

Book A



Reflective Journal

Tools 2 Thrive



PRIVATE

Name:

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Aravis© font

The *Tools to Thrive* programme uses **Aravis©** font throughout. The **Aravis©** font is an emerging typeface researched and developed by Crossbow Education that, in addition to it being a more legible font for typical readers, it also meets all possible accessibility criteria for readers with dyslexia and the visual difficulties associated with dyslexia.

Tools to Thrive ~ Reflective Journal: Book A

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Published in Ireland by: Outside the Box Learning Resources Ltd.

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Printed in Republic of Ireland.

ISBN: 978-1-805160-47-2

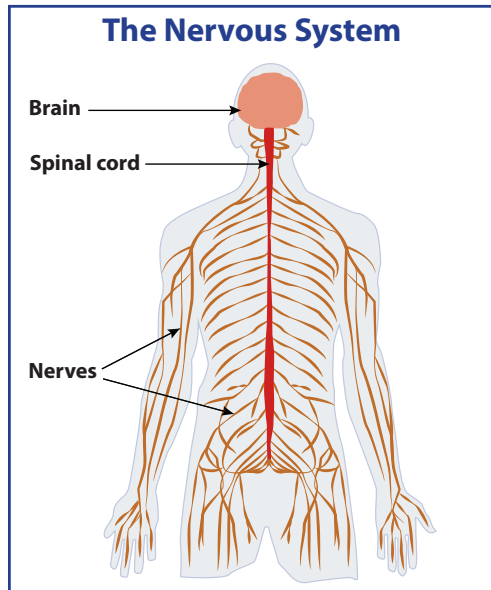
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Introduction

Welcome to *Tools to Thrive: Book A*. The aim of the programme is to help you to **enhance your well-being** and **to thrive** as much as possible. It is based on topics and skills from **Positive Psychology** and **neuroscience**, which is the science of the brain and nervous system. The nervous system includes the brain, spinal cord and a network of nerves which connect the brain to different parts of the body. The role of the nervous system is to **transmit messages** back and forth between the brain and the body.

The nervous system has many functions, including **detecting and responding to perceived threats in our environment**. It is continually trying to help us survive by keeping us safe and alive. It evolved from the time of our early ancestors, who lived in very dangerous times. It still sometimes becomes **over-reactive** to the **triggers** of daily life and pushes us into survival mode (fight-flight-freeze mode). In survival mode, we often can't access reasonable and logical thinking and we are at the mercy of strong emotions such as fear and anxiety.



Our well-being is dependent on having a **well-regulated nervous system**. We need to tune into it and learn how to guide it out of **survival mode** and into **thriving mode**. The tools provided in the programme are designed to help you to do this.

For **further information** on the topics covered in each lesson, including online articles, videos and podcasts, check out the pupil Digital Companion Page that accompanies this programme: www.otb.ie/t2t-a-p

Lesson 1: How to Thrive

5 Dimensions of Well-Being

PHYSICAL WELL-BEING

Keeping your **body** strong and healthy through **physical activity, rest, sleep** and **healthy eating**.

MENTAL WELL-BEING

Keeping your **mind** healthy, through becoming aware of your **thoughts** and learning how they affect your **feelings** and **behaviour**.

EMOTIONAL WELL-BEING

Understanding and dealing with your **emotions** in **helpful**, rather than **unhelpful** ways.

SOCIAL WELL-BEING

Creating **positive relationships** with other people through **giving** and **receiving** support, friendship, love and care.

SPIRITUAL WELL-BEING

Having **meaning** in your life and a **connection to a greater purpose** than yourself (not necessarily religious).

Lesson 1: How to Thrive

Key Message

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.

Reflection 1:



What are your little things that you can do to nurture your well-being and help you to thrive? Write a list of them here. Try to cover all dimensions of your well-being and remember to do some of them every day!

My Little Things...



Reflection 2: Thriving Self-Assessment



Tools To Thrive	Regularly	Some-times	Rarely
I use tools to look after my physical well-being.			
I use tools to look after my emotional well-being.			
I use tools to look after my social well-being.			
I use tools to look after my mental well-being.			
I use tools to look after my spiritual well-being.			

Follow-up:

Tick one or 2 tools that you sometimes/rarely use and try to make more use of them in the coming week.

Physical
Well-Being

Emotional
Well-Being

Social
Well-Being

Mental
Well-Being

Spiritual
Well-Being

Reflection 2:

Happiness is not
something ready-made.
It comes from
your own actions.
-Dalai Lama

What other quote/phrase would
you choose to reflect the ideas
of this lesson?

Any thoughts on this quote?

Personal Notes:

If you wish, use these pages to write or draw any thoughts or ideas you have.