT ○ 13 REDUCE WASTE ○ 14 SHOP LOCAL ○ 15 GET TO KNOW A FARMER ○ 16 CHECK IN ON LOVED ONES: LET THEM KNOW YOU'RE THERE — ESPECIALLY WHEN THEY'RE UP AGAINST IT. IS THERE SOMEONE YOU'D LIKE TO CALL RIGHT NOW? PUT DOWN THE BOOK ... GO DO IT! \*

\*TALKING TO A FRIEND OR LOVED ONE ABOUT MENTAL HEALTH CAN SEEM INTIMIDATING. THESE TIPS FROM THE AD COUNCIL'S SEIZE THE AWKWARD CAMPAIGN MIGHT HELP: "NO NEED TO BE AN EXPERT," THEY SAY, JUST BE A FRIEND. SOME STRATEGIES → KEEP IT CASUAL / LISTEN / AVOID OFFERING ADVICE / LET THEM KNOW IT'S OKAY TO FEEL THE WAY THEY DO / HANDLE THEIR TRUST WITH CARE / KEEP CHECKING IN

**WORTH REPEATING → "TAKE ON AN ISSUE — A COMPLEX PROBLEM, A DEEP INEQUITY, AND BECOME A SPECIALIST ON IT. IF YOU MAKE IT THE FOCUS OF YOUR CAREER, THAT WOULD BE PHENOMENAL. BUT YOU DON'T HAVE TO DO THAT TO MAKE AN IMPACT. FOR A FEW HOURS EVERY WEEK, YOU CAN USE THE GROWING POWER OF THE INTERNET TO GET INFORMED, FIND OTHERS WITH THE SAME INTERESTS, SEE THE BARRIERS, AND FIND WAYS TO CUT THROUGH THEM. DON'T LET COMPLEXITY STOP YOU. BE ACTIVISTS. TAKE ON THE BIG INEQUITIES. IT WILL BE ONE OF THE GREAT EXPERIENCES OF YOUR LIVES." — BILL GATES TO THE CLASS OF 2007 AT HARVARD**

# Taking Care of Others? Take Care of Yourself, Too

No matter where you choose to direct your energy, remember to recharge.

This goes for front-line activists, over-extended parents and friends holding things together for friends.

"If we could balance taking care of ourselves with taking care of others and our planet, we'd have the healthiest of worlds," says our friend and adviser Dr. M. Lee Freedman, a Toronto-based family psychiatrist.

"When you are passionate about something, you can lose sight of the bigger picture."

She recommends thinking of caregiving and advocacy as a marathon, rather than a sprint. The same is true of parenting! Just like a runner, you need to watch your pace and nourish your body. "You can only run on reserves for so long."

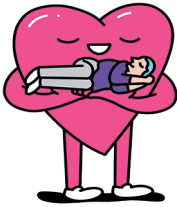
Here are 8 self-care tips from Dr. Freedman →

**THINK OF ONE THING YOU COULD DO TO CARE FOR YOURSELF THIS WEEK**

1

**PAY ATTENTION**

“Be aware of the vulnerable parts of your body.”



6

**BUILD “DOWN TIME”**  
into your schedule.

2

**WATCH FOR SIGNALS**

such as lost sleep, irritability, forgetfulness, for example — early signs that might help to circumvent bigger problems.

4

**NOTICE** how you approach rest and exercise.

7

**MAKE TIME TO CONNECT** with yourself and others. It can help keep things in perspective.

3

**TUNE IN** to how you feel and what you need.

5

**MAKE TIME** for focus and for fun.

8

**CONSIDER WAYS YOU CAN INTEGRATE SELF-CARE** into your work, activism and caregiving.



**“Be kind whenever possible.  
It is always possible.”**

**DALAI LAMA**

We love this advice from His Holiness the Dalai Lama.

Do a little good every day. Now, and always, we are inspired by the Erika Legacy Foundation’s dedication to spreading kindness. Start with one small action and build from there.

Use our prompts, or come up with your own ideas. Day by day, you will make the world a better place.

**DID YOU KNOW**

In 1988, Harvard researchers came up with the term “Mother Teresa Effect” to describe how just watching an act of altruism can bolster the immune system.

Students who watched a video of the famous nun in action were later found to have increased levels of immunoglobulin A.

DAY 1 MAKE A PLAYLIST FOR A FRIEND / DAY 2 LEARN THE NAME OF SOMEONE YOU SEE EVERY DAY! / DAY 3 THANK A QUIET HERO / DAY 4 SHOP FAIR TRADE / DAY 5 PAY FOR THE ORDER BEHIND YOU AT THE DRIVE-THRU / DAY 6 WRITE A "FAN LETTER" TO A FRIEND / DAY 7 CREATE YOUR MISSION STATEMENT / DAY 8 SHARE A BELLY LAUGH / DAY 9 PAY SOMEONE A COMPLIMENT / DAY 10 BEND AN EAR: JUST LISTEN / DAY 11 SMILE! / DAY 12 LEARN TO SAY THANKS IN ANOTHER LANGUAGE / DAY 13 SEND A THANK-YOU TEXT / DAY 14 GIVE A VIRTUAL HIGH FIVE / DAY 15 DONATE UNUSED CLOTHES / DAY 16 RECONNECT WITH AN OLD FRIEND / DAY 17 PRACTICE LOVING KINDNESS MEDITATION / DAY 18 POST SOMETHING UPLIFTING / DAY 19 RESEARCH AN ISSUE THAT HAS YOUR INTEREST / DAY 20 BE KIND TO ANIMALS / DAY 21 CHECK IN ON AN ELDERLY NEIGHBOR / DAY 22 DONATE TO A CHARITY YOU SUPPORT / DAY 23 CLEAN UP SOMEONE ELSE'S MESS / DAY 24 FORGIVE SOMEONE / DAY 25 DO ONE SMALL THING FOR SOMEONE ELSE / DAY 26 RUN ERRANDS FOR SOMEONE WHEN YOU ARE DOING YOUR OWN / DAY 27 SAY SOMETHING KIND TO A CASHIER / DAY 28 SCHEDULE A VOLUNTEER DATE / DAY 29 LEAVE A BIG TIP ON A SMALL TAB / DAY 30 SEND RANDOM PICK-ME-UP TEXTS

THE 30-DAY DOING GOOD CHALLENGE

# BE YOUR OWN GPS

READY OR NOT, TIME TO CHART YOUR WAY!





**YOU HAVE BRAINS  
IN YOUR HEAD.**

**YOU HAVE FEET  
IN YOUR SHOES.**

**YOU CAN STEER  
YOURSELF IN  
ANY DIRECTION  
YOU CHOOSE.**

**DR. SEUSS**

### **Be Your Own GPS**

It's time to think big picture. You're equipped and we're ready to talk about ways to find direction, stay the course, overcome obstacles and achieve goals.



Before we get to any of that, we want you to fête the small stuff:

Find a reason to celebrate. Every day!  
Honor little steps you've made. Recognize progress, no matter how incremental.  
Give yourself a high five. Trust the process.  
Applaud little wins.

Do it for yourself, then help others to do the same.

By now you know that celebration activates feel-good neurotransmitters and quiets the "fight-or-flight" response. Oprah says, "The more you praise and celebrate your life, the more there is in life to celebrate." We agree, 100 percent!

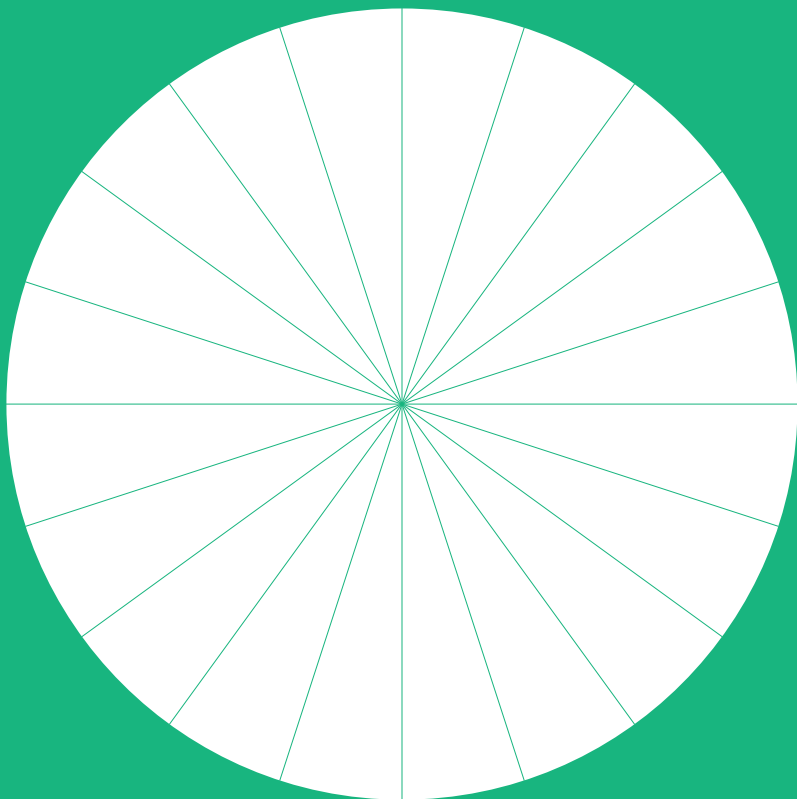
Some people find this really hard to do. It may help you to write things down. Instead of a "to-do" list, experiment with a "done" list to track accomplishments.

Try it now, before you turn the page.

**FOR BONUS MARKS:  
KEEP WATCH FOR  
MOMENTS TO  
CELEBRATE IN THE  
LIVES OF OTHERS**



# A Week In Your Life



There are 168 hours in every week. Say you sleep for 70 — about 10 hours each night. That leaves you with about 100 hours in a typical week.

Each slice of this pie chart represents five hours of those waking hours. Plot your time after considering how much time you spend ...

**HOW MUCH TIME DO YOU SPEND EACH DAY...**

- \_\_\_\_\_ SCHOOL OR WORK
- \_\_\_\_\_ CONNECTING WITH FRIENDS
- \_\_\_\_\_ WITH FAMILY
- \_\_\_\_\_ ON HOUSEWORK, ERRANDS, MEAL PREP
- \_\_\_\_\_ IN NATURE
- \_\_\_\_\_ ON SOCIAL MEDIA
- \_\_\_\_\_ VOLUNTEERING
- \_\_\_\_\_ EXERCISE, ARTS AND HOBBIES
- \_\_\_\_\_ PLAYING VIDEO GAMES
- \_\_\_\_\_ WATCHING TV, YOUTUBE AND NETFLIX
- \_\_\_\_\_ SELF-CARE

→ DID YOUR CHART REVEAL ANY SURPRISES?

---

→ WHAT THINGS WOULD YOU LIKE TO DEVOTE MORE TIME TO?

---

→ IS THERE ANYTHING ON WHICH YOU'D LIKE TO SPEND LESS TIME?

# Redo Your To-Do List



## Prioritize important tasks over ones that seem “urgent”

Hold up for a second. Yes, we know you’re busy! That’s why you need a time-out.

Researchers have identified something called the Mere Urgency Effect in which people prioritize urgent tasks over important ones. Think about it. It’s easy to lose the big picture when your screen is alive with incoming texts and “high priority” messages.

To stay focused, try these tips from Alice Boyes, author of *The Healthy Mind Toolkit* →

# 1

## SPEND LESS TIME ON UNIMPORTANT TASKS

Create boundaries. Define your limits. Decide how much of your attention a task deserves. Set a timer, if it helps.

# 2

## TAKE TIME OUTS

With space to breathe, you might better notice when you’ve headed down a rabbit hole (again).

# 3

## BREAK DOWN BIG TASKS

Keep shrinking an assignment until it seems doable. You can always add to it later.



The point here is not to get more done. The goal is to direct your time to your priorities and well-being.

Create a working space like this and jot down highlights from your to-do list. Decide if the item is urgent or important.

ACTIVITY	URGENT	IMPORTANT

**REVIEW YOUR LIST AND DETERMINE IF ANY ITEMS DESERVE MORE ATTENTION THAN OTHERS. IS THERE ANYTHING YOU WOULD REMOVE?**

# Focus on One Thing at a Time

Multi-tasking is counterproductive. One more time, in case you were focused elsewhere: Working on a project while bouncing between group chat and YouTube is unlikely to add up to efficiency — or enjoyment.

In fact, you're actually "switch tasking," focusing on one thing, then another and back again.

The next time you catch yourself in the act, pause and notice. And congratulate yourself for doing so, this is a moment of mindfulness! It is normal for our attention to move from one thing to the next, but switch tasking can take more energy.

Watch how this works when you're with friends or family. It can be hard to have a meaningful conversations in person or over the phone with the TV on top volume, or when scrolling through social media.

Set your intention to do one thing at a time. As best you can, notice when you veer off track, and bring your attention back to the task at hand.

Try setting a time limit — start small — to see what it's like to focus on one thing at one time. See how your experience changes.

**WHAT ELSE IN YOUR LIFE MIGHT BENEFIT FROM A SINGULAR FOCUS?**

# Give Yourself a Break

Here is a study to remember the next time your nose is to the grindstone.

Draugiem Group, a social networking company, used a computer app to examine employee focus and productivity. In widely shared findings, they claimed to have landed on the ideal work-to-break formula: 52 minutes of focus, followed up by 17 minutes of rest or recharge.

Other work-hack experts suggest 90 minutes of focus is the charm.

Meanwhile, the Pomodoro Technique breaks work into 25-minute intervals, or pomodoros, separated by five-minute breaks. (Every four pomodoros is followed by a 15-to-20 minute break.)

Few of us are in charge of the ebb and flow of our work days, so be sure to take breaks when they are available. If you have the option, stop for lunch, rather than working straight through. While it may seem counterintuitive, time away from work helps to get things done!

## BUSY IS NOT A BADGE OF HONOR

“Take the ‘busy’ badge, throw it in the trash and replace it with one that says ‘rested.’ And after you do, don’t post about it on Twitter. Step outside, lie down in the grass and look at the clouds. And don’t get up until you’re good and ready.”

CARL RICHARDS



# A SMART Guide to Goal Setting

Big or small, long range or immediate, when it comes to tackling anything, it can be useful to set SMART goals. Here's how that goes ↓

**S**

---

**S IS FOR SPECIFIC BE AS CLEAR AS YOU CAN ABOUT WHAT YOU HOPE TO ACCOMPLISH**

**M**

---

**M IS FOR MEASURABLE DECIDE HOW YOU WILL KNOW WHEN YOU'VE REACHED YOUR GOAL**

**A**

---

**A IS FOR ATTAINABLE ARE YOUR GOALS REALISTIC? ARE YOU SET UP TO SUCCEED?**

**R**

---

**R IS FOR RELEVANT NOTE IF, AND HOW, WHAT YOU ARE TRYING TO ACHIEVE CONNECTS TO YOUR LIFE**

**T**

---

**T IS FOR TIME-RELATED WHEN WILL YOU TAKE ACTION? SET A DATE BY WHICH YOU HOPE TO ACHIEVE YOUR GOAL**

**GRAB A PEN AND PAPER AND COMPLETE  
THE FOLLOWING SENTENCES ↓**

→ MY SMART GOAL IS...

---

→ I WILL HAVE ACHIEVED MY GOAL WHEN...

---

→ MY PLAN INCLUDES THE FOLLOWING STEPS...

---

→ IF NEEDED, I WILL CALL ON THESE PEOPLE FOR AN ASSIST...

---

→ AMONG THE BENEFITS OF ACHIEVING THIS GOAL ARE...

---

→ I HOPE TO MEET MY GOAL BY THE FOLLOWING DATE...

---

→ ONE THING I WILL DO TODAY TO ACHIEVE MY GOAL...

---

→ ONE THING I WILL DO THIS WEEK...

---

→ THIS MONTH...

---

→ THIS YEAR...

# Give a WOOP

Fortify your best inclinations by pausing to consider your worst.

When you are working on a dream — or focused on a SMART goal — it can be useful to anticipate internal and external challenges that might get in the way. To help in the chase, NYU psychology professor Gabriele Oettingen came up with a tactic called WOOP ↓



**W IS FOR WISH**

THE THING YOU WANT TO  
MAKE HAPPEN — YOUR GOAL



**O IS FOR OUTCOME**

WHAT YOU EXPECT  
WHEN YOU ACHIEVE IT



**O IS FOR OBSTACLES**

ANY CHALLENGES  
THAT MIGHT ARISE



**P IS FOR PLAN**

AN ADVANCED STRATEGY  
THAT WILL HELP YOU TO GET  
AROUND THOSE PITFALLS

→ **WRITE DOWN A WISH. THIS COULD BE THE SMART GOAL YOU JUST SET**

---

→ **IMAGINE THE OBSTACLES THAT MIGHT GET IN THE WAY**

---

→ **WITH THOSE CHALLENGES IN MIND, BRAINSTORM WAYS TO OVERCOME THESE HURDLES**

**PRO TIP: FALL FORWARD**

Perseverance means to keep going, even when things are hard.

We like the way Denzel Washington summed it up at the University of Pennsylvania:

"Fall forward," he urged the Class of 2011.

"Reggie Jackson struck out 2,600 times in his career — the most in the history of baseball.

But you don't hear about the strikeouts. People remember the home runs. Fall forward. Thomas Edison conducted 1,000 failed experiments. Did you know that? I didn't either — because number 1,001 was the light bulb. Fall forward. Every failed experiment is one step closer to success."

**WORTH QUOTING → "REMEMBER TO LOOK UP AT THE STARS NOT DOWN AT YOUR FEET. TRY TO MAKE SENSE OF WHAT YOU SEE AND WHAT MAKES THE UNIVERSE EXIST. BE CURIOUS. AND HOWEVER DIFFICULT LIFE MAY SEEM, THERE IS ALWAYS SOMETHING YOU CAN DO, AND SUCCEED AT. IT MATTERS THAT YOU DON'T JUST GIVE UP."**

**— STEPHEN HAWKING**



**“If we’d all stuck with our first dream, the world would be overrun with cowboys and princesses.”**

**STEPHEN COLBERT**

**“It’s always those challenges which show you who you are and what you are capable of overcoming.”**

**SELENA GOMEZ**

**“Isn’t it nice to think that tomorrow is a new day with no mistakes in it yet?”**

**ANNE OF GREEN GABLES**

**DO YOU HAVE A FAVORITE QUOTE THAT INSPIRES YOU TO STAY THE COURSE? DRAW OR ILLUSTRATE IT**

# Get Excited!

## A quick trick to calm nerves and harness jitters

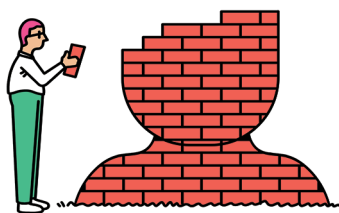
When you're feeling anxious say these words out loud:  
"I AM EXCITED!"

Alison Wood Brooks, a Harvard business professor, discovered that doing so can make all the difference. In the name of research, she had subjects perform Journey's "Don't Stop Believin'" on a karaoke machine. In a second study, participants were asked to deliver an impromptu speech. Recruits in a third study were given a timed math task.

Those who said "I am excited" sang 17 percent better, were 17 percent more persuasive at speaking, and did 22 percent better on the test than people who said nothing or focused on remaining calm.

"Anxious reappraisal"—as the technique is known—shifts focus to the good in a situation. "The way we verbalize and think about our feelings helps to construct the way we actually feel," she writes. "Saying 'I am excited' represents a simple, minimal intervention that can be used quickly and easily to prime an opportunity mindset and improve performance."

# Start With Small Steps



## Break down your goals, then break them down again

Dr. B.J. Fogg is a big fan of small changes. The Stanford University psychologist champions “Tiny Habits,” a model that inspires actions that support well-being.

He advises breaking goals into super small steps — a strategy that will work for all ages.

Floss one tooth, he suggests. Floss it, and then give yourself a high five. Success! Next time, you’re likely to floss a few more ... and then a few more.

In this way, he says, habits grow naturally.

# Practice Patience

## Think of life as everyday training!

Patience is the ability to roll with delays, interruptions and unpleasant surprises. In the context of this chapter, it is the ability to work with calm, care and determination toward a goal that might take time.

→ **THINK OF A TIME IN THE PAST WHEN YOU WERE REQUIRED TO PRACTICE PATIENCE. WHAT HELPED?**

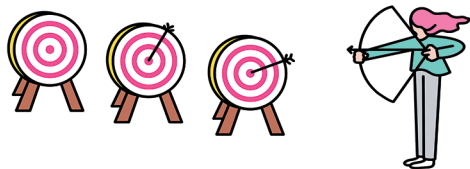
→ **WHAT GOT IN THE WAY?**

→ **IS THERE SOMETHING IN YOUR LIFE THAT MIGHT BENEFIT FROM A LITTLE PATIENCE?**

Many of the skills we learned to tackle stress can be put to work to develop patience. Always, it's about being kind to ourselves and others along the way.

**“The curious paradox is that when I accept myself as I am, then I change.”**

**CARL ROGERS**



## Here's how experts grow with flow

We'll talk more about Angela Duckworth's research on grit in a bit. Here, we want to consider what the author and psychology professor has observed about stretch goals — that is, achievements that are attainable though not currently in reach.

Athletes, musicians, doctors, you name it ... identify challenges they have yet to meet and then work with deliberate effort and focus to reach that goal. They have a secret, Dr. Duckworth says. Experts and all-stars get hyper-focused on specific details of their performance that require work. They double-down on their growing edges. "Experts do it all over again, and again, and again," she writes of their deliberate practice and determination to improve. "Until they have finally mastered what they set out to do."

And then what? A new stretch goal!

... Then S-T-R-E-T-C-H!

# FIND YOUR TRUE NORTH



**DEFINE YOURSELF,  
FOLLOW YOUR  
CONTRIBUTION**

“

NOT ALL THOSE WHO

D

W A

N

E

R

ARE LOST

”

J.R.R. TOLKIEN

## Find Your True North

One more time. Let's finish where we started.  
You = Awesome.

**“Who you are, what your values are, what you stand for ... they are your north star. You won't find them in a book. You'll find them in your soul.”**

ANNE M. MULCAHY



The WE Well-being Playbook is an invitation to find your feet, own your strength, flex your super powers and step up and out into the world. It is not a self-help book because you don't need one.

Each tip on its own, each action alone will support your well-being. One by one, day by day.

Practice. Experiment. Repeat.

No matter where you are, or where you are starting from, these tips — alone or together — will serve you well, and well into the future.

You are not required to predict what comes next. No one can! But you should trust that you are now equipped and ready to become a life-long explorer, inspired by curiosity, moved by gratitude and fortified by the small things you do every day to take care of yourself and others.



# Let's Review

## You = Awesome

### Let's review all the reasons why

The WE Well-being Playbook was designed to remind you of your strength, flexibility and resilience. Grab your journal or paper and pen and consider how you'd answer the following questions.

1

MY STRENGTHS

2

MY SUPERPOWERS

3

VALUES I PRIZE ABOVE ALL OTHERS

4

MY ENERGY SOURCES

5

ADVICE TO MYSELF WHEN I'M UP  
AGAINST A HURDLE

6

A GOAL I AM READY TO SET

“You will need to work very hard on getting to know your operating system better. To know what you are and what you want from life. This is, of course, the oldest advice in the book: know thyself. For thousands of years, philosophers and prophets have urged people to know themselves. But this advice was never more urgent than in the 21st century.”

YUVAL NOAH HARARI

# Develop Your Passions

## (This will take time)

“Follow your passion” is go-to advice for commencement speeches as if life were so simple.

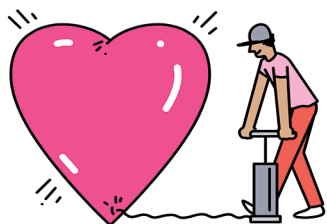
“Develop your passion,” is a better way to put it, Stanford psychologist Gregory Walton suggests. “If you look at something and think, ‘That seems interesting, that could be an area I could make a contribution in,’ you then invest yourself in it. You take some time to do it, you encounter challenges, over time you build that commitment.”

There is no guarantee your passion will lead to a living, of course, but nor is it a requirement that a job be your passion. Lucky are those who make the match.

Angela Duckworth is an expert on grit, which she describes as a blend of passion and persistence.

If you have yet to foster a passion, start at the beginning, she suggests. “Ask yourself a few simple questions: What do I like to think about? Where does my mind wander? What do I really care about? What matters most to me? How do I enjoy spending my time? And, in contrast, what do I find absolutely unbearable?”

Then, she says, go out and experiment.



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**1** WHAT I LIKE TO THINK ABOUT

---

**2** WHERE MY MIND WANDERS

---

**3** HOW I ENJOY SPENDING MY TIME

---

**4** THE SIMPLE PLEASURES I APPRECIATE

---

**5** PLACES OR AREAS I WOULD LIKE TO FURTHER EXPLORE

---

**6** THE NEXT THINGS I WOULD LIKE TO LEARN

---

**7** ONE PLACE I COULD BEGIN

**“FOLLOWING YOUR PASSION IS A VERY ‘ME’-CENTERED VIEW OF THE WORLD. WHEN YOU GO THROUGH LIFE, WHAT YOU’LL FIND IS WHAT YOU TAKE OUT OF THE WORLD OVER TIME — BE IT MONEY, CARS, STUFF, ACCOLADES — IS MUCH LESS IMPORTANT THAN WHAT YOU’VE PUT INTO THE WORLD. SO MY RECOMMENDATION WOULD BE FOLLOW YOUR CONTRIBUTION. FIND THE THING THAT YOU’RE GREAT AT, PUT THAT INTO THE WORLD, CONTRIBUTE TO OTHERS, HELP THE WORLD BE BETTER AND THAT IS THE THING TO FOLLOW.” — BEN HOROWITZ AT THE SCHOOL OF ENGINEERING AND APPLIED SCIENCE AT COLUMBIA UNIVERSITY**

# Set Your Standards

## Come up with some words to live by

Karlyn Borysenko is the author of *Zen Your Work*. The organizational psychologist has a strategy that helps to create wins in challenging situations.

As she explains it, she created a mantra for herself that became her benchmark for success:

- Act with integrity.
- Have compassion and empathy (even when others don't).
- Be of service to people around you.

"If I achieved those three things, I considered it a good day. Nothing else mattered," she writes.

Energy she saved in not stressing so much, she devoted to creating an exit plan that would lead to a new work experience. Take some time now and define your mantra.

## FIND YOUR PURPOSE

### 1

---

A FEW OF THE ISSUES  
I CARE ABOUT

### 2

---

THE PEOPLE AND  
THINGS I AM READY  
TO STEP UP FOR

### 3

---

I WILL DONATE \_\_\_\_%  
OF MY WAKING  
HOURS TO HELPING

### 4

---

A FEW OF THE  
WAYS I CONTRIBUTE  
TO THE WELL-BEING  
OF OTHERS

# Dream Fearlessly, Live To Inspire

## Go, and make interesting mistakes!

We've talked about goals and even emphasized the upsides of falling down.

We love this invitation from Neil Gaiman: "Go, and make interesting mistakes, make amazing mistakes, make glorious and fantastic mistakes."

Things don't have to be perfect. (Nothing is!) Research shows that moving toward goals increases happiness.

---

**1** WITH THE FREEDOM TO MAKE MISTAKES,  
WHERE WOULD YOU LIKE TO GO?

---

**2** AND WHAT WOULD YOU DO?

### BONUS MARKS

Write a letter to your future self. Seal it in an envelope to be opened five years from now!

P.S. CHANGING DIRECTIONS IS ALL PART OF THE JOURNEY.

# BE

GRATEFUL FOR  
SMALL PLEASURES

## Create a 'to be' list

Notice what it feels like when you move through the world with intention.

# BE

ON THE LOOKOUT  
FOR WAYS TO HELP

Almost like mini mission statements, intentions can infuse everyday actions with purpose. Instead of a "to-do" list, create a list of ways you could approach your day.

Brainstorm, then pick one or two items on your list to put into action.

# BE...



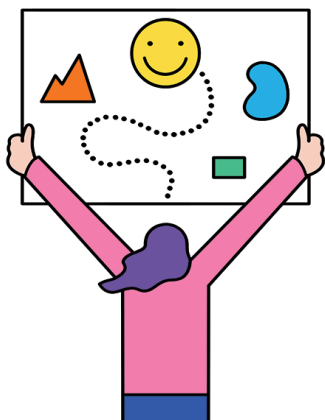
**YOU ARE WHAT YOUR  
DEEP, DRIVING DESIRE IS.  
AS YOUR DEEP, DRIVING  
DESIRE IS, SO IS YOUR  
WILL. AS YOUR WILL IS,  
SO IS YOUR DEED.  
AS YOUR DEED IS,  
SO IS YOUR DESTINY.**



# Set an Intention

## Put your words into action

Not just for yoga class, intentions bring your values to life. When you “set an intention,” as it is sometimes phrased, you connect your values and purpose with the way you want to move through the world. For example, you might make it your intention to move through your day with gratitude. You could make it your intention to keep watch for opportunities to help.



### PRO TIP: START BY 'ACTING AS IF'

If you want to change the world, start by “acting as if.” Prior generations have put this a different way — “Fake it ‘til you make it.”

But see what happens if you act as if you can narrow the massive achievement gap between our nation’s rich and poor public schools; maybe, if you set out to do that, if you “act as if,” you will find yourself helping tutor a girl in reading or math at the school down the block.

“See what happens if you act as if you can fight — you can fight — the epidemic of sexual violence in the Democratic Republic of the Congo; maybe you will find yourself volunteering at an abuse hotline across town and offering comfort to someone who has no one else to talk to.”

SAMANTHA POWER AT THE  
UNIVERSITY OF PENNSYLVANIA

# Lessons From Role Models

## TRY THIS

Set aside a notebook or digital space where you collect words and wisdom that you'd like to share in the years ahead with friends, future grandchildren(!), mentees. Fill it with quotes, ideas, truths and anything else that inspires you.

## Who inspires you?

Think of someone who inspires you. It could be someone you know, or a figure in public life.

# 1

WHAT QUALITIES IN THAT PERSON DO YOU MOST ADMIRE?

# 2

WHAT LESSONS HAVE THEY TAUGHT YOU?

# 3

WHERE DO YOU TURN FOR GUIDANCE?

# 4

WHO DO YOU HELP TO SUPPORT?

**“THE MOST IMPORTANT THING  
IN YOUR LIFE IS TO LIVE YOUR  
LIFE WITH INTEGRITY AND NOT  
TO GIVE INTO PEER PRESSURE TO  
TRY TO BE SOMETHING YOU’RE  
NOT. ... FOLLOW YOUR PASSION,  
STAY TRUE TO YOURSELF, NEVER  
FOLLOW SOMEONE ELSE’S PATH;  
UNLESS YOU’RE IN THE WOODS  
AND YOU’RE LOST AND YOU SEE  
A PATH, THEN BY ALL MEANS,  
YOU SHOULD FOLLOW THAT.”**

**— ELLEN DEGENERES**

# What Brings Out Your Best?

## Five questions about the way you work

What inspires your strongest work? Some questions to consider. There are no wrong answers →

# 1

ARE YOU A TEAM PLAYER? OR DO YOU PREFER TO WORK ALONE?

# 2

WHEN DO YOU DO YOUR BEST WORK? IN THE MORNING, MID DAY ... MAYBE LATE AT NIGHT

# 3

HOW DO YOU LIKE TO COMMUNICATE? FACE TO FACE, BY PHONE, VIA TEXT OR IN A SLACK CHANNEL. OPTIONS ARE ENDLESS

# 4

WHAT ARE YOUR VALUES? WHERE DO YOU SEE THEM REFLECTED IN YOUR WORK SITUATION?

# 5

WHERE CAN YOU MAKE THE GREATEST CONTRIBUTION?

## Define Your Personal Philosophy

“

**I believe in being myself. I believe that I — not any stereotype — should define who I am and what actions I take in life.”**

**KAMAAL MAJEED OF WALTHAM,  
MASSACHUSETTS**

“

**Everyone is weird in their own way.”**

**TARAK MCLAIN OF AUSTIN, TEXAS, AGE  
SEVEN AT THE TIME OF HIS CONTRIBUTION**



**Be cool to the  
pizza dude.”**

**SARAH ADAMS  
OF PORT ORCHARD,  
WASHINGTON**

## **Think about the values you live by. How do they guide your daily life?**

It's a question some 125,000 people have answered for the This I Believe organization. "This I Believe" essays are about 500 words.

If that seems like a lot, know that NFL coach Pete Carroll once suggested to *Grit* author Angela Duckworth that everyone should have a personal philosophy of 25 words or fewer. "I really feel that if people could articulate what they're all about then it could ... put them on a clearer path," she told *Behavioral Scientist* magazine of the idea.

Find as much space as you need to come up with your "This I Believe" statement. Remember ... it's something that will come back to often in life.

**FOR BONUS POINTS, DO THIS EXERCISE WITH A FRIEND  
OR FAMILY MEMBER**

**“WE HAVE, IF WE’RE LUCKY,  
ABOUT 30,000 DAYS TO PLAY  
THE GAME OF LIFE. AND TRUST  
ME, THAT’S NOT MORBID. IN  
FACT, IT’S WISDOM THAT WILL  
PUT ALL THE INEVITABLE FAIL-  
URES AND REJECTIONS AND  
DISAPPOINTMENTS AND HEART-  
BREAKS INTO PERSPECTIVE.”**

**— ARIANNA HUFFINGTON**

**Afterword**

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**Me to We**

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**Me to We**

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**Me + We**

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**=**

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**MWe**

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**BY DANIEL J. SIEGEL, MD**



You've now come to the end of this amazing WE Well-being Playbook. You can see it is a powerful and inspiring guide to help make life more manageable as we navigate these uncertain times. What impresses me so much about this amazing book is that it is cutting-edge science applied in practical ways for everyday use. What a magnificent and timely collection of wisdom from the world's leading researchers and visionaries.

Maybe you feel as I do about this concise and empowering guide: grateful for it now, in the worst of times, and excited to leverage its lessons in the best of times.

Weaving a profoundly important emphasis on both the internal life of ME with the interconnections we have with others and nature — with the WE of who we also truly are, the Playbook invites us to think about how inner and relational worlds connect. How can we be both an inner Me and a relational We, even in today's realities of self-isolation and physical distancing?

In the work I do, combining a wide range of sciences into one framework and then finding ways to apply these findings, "integration" has come forward as a key way to create everyday well-being. Integration means we have different elements of something that can be linked. Just like when you are chatting with a friend — each of you can like different music, differentiated from each other — but you still can go out and listen to each other's favorite songs. In this way, integration is more like a fruit salad than a smoothie:

You don't become identical to your friend, or need to make their music your favorite, but you can respect their preferences and even enjoy your differences. Integration of our personal and our relational lives is just like that. As this Playbook shows us so

powerfully, we need to take care of our individual “self” in all sorts of ways, like sleeping well, eating well, exercising and even reflecting inwardly through meditation and taking time to relax. These are all taking care of our individual I or Me, and something that is especially important to remember now. Yet these pages also reveal what you may have come to learn yourself — and what lots of careful research has revealed, too — that if we want to be truly happy, we need to connect with “others” and build healthy, supportive relationships. And even as we practice physical distancing, we can also find ways to create connections and give back.

I put these words, “self” and “others,” in quotations because these terms can actually be quietly misleading. Yes, we have an inner aspect of who we are. Let’s call that I or Me. Fine. But an equally important — yet simply different — aspect of who we are is our relationships.

It’s what happens between this inner Me and the worlds of other people and of nature. These interconnections reveal that we are part of something much bigger than our bodily self. These connections are our relationships with people and the planet we can simply call Us, or We.

The wonderful work of WE, so powerfully expressed in the key messages of this Playbook, invites us to integrate our identity. This means we take in the whole of who we are, then connect all the different aspects. We don’t need to blend them in a way that they lose their essence, lose their integrity and fullness; we keep them all and combine them into one identity! At the most basic level, this means we combine our inner Me with our inter We — bringing our inner and our relational selves into one integrated whole identity. Me to We does not mean getting rid

of Me to be a We! This is the powerful life lesson of this book. Living only a discrete, separate, isolated “solo-self” is not healthy for any of us. And yet neither is living only with a focus on caring for others without taking care of our individual needs. Me to We truly means being both an individual, inner ME, and also a relational, inter WE. What would a word be that helps us name this integrated identity that can support our well-being in life? In English, this would sound like:

Me + We = MWe

In French, this might be

Moi + Nous = MoiNous;

in Spanish this might be

YO + Nosotros = YoSotros.

MWe is a way we can readily remember these important messages of the Playbook in our day-to-day lives, especially as we collectively try to find a way to the other side of COVID-19. Thanks to all the contributors and thanks to you for taking the time to read these important words. Together, MWe can make a difference and bring more connections to our world as a gift that will keep on giving!



**DANIEL J. SIEGEL, MD,**

IS THE EXECUTIVE DIRECTOR OF MINDSIGHT INSTITUTE AND A CLINICAL PROFESSOR AT UCLA SCHOOL OF MEDICINE. HE IS THE AUTHOR OF *AWARE: THE SCIENCE AND PRACTICE OF PRESENCE*, AND *BRAINSTORM: THE POWER AND PURPOSE OF THE TEENAGE BRAIN*.

# THANKS TO OUR FOUNDING PARTNERS



Heartfelt gratitude to our founding partners, the Erika Legacy Foundation and the Elkington family, for their critical role in inspiring and supporting WE Well-being.

The Erika Legacy Foundation is dedicated to building safer and inspired communities.

Since 2016, it has championed mental health and well-being with an emphasis on inspiration and action, research and outreach.

For more information on their urgent work and timely mission, go to [ERIKALEGACY.COM](http://ERIKALEGACY.COM)

## LETTER FROM BILL & SABRINA ELKINGTON

Thank you in advance for the time you spend with these pages. It means the world to us that you learn ways to bolster your own health and the well-being of your friends, family and community.

We believe that giving is not just about making a donation. It is about making a difference.

First on our list is to change the conversation. We want it to be as easy to talk about mental well-being as it is to discuss physical health. The two are interconnected! We want taking care of our brains to be as understandable and actionable as taking care of our bodies.

We want you to live your life fearlessly with openness and honesty and the courage to talk about mental health in a safe and kind way. But at the same

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### ABOUT THE ENSO

The ensō, used in the foundation logo above, is a sacred Zen symbol, a “circular form” created in one or two continuous brushstrokes. Sometimes the circle is closed. When open, there is room for movement and development and the perfection of all things in their imperfections.

time, we want you to know how to ask for help when you need it. We all need it from time to time! Together, we can turn the “i” in mental illness to “we” in wellness.

We are excited by the promise of emerging brain science. Already, it shows us that small actions and a spectrum of self-care can expand our capacity to thrive. The book in your hands is a celebration of this potential.

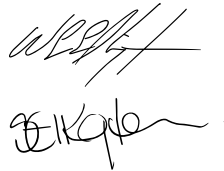
The more we know about our brains, the better equipped we are to take care of our well-being.

The American scientist David Bohm once observed that we use approximately 2.6 percent of our minds in conscious awareness. “About 97.4 percent of our mind functions in the subconscious or unconscious.” So we want you to focus your 2.6 percent on the conscious awareness and use it to take care of your mental health and well-being, as well as the mental health and well-being of your friends and family.

The possibilities are unlimited. With more awareness and practice, we can turn the latest science

into action to promote our own health and the well-being of our communities. Dare to explore. LIVE TO INSPIRE.

Having lost our beautiful daughter Erika to suicide, we now know this can happen to anyone. For this reason, we are dedicated to action, research and outreach. Our mission is to support and expand individual and collective capabilities around mental health, so we can help ourselves — and each other. Mental health issues are treatable and suicide is preventable.

Two handwritten signatures in black ink. The top signature is 'D. Bohm' and the bottom signature is 'Erika'.

**IF YOU OR SOMEONE YOU KNOW  
IS IN CRISIS, PLEASE CALL 911 OR  
GO TO YOUR NEAREST EMERGENCY  
DEPARTMENT FOR ASSISTANCE**

# WE Well-being

## WHAT IS WE?

WE makes doing good, doable. In North America and the UK, WE Schools empowers students through experiential service learning programming in over 20,000 schools. In developing countries, WE Villages promotes community-led sustainable development that has improved access for over one million people to education, clean water, health service, food security and economic opportunity. ME to WE creates socially conscious products and experiences that allow people to do good with their everyday choices.

→ [WE.ORG](http://WE.ORG)

## WHAT IS WE WELL-BEING?

WE Well-being empowers youth, families and communities with tools and resources to promote their own mental well-being and

the well-being of others. Based on the best available evidence, we translate science into everyday actions.

Developed in collaboration with leading mental health professionals and with the support of our founding partner, the Erika Legacy Foundation, our goal is to promote the mental well-being of youth, families and communities; and to support the development of positive, inclusive, safe and caring environments and relationships.

→ [WE.ORG/WELLBEING](http://WE.ORG/WELLBEING)

## WE SCHOOLS

WE Schools is a series of K-12 experiential service learning programs that help students investigate and take action on local and global issues. In more than 20,000 schools and clubs, the initiative

includes educational resources, action campaigns, professional learning and the opportunity to participate in our celebration of service, WE Day. WE Schools includes our partnership with the College Board for AP with WE Service, so that students can earn AP recognition on their transcript for their service-learning work.

→ [WE.ORG/WE-SCHOOLS](http://WE.ORG/WE-SCHOOLS)

#### **WE WELL-BEING + WE SCHOOLS**

Educators, teachers and parents can bring well-being to schools and classrooms. Developed in collaboration with mental health professionals and educators, our education modules, curriculum and digital resources bring well-being through experiential service learning to life. We empower educators with professional development and self-care resources, then we stand back and marvel as schools learn to take care of themselves and others. For more information on any of these, see [WE.ORG/WELLBEING](http://WE.ORG/WELLBEING)

#### **WE WELL-BEING: YOUTH + FAMILIES**

We know that family life is busy, which is why we've made it easy

for individuals and families to get involved with WE and our wellness programming.

WE Well-being provides a variety of programs to increase knowledge, skills and to support parents in raising families that reinforce positive mental health. Our resources include workshops, discussion cards and activity suggestions, so that everyone has the tools they need to take care of themselves and others.

#### **WE WELL-BEING + WE COMPANIES**

Whether you're the CEO of a Fortune 500 company or a dedicated nine-to-fiver, you can make well-being part of your office culture. Ready to get started? The WE Companies program gives you the tools you need to start living WE at work. Bring WE Companies to your workplace, and we'll support your community with digital resources, podcasts, a playbook for the work-place, lunch-and-learn sessions, speaking engagements and corporate volunteer trips.

FOLLOW US ON FACEBOOK AND  
INSTAGRAM @WEMOVEMENT

## SUPPORT AND RESOURCES

WE Well-being is designed to empower people of all ages with educational programs, resources, and opportunities to promote their own mental well-being and the well-being of others. We do not provide crisis support or treatment, but we do increase awareness and access to resources from our strategic partners who specialize in mental health and support services. We are very proud to work with the following partners ↓

### CANADA

**Kids Help Phone** 

**WHENEVER YOU NEED  
TO TALK, WE'RE OPEN**

CALL 1 800 668 6868

CHAT AT [KIDSHELPPHONE.CA](https://www.kidshelpphone.ca)

TEXT 686868



**Canadian Mental  
Health Association**  
Association canadienne  
pour la santé mentale

### UNITED STATES



[jedfoundation.org](https://jedfoundation.org)

**GET HELP NOW**

TEXT "START" TO 741741

OR CALL 1 800 273 TALK (8255)

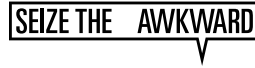


### INTERNATIONAL

Go to the International Association of Suicide Prevention website to find crisis support in your country: [WWW.IASP.INFO](https://www.iasp.info)



WANT TO SUPPORT A FRIEND?



ADDITIONAL PARTNERS



Morneau Shepell, in partnership with WE in support of the WE Well-being program, provides immediate and confidential support for total well-being. Available anytime and anywhere. Give them a call. CALL TOLL-FREE, 24/7: 1 833 505 HELP (4357)

## ACKNOWLEDGEMENTS

Thank you for spending time with this book — and for sharing what resonates with the world. Having celebrated the importance of gratitude in these pages, allow me to express some heartfelt thanks.

Huge acknowledgement to all the organizational partners, educational institutions, philanthropic enablers, families and youth who believe in the mission of WE Well-being. A special thank you to the Erika Legacy Foundation as our founding partner. Bill, Sabrina, Dani, Chris, Richard, Abbey and the entire Elkington family inspire us with their vision of a world where all have access to mental health resources. Chris Mak carries such a depth of personal commitment to empowerment and changing lives.

Endless gratitude to Sue Allan, WE Well-Being Editor, who is my partner in creating content to educate, inspire and empower families. She lives this message through her mindful practice, raising caring children, and humbly empowering the team around her.

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## ABOUT THIS BOOK

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Leysa Cerswell Kielburger is a co-founder of WE Well-being, an initiative that empowers people of all ages with educational programs, resources, and opportunities to promote their own mental well-being and the well-being of others. Leysa is also a faculty member at the Centre for Mindfulness Studies, where she develops mindfulness-based programs and trains health care practitioners and educators. She has contributed to multiple books and journals, and her PhD dissertation in Clinical Psychology focused on mental health care for underserved and marginalized populations. Leysa has taught and practiced across North America, Asia and Africa.

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Susan Allan is an award-winning journalist who has worked at *Maclean's*, *iPolitics* and the *Ottawa Citizen*. Based in Ottawa, she is an enthusiastic volunteer, yoga teacher and hockey mom. She serves on the boards of L'Arche Ottawa

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