

# Wellness Bulletin

April 2020

## Mastering Life in Challenging Times

### MENTAL SUSTENANCE

In these increasingly challenging and unprecedented times, it is important to identify and practise thoughts and behaviours that will assist in building greater resilience and mental sustenance that will guide us, our families, friends, and colleagues. Each of us are different and will have different needs and or ways of successfully meeting challenges. There is no panacea other than being self-disciplined to rigorously apply ourselves to respond effectively and proportionately in the current challenges.



### STRENGTHS AND WEAKNESSES

The VIA Institute of Character (<https://www.viacharacter.org/character-strengths>) has devised a survey based on 24 core character strengths, the combination of which exceeds the global population by many multiples. In times such as these, it is important to consider these strengths (a positive psychology approach focusing on what can be done to maximise life experiences, instead of focusing on what cannot be done) rather than slip into a weakness model where we feel helpless and unable to cope. Not only does this approach develop strength, it's also a reminder of existing abilities (which are many) that can be used to assist others and thrive, even through the most difficult of times.



### GETTING STARTED

To assist in getting started and focusing on what your particular character strengths may be, a summary of several of these are included below. It is also suggested to do the complimentary survey (link in previous paragraph) - this will get the thought process going regarding these strengths and how they can be applied each day. Doing this with a focused and rigorous approach should assist in mastering life experiences, even in these very challenging circumstances.

Here are some core strengths to consider, or if preferred, take the time to review your personal strengths, ask friends and family, or review what strengths have been applied in the past when responding to difficult challenges.

#### SOME CORE CHARACTER STRENGTHS

**Gratitude:** Instead of reaching for the mobile phone and news feeds when you wake up, take some time to consider what you have to be grateful for.

**Humour:** The circumstances may not be humorous but 'playful' interaction with others can assist in lightening the load.

**Kindness:** Being helpful and empathic, and doing favours for others without expectation of anything in return can be personally fulfilling as well as practically helpful.

**Hope:** Being realistic and optimistic about the future, and believing that the application of my thoughts and actions will build confidence that things will turn out well in the future.

So, have a go. Explore your character strengths and master your life experiences now.

### FOR MORE INFORMATION PLEASE CONTACT SMG HEALTH

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