VISIBLE WELLBEING'S

SEARCH

HOLIDAY CHALLENGE

STRENGTHS
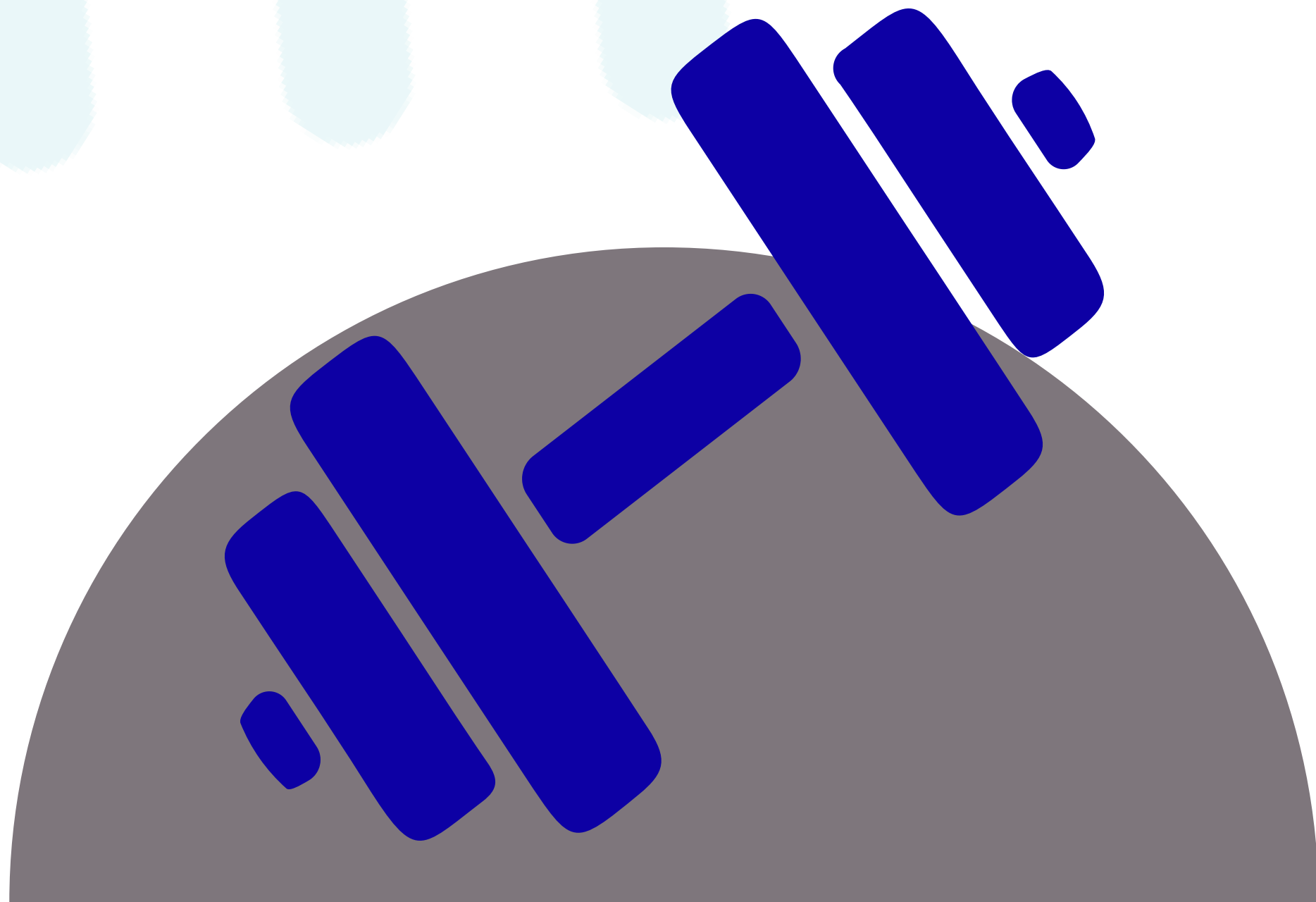
HABITS & GOALS

EMOTIONAL MANAGEMENT

SEE
HEAR
FEEL
(©Waters, 2016)

COPING

ATTENTION & AWARENESS

RELATIONSHIPS
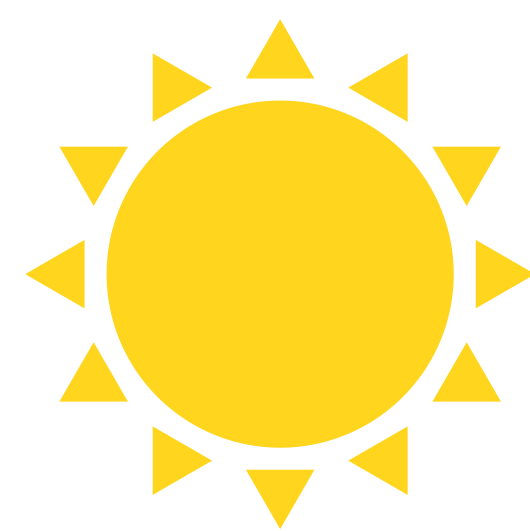
STRENGTHS

HOLIDAY CHALLENGE

Seeing and building our own strengths and, the strengths of others, to harness potential.

Complete the VIA Character Strengths Survey to Identify your Top Strengths

Engage in Strength-Spotting with one family member (or friend) each day

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(Choose your own Strength activity)

SEARCHING FOR WELLBEING

EMOTIONAL MANAGEMENT

HOLIDAY CHALLENGE

Understanding and handling our emotions productively in order to maximise energy and engagement.

Write a gratitude letter

Try a new form of exercise

(Choose your own Emotional Management activity)
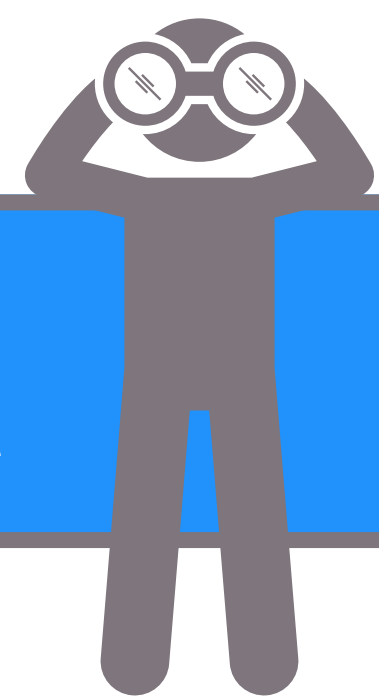
SEARCHING FOR WELLBEING

ATTENTION & AWARENESS

HOLIDAY CHALLENGE

Enhancing the brain's ability to focus and raising our awareness of self and others to foster learning and innovation.

Engage in 10 minutes of bird-watching in your backyard, then write about how it made you feel

Research the Negative Bias

(Choose your own Attention & Awareness activity)

SEARCHING FOR WELLBEING

RELATIONSHIPS

HOLIDAY CHALLENGE

Creating positive and meaningful connections that boost our satisfaction at work and home.

Use Active Constructive Responding when someone shares good news with you

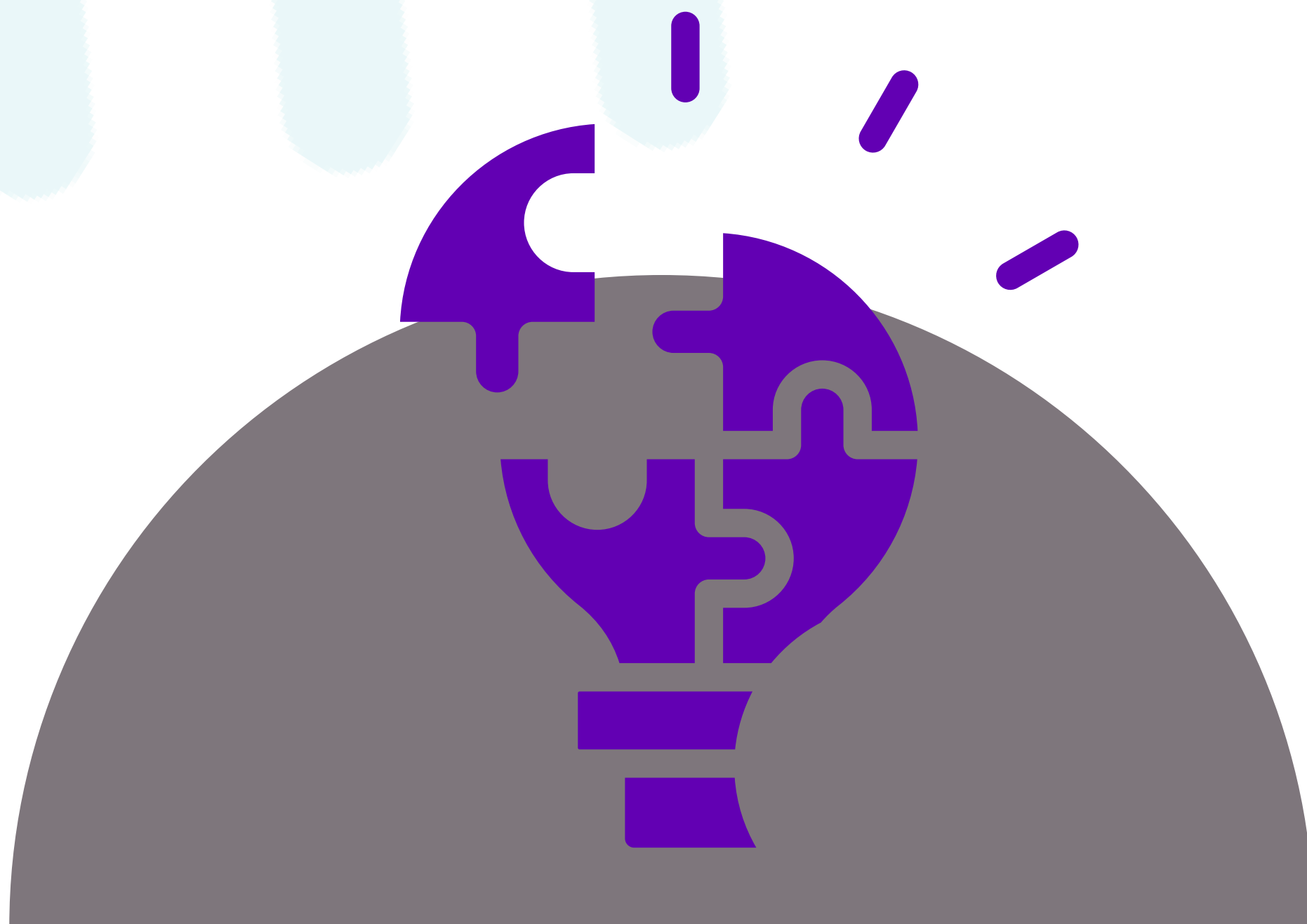Share 5 positive bits of feedback for every one negative bit of feedback you give to family/friends

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(Choose your own Relationships activity)

SEARCHING FOR WELLBEING

COPING

HOLIDAY CHALLENGE

Developing the capacity to adapt to change, rise above stress and navigate challenging situations.

Write a journal entry on how working in education helps to provide you with a sense of meaning

Share a mistake (or OOPS moment!) you made with your family/friends and how you grew from it

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(Choose your own Coping activity)

SEARCHING FOR WELLBEING

HABITS & GOALS

HOLIDAY CHALLENGE

Learning to create positive changes in our life and striving to be our best.

Set 1 healthy habit you would like to perform every day of the holidays (e.g., flossing, walking after lunch)

Record a Term 3 wellbeing goal aligned to the SEARCH Framework.

(Choose your own Habits & Goals activity)

VISIBLE WELLBEING™
Professor Lea Waters AM PhD

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