



Community of Practice: Well-being

- What is your definition of well-being?
 - Scan the materials in the readings folder to get an overview
 - Check out the “assessing your life balance” worksheet
 - Take a look at the PERMA model

- What dimensions of well-being stand out to each of us as more challenging?
 - Take a look at the media links, maybe you can find a newsletter or podcast that offers more information on a particular dimension of well-being?
 - Check out UPenn’s Positive Psychology Center and the PERMA handout in the Awareness and Actions folder

- What would it take to make a positive change in any one of these dimensions?
 - Take a look at the worksheet (p.3 of “assessing your life balance”) - for example, what would it take to move from 50-60?
 - Pick one of the PERMA dimensions - what would it take to make a change in any of these areas?

- Are there ways to integrate well-being into my interactions with students in and out of the classroom?
 - Check out the work at Simon Frasier University or the University of Montana – faculty toolkits are in the readings folder.

- Are there ways to integrate well-being into my interactions with peers?

- What resources do we need to learn more about well-being and apply our learning to life and work (people, readings, workshops, activities)