

Six P's of Thriving Through Turbulence

The growing science of positive psychology and wellbeing requires conscious and intentional practice. What we practice makes us stronger, and enables us to share to others.

We invite you to practice the 6P's of Thriving. Thriving through this global crisis is very much our mental and emotional wellbeing as it is about our physical health.

Pause

We can use our breath as a means to pause and take control.

The ability to pause, step back and reflect, enables us to shift perspectives, create options and choose wisely.

We can be intentional about the reality we are creating instead of allowing fear and panic win over our better judgement.

The perspective we choose to take defines how we experience reality.

Perspective

Presence

When we are compassionate to ourselves, we can be present to people around us with kindness and understanding.

Presence means being open and kind to ourselves, recognizing and accepting our emotions as they are.

We can ground our choices and actions in what really it really is that gives us true happiness.

Difficult and vulnerable experiences teach us how each moment is meaningful when we connect with our deeper purpose.

Purpose

Participate

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Possibility