Tritons Flourish Group

For faculty and staff who wish to flourish personally and professionally!
Bring your lunch and join us!

In 2020 we are offering two options for an inspiring group of great people who will meet once a month and cover concepts from the Tritons Flourish Initiative.
Each meeting explores Tritons Flourish topics (see attached), and you will establish a plan to practice skills and behaviors to improve your life overall. We hope to establish a network of support and accountability for flourishing at UC San Diego.

For questions please contact: William Youngblood, LMFT
Faculty and Staff Assistance Program
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Future Meetings 12-1pm:

- Mar. 13 (Barret Room)
- Apr. 10 (Barret Room)
- May 15 (Barret Room) *adjusted date
- Mar. 19 (Hubbs Hall)
- Apr. 16 (Hubbs Hall)
- May 21 (Hubbs Hall)

Friday Feb. 14, 2020
12pm-1pm
Meets 2nd Friday of the month
Barrett Room
HDH Building

Thursday Feb. 20, 2020
12pm-1pm
Meets 3rd Thursday of the month
Hubbs Hall
Scripps Institution of Oceanography
## 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)

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