Wellbeing Microlearning Videos

Learning Outcomes: Complete Pack

Be Well Co
Training. Research. Impact.

Optimism

1	**Opt into optimism**	• Learning to overcome our natural pessimistic thinking tendencies (negativity bias) • Balancing the negativity bias through the power of neuroplasticity
2	**Know your explanatory style**	• Understanding the way we explain events in our lives • Learning to apply the 3P's model to build more optimistic thinking habits
3	**Challenge your thinking**	• Building greater awareness of the beliefs we have • Applying the ABC model to challenge our unhelpful thinking
4	**Bring more positivity**	• Our negativity bias results in overly negative thinking • Learning to reframe this thinking to benefit ourselves and others

Resilience

5	**Bounce into resilience**	• Resilience isn't just bouncing back, it's bouncing forward • Understanding the skills that enhance resilience levels
6	**Put your emotions to work**	• Understanding the neuroscience of resilience and our emotions • Learning how to fuel our brain for peak performance and resilience
7	**Hack your emotions with AAA**	• No emotion is 'bad', our emotions are just data, telling us something about our context • Applying the Triple A model to navigate negative emotions when they become unhelpful
8	**Boost your resilience**	• Recognising the importance of self-care strategies in building wellbeing and resilience • Developing a balanced range of self-care strategies to support recovery and resilience

Attitude

9	**Get grips with attitude**	• Understanding the impact that our attitudes and mindsets have on our behaviour • Recognising that some of our mindsets can hold us back
10	**Get curious about icebergs**	• Uncover the many factors that influence our behaviour • Increasing curiosity can reduce judgement and enhance our relationships
11	**Nurture a growth mindset**	• Recognising the benefit of having a growth mindset in building our performance and wellbeing • Learning to build self-awareness of where our fixed and grow mindsets show up
12	**Get good at stress**	• Understanding the physiological response to stress • Learning to view stress as our body's way of performing at its best

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Now

13	**Be in the now**	• Understanding the health and productivity benefits of being more mindful • Recognising the importance of focussing our attention in an increasingly complex and fast-paced world
14	**Mindfully manage your stress**	• Building self-awareness about the way our body responds to stress • Learning to activate the 'rest and digest' response to recover from stress
15	**Be curious and listen**	• Learning how increasing curiosity can decrease anxious feelings • Understanding the power of mindful listening in building relationships
16	**Achieve more with deep work**	• The increasingly complex world we live in and the need to be 'on' 24/7 negatively impacts our productivity • The myth of multitasking - how doing multiple tasks is less effective and takes more time

Gratitude

17	**Get to know gratitude**	• Overcoming the 'I'll be happy when..' version of happiness through the practice of being grateful • Recognising the health benefits of practising gratitude
18	**Build an ARC of gratitude**	• Understanding the ARC model of gratitude; how it Amplifies, Rescues and Connects us • Hearing how one leader applied gratitude in his workplace and the impact this created in this organisation
19	**Feel good with gratitude**	• Reflecting on gratitude as a positive emotion and its impacts on our wellbeing • Learning to apply gratitude as an act of kindness
20	**Get off the hedonic treadmill**	• Understanding the two 'paths' to happiness; pleasure (hedonic) and purpose (eudaimonic) • Learning how gratitude can 'slow' down the hedonic treadmill

Energy

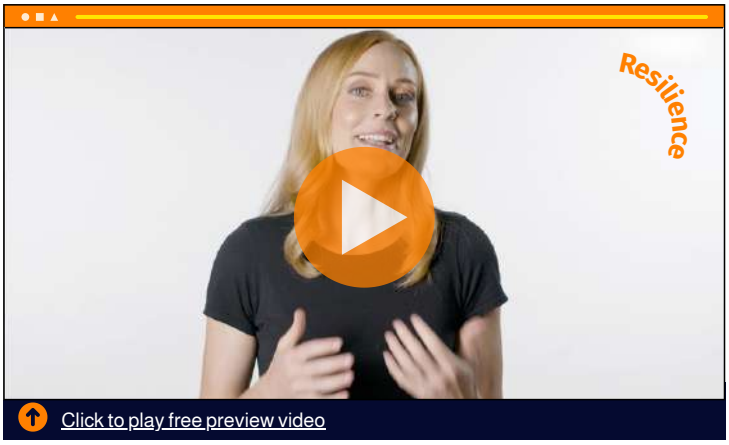
21	**Bring on energy**	• Recognising the importance of fuelling our brain for greater energy and productivity • Learning how willpower can impact our decision making and healthy habits
22	**Amplify your energy**	• Understanding how our energy and emotions are connected • Recognising that our emotions are contagious and impacts those around us
23	**Enhance your relationships**	• Learning how we are 'wired' to connect and reliance we have on our relationships • Building self-awareness on how some relationships energise us, while others de-energise us
24	**Eat, move and sleep well**	• Reflecting on how some food takes longer to digest which takes valuable energy away from our brain to our stomach, leaving us feeling deenergised • Learning the power of moving well and sleeping better in building lasting energy

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Strengths

25	**Start with strengths**	• Understanding the benefits of playing to our strengths on our performance and wellbeing • Reflecting on how we can move away from weaknesses towards strengths
26	**Discover your strengths**	• Strengths are things that we're great at and are energising to the user • Learn how strengths are dynamic, they change over time, reflecting on these often can build our awareness
27	**Use your strengths intelligently**	• Recognising that we can sometimes 'overplay' our strengths, they may be 'dialled up' too high. • Learning how to use them intelligently means dialling some down, while dialling some up
28	**Be a strengths spotter**	• Being able to spot strengths in others is a powerful tool to build engagement in our workplaces and families • Learning to be present and mindful of others body language can enable us to spot strengths in others



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