

ANA HOMAYOUN

Emotional Wellness: The Cs of Success—Looking at Compassion, Collaboration, and Community

Overview

This activity is designed to facilitate honest self-reflection and to help participants set wellness-related goals. Parents and students can complete these exercises together to encourage vulnerability and relationship-building.

Compassion

Have your child make a list of the different ways that they can practice self-compassion. Split a piece of paper into three sections, labeled “Play,” “Care,” and “Sleep.” Under each of the headings, have your child list three to five ways that they can promote each component of self-compassion.

Collaboration

What are some ways in which you can create opportunities for collaboration with your child? It can be a mutually enjoyable activity like baking or gardening, taking a class together, planning exercise with other family members, or making time for a weekly brunch date. It’s normal for the first few times to feel awkward, depending on your current relationship dynamic. Stick with it, and know that all good habits take time to establish.

Community

You and your child can answer the following questions separately in written form, then discuss your answers together:

- Who is someone you trust and can turn to when you have a problem that you need help with? Try to think of two or three different people.
- What are some positive behaviors that make you happy and calm you down? What are some things you do when you are stressed out that are probably not as good for you?
- When was the last time that you were really stressed out? What made you so stressed?
- How did you handle it? What could you do differently that would be more positive?
- Where is a calming place for you to decompress and to think things through? What makes that space so calming? Is there another place that you want to visit more?
- How would you go about seeking help for a problem that feels overwhelming or embarrassing? Where would you go? Who would you talk to?

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The Game of Threes

Create three lists: activities that you enjoy doing, activities that you want to do more, and activities that you would like to try but haven't been able to yet. Next, circle three of the listed items and set aside time for each of those three activities at least three times over the next 3 months.

Things I Enjoy Doing	Things I Want to Do More	Things I Would Like to Try
1.	1.	1.
2.	2.	2.
3.	3.	3.