

Three Lives (Martin Seligmen):

Pleasure Life: Cultivate fun and beauty

Good Life: Cultivate relationships, spiritual practices, being in nature

Meaningful Life: Cultivate using your gifts to help others.

4 Areas of Resilience: (Superbetter.com, Jane McGonigal)

Physical Resilience: Move at least every hour.

Mental Resilience: Tackle problem solving games or solve small problems every day.

Emotional Resilience: Find ways to promote 3 positive emotions to every 1 negative. Find pictures of beauty, tell a joke, watch a funny movie, cuddle with a loved one, play with your pet.

Social Resilience: Engage socially with one person every day.

Gratitude Video:

Ted.com

Louie Schwartzberg

Nature. Beauty. Gratitude.