



Lesson 1: How to Thrive

**PHYSICAL
WELL-BEING**

**SPIRITUAL
WELL-BEING**

**SOCIAL
WELL-BEING**

**EMOTIONAL
WELL-BEING**

**MENTAL
WELL-BEING**

To **thrive** is to have good levels of **well-being** and to mostly feel **confident, happy** and **good about yourself** and **your life**. When you are thriving, you are growing into the best version of yourself and **reaching towards your potential**. You **feel connected to others** and you **understand that you** can have a **positive impact** on the people around you and the wider world too. You feel **resilient** and **trust yourself** to be able to cope with the challenges and difficulties of life. You **believe in yourself** and know that you are **good enough**, just as you are.

Thriving doesn't mean feeling happy and positive **all of the time**, it means understanding that **all of your emotions are important** and having helpful ways to deal with difficult emotions.

In order to thrive, you must first make sure that you know how to guide your **brain** and **nervous system** into thriving mode, which means feeling **safe, calm** and **connected**. This is known as **regulating** the nervous system. From this calm state, you can then guide yourself to become **energised** and **empowered** whenever you need to.



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Aim to do 3 of your '*little things*' every day to give you a daily **DOSE** of the feel-good chemicals:

- D**opamine
- O**xytocin
- S**erotonin
- E**ndorphins

DAILY DOSE

DOPAMINE

OXYTOCIN



SEROTONIN

ENDORPHINS