### 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)**
Tritons Flourish Group

This group is intended to establish a network of support & accountability for staff & faculty working towards personal & professional goals. Each meeting discusses skills & strategies to maintain resilience & flourish while managing the many stressors we face.

For questions, please contact:
William Youngblood, LMFT, CEAP
Faculty & Staff Assistance Program
wdibbleyoungblood@ucsd.edu

DATE
January 20 2023

TIME
12-1:00 PM

REGISTRATION: LINK

UC San Diego HUMAN RESOURCES
Faculty and Staff Assistance Program