

Wellness Lesson 4 Manual

ATTITUDE & SUPPORT

A good attitude is associated with well-being because it can significantly impact a person's mental and physical health. A positive mindset can lead to lower levels of stress and increased happiness, which in turn can improve overall well-being. Positive thinking can also boost the immune system, reduce the risk of chronic illnesses and promote healthy behaviours like exercise and proper nutrition. A good attitude can improve social connections and help individuals better cope with challenges, leading to a greater sense of fulfilment and purpose in life.

A good support system is also crucial for well-being. It provides individuals with the emotional, social, and practical resources needed to navigate life's challenges. Having people who care and offer help can reduce stress, improve self-esteem, and promote positive mental health. A good support system can also provide a sense of belonging, social connection, and meaning, which can promote overall wellness.

Key Concepts

- Why, What, How and What If: Attitude
- Why, What, How and What If: Support
- Reflection Task



Lesson 4 Task

1. Arrange to meet with your Accountability Partner to discuss the Reflection Task (see Page 6)



Attitude & Support

Reflect

Why does attitude matter personally and professionally?

Why does support matter in life?

Note down some insights.

Reflect

Who do you know (either personally or via their public persona) who has an attitude that you admire? How do they act/speak/engage with the world?

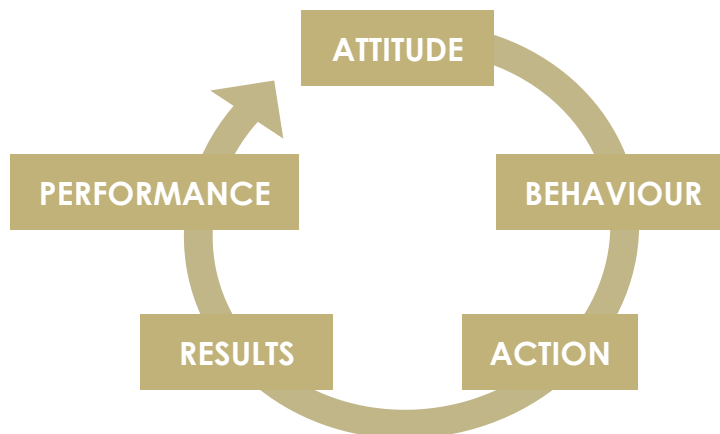
Note down THREE insights.

1.

2.

3.

*Positive
Feedback Loop:*





Attitude & Support

Reflect

What are some ways in which a positive or negative attitude can impact your life?

Note down THREE insights.

1. _____

2. _____

3. _____

CHARACTERISTICS OF A POSITIVE MINDSET

OPTIMISM

ACCEPTANCE

GRATITUDE

MINDFULNESS

INTEGRITY

"The positive thinker sees the invisible, feels the intangible and achieves the impossible."

~ Winston Churchill



Attitude & Support

Reflect

1. **What are (at least) three steps you will take to cultivate and sustain a positive mindset?**
2. **How often will you repeat these steps?**
3. **How will you keep yourself on track?**

Note down your insights.

Reflect

Whose support in your life has had a positive impact on you?

Why and how did they show their support?

Note down THREE insights.

1. _____

2. _____

3. _____



Attitude & Support

Reflect

Why is having a strong support network important in the context of your life right now?

Note down some insights.

Reflect

What are the areas in your life in which your support network is strong? Which areas could do with more support?

Note down THREE insights.

1.

2.

3.



Attitude & Support

Reflect

What steps are you going to take from today to nurture your existing support system and create new opportunities for support?

How can you be more supportive to those around you?

Note down some insights.

Reflection Task

Connect with five humans (outside of the program) and ask them how they are, just listen.

Then, meet with your Accountability Partner:

- Share your score out of 10 for Attitude and Support.
- Share how you plan to improve your score.
- Share your insights from connecting with five humans – what did you learn about connecting and listening?