

JULY - AUGUST 2021

learn and
discover

WELLBEING ROUNDUP

IN THIS ISSUE

WAYS TO LEARN
AND DISCOVER

BUILDING A
WELLBEING HABIT

CHARACTER
STRENGTHS





HOW IS IT HELPFUL?

The practice of learning and setting goals has been strongly associated with higher levels of wellbeing, and the act of learning itself has been shown to improve our self-esteem and resilience. Similarly, continued learning through life encourages social interaction and a more active lifestyle. Research also shows that learning new skills can also improve your mental wellbeing by: boosting self-confidence, helping you to build a sense of purpose and helping you to connect with others.

BUILDING A HABIT

We're all creatures of habit. Most of us tend to wake up at the same time and follow the same patterns every day. If you're wondering what habits you can try this summer check out The Six Ways to Wellbeing for inspiration. The ideas and suggestions you may find here can help you make positive changes to keep feeling good and living well! You could also use this goal and activity planner or weekly planner to assist you.

CHARACTER STRENGTHS

Follow along with our online workshop to discover and develop your character strengths through different activities, and learn how character strengths can assist with looking after your wellbeing. This workshop is pre-recorded so that you can access it at any time that suits your schedule. You can also fill out our character strengths worksheet whilst watching the workshop, helping you to affirm and implement your new found character strengths into your everyday life.

WAYS TO LEARN AND DISCOVER

There are lots of different ways to bring learning into your life. Here are a few simple ideas of how you can incorporate this way into your everyday routine:

- Try a new cooking or baking recipe
- Learn a new skill by watching tutorial videos on YouTube
- Read the classic novel that you have always been interested in

If you have more time on your hands, why not explore some of these suggestions too:

- Take a free course on Future Learn
- Learn a language with Duolingo
- Ted Talks: the 25 most popular talks of all time

For more ideas, click here.





WELLBEING CHAMPION BLOGS

THE POWER OF GROWTH MINDSET

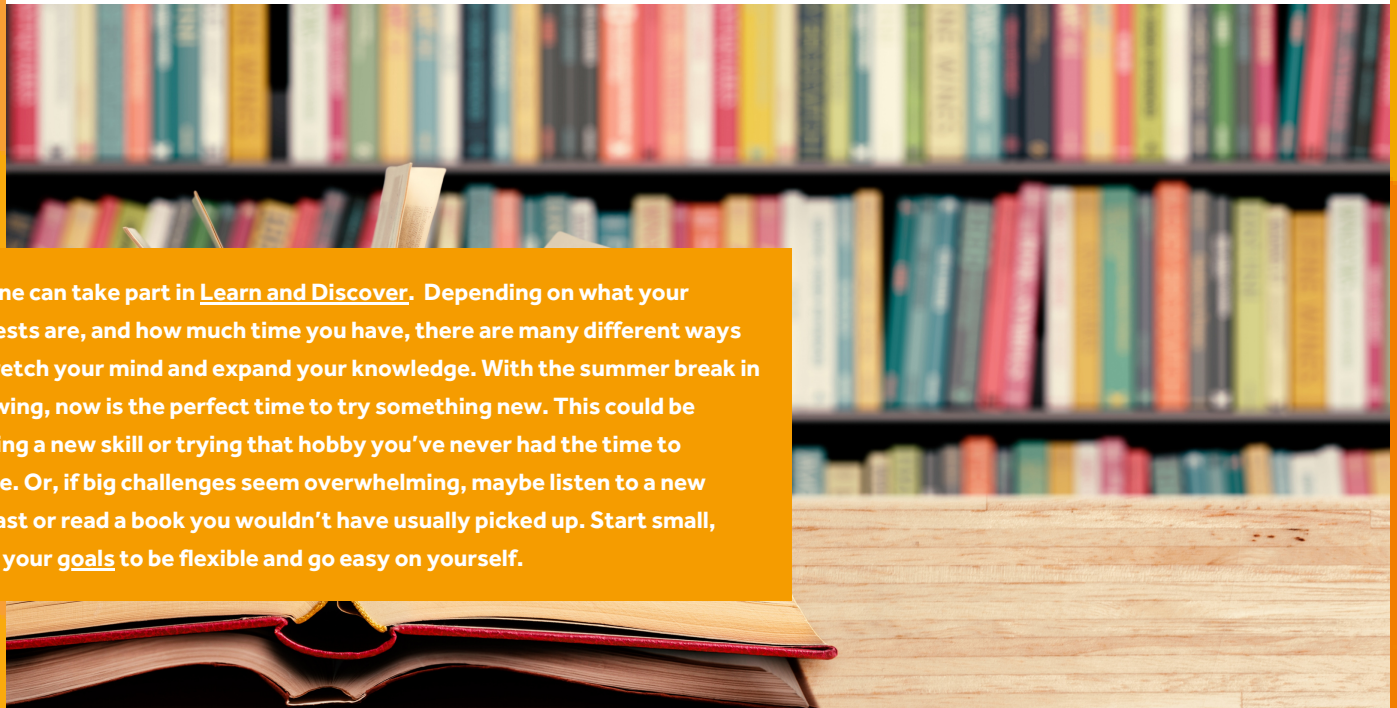
'A "fixed mindset" makes the assumption that character, intellect and creative ability are personality traits which are unable to be changed. The most damaging effect of a fixed mindset is that it tricks the person to believe that growth is impossible and developing oneself is limited...'

ASIA'S MULTI-CULTURAL GEM

'In this blog post, I will be giving a brief presentation (or a mini "e-tour") on the wonders of my home country. Situated in the heart of Southeast Asia, Malaysia consists of the peninsular West Malaysia and the Borneo-linked East Malaysia. The weather is constantly sunny and/or rainy since it is located near the equator...'

BAKING FOR WELLBEING

'I am sure I am not the only one that learned to bake during lockdown, banana bread, brownies, cookies, school cake, you name it! Baking is not only an enjoyable hobby, but it can also provide the perfect stress relief... Trying out new recipes is the perfect way to learn and discover. Baking also allows you to use creative expression which is linked to improved wellbeing...'



Anyone can take part in [Learn and Discover](#). Depending on what your interests are, and how much time you have, there are many different ways to stretch your mind and expand your knowledge. With the summer break in full swing, now is the perfect time to try something new. This could be learning a new skill or trying that hobby you've never had the time to before. Or, if big challenges seem overwhelming, maybe listen to a new podcast or read a book you wouldn't have usually picked up. Start small, allow your [goals](#) to be flexible and go easy on yourself.