

## FEEL ENERGIZED & CONFIDENT

### USE YOUR STRENGTHS



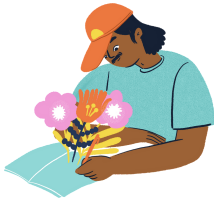
Each of us possesses a unique combination of strengths that helps us learn, solve problems, help others, and have fun. Getting to know your strengths and being intentional about using them can give you a confidence boost and lower your stress levels.

Use the space below to explore your strengths. For more information about what positive psychologists call character strengths, visit [viacharacter.org/character-strengths](https://viacharacter.org/character-strengths).

What's special or unique about the way you do things?

What's an aspect of yourself you rely on to solve problems or help others?

## DO WHAT FILLS YOU UP



You're multidimensional. Your self-care should be too. Support your mental health by incorporating the activities that energize you into your daily life.

The PERMA-V framework helps support well-rounded wellbeing.

PERMA-V stands for:

- P**ositive emotional experiences
- E**ngagement
- R**elationships that support us
- M**eaning or purpose
- A**chievement or accomplishment
- V**itality

Use the space below to map out your PERMA-V self-care plan.

**Positive emotional experiences.** What activities, situations, places, or objects contribute to you feeling good?

**Engagement.** When do you find yourself most engaged in a task? What enriching activities do you enjoy?

**Relationships.** Who are the people that you feel healthiest or most comfortable around? What do you appreciate about those relationships?

**Meaning.** What activities, people, places, or communities give you a sense of purpose? What do you stand for?

**Achievement/Accomplishment.** What gives you a feeling of accomplishment (big or small)? What's one recent small victory you could celebrate?

**Vitality.** What do you enjoy about your body? How do you like to move and take care of your body?

## PUT THE PIECES TOGETHER



Taking action helps us learn new information on a deeper level and integrate it into daily life. Turn your reflections into action with this final step:

Name at least 1 thing from any of your answers above to take action on in the next 24 hours.

What did you do? What's one takeaway from taking that action?

Get more mental health tools at your fingertips at [caps.arizona.edu/on-demand](https://caps.arizona.edu/on-demand)

