

HOW TO THRIVE AT LAFAYETTE



**Cultivate
Your
Personal
Growth**

GRATITUDE

Gratitude reduces envy, frustration, and regret while increasing happiness and emotional well-being. Write down three things that went well each day and their causes.

MINDFULNESS

What we pay attention to shapes our life, moment by moment. Practice nonjudgmentally being aware of your body, mind, feelings, and surrounding environment in the present moment.

SELF-COMPASSION

Self-compassion is a practice of goodwill toward one's self that leads to feeling more optimistic, energetic, and motivated. Practice by treating yourself the way you would a friend.

GROWTH MINDSET

A growth mindset boosts resilience, increases positive emotions, and enhances your ability to bounce back quickly from failure. View challenges as opportunities for growth and learning.

DIGITAL DETOX

The presence of cellphones during conversations has been linked to decreased empathy. Put your phone out of sight to cultivate more fulfilling conversations with others.

CONNECTION

Small, seemingly meaningless encounters lead to an improved sense of belonging, positivity, and increased laughter. Challenge yourself to engage in impromptu conversations with those around you.

SLEEP

Consistent sleep stimulates learning and enhances your ability to think clearly and remember things. Establish a consistent bedtime and wake-up time.

EXERCISE

Exercise not only releases endorphins that make you feel good and increases energy, it also stimulates feelings of calm and well-being. Commit to being active a half-hour each day.

COUNSELING CENTER

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