

Tritons Flourish Group



For faculty and staff who wish to flourish personally and professionally!

Join Us!



The main goal of this group is to establish a network of support and accountability for staff and Faculty interested in flourishing in their personal and professional lives.

During these uncertain times this is needed more than ever.

Each meeting discusses skills and strategies to maintain resilience and flourish while managing the many stressors we face.

For questions, please contact:

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Faculty and Staff Assistance Program

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Meetings on the third
Thursday every month

Thursday November 18,
12-1pm

[Register Here](#)



Let's all flourish together!

Sleep

Get enough sleep. Sleep needs vary with age and between people. The average recommended hours per day is 7-9 hours.

Exercise

Move for at least 30 minutes a day! The greatest health benefits are achieved with 5 hours of exercise, including 2.5 hours of cardio and strength training, twice a week.

Healthy Nutrition

Eat healthy. Well-balanced meals include proteins, fruits, and vegetables. If you are uncertain about your meal planning, ask your healthcare provider for a referral to a registered dietitian.

Increase Water and Reduce Toxins

Drink water. Reduce your intake of alcohol, drugs, nicotine, caffeine, and drinks that are high in sugar.

Social Support

Get social. In the midst of challenges and stress, many isolate and retreat within themselves. It's important to enhance and maintain our social support network and have some fun.

Interests/Hobbies

Get involved. Find at least one interest or hobby you can pursue and look forward to once or twice a week.

Time for Inner Focus

Take time for yourself. Organize your schedule, focus on personal goal-setting, mindful meditation, prayer, or relaxation.

Positive Emotion

Do something daily that elicits a positive emotion:

- *Start a gratitude journal (List 3 things you are grateful for)
- *Practice savoring your experiences
- *Use a meditation or relaxation app daily

Engagement

Get completely absorbed in something weekly:

- *Take a recreation class
- *Pursue a hobby
- *Use your strengths while completing tasks

Relationships

Connect regularly with friends and family, and find a community that gives you a sense of belonging:

- *Plan a weekly outing with a friend
- *Join a organization, or community group
- *Communicate gratitude and praise for others

Meaning

Participate in something meaningful to you:

- *Practice spirituality and/or self-reflection
- *Join a group that does meaningful work
- *Find meaning in your daily work

Accomplishment

Find something you can work toward:

- *Set a workout goal to break your own record
- *Create career goals and plans to achieve them.
- *Break large projects into smaller steps and celebrate progress on each step.

(Seligman, 2013)

*FSAP is proud to collaborate with Tritons Flourish,
a program of UC San Diego Counseling and
Psychological Services (CAPS)*