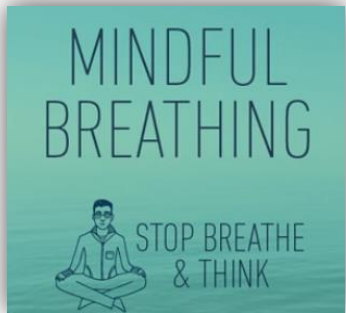


Topic: Recognizing Strengths

Breathe

Mindful breathing can help us feel calmer during any time we might be feeling unsettled. Spend a few minutes focused on your breathing using the 3-minute Mindful Breathing mindfulness meditation video below!

[3-minute Mindful Breathing exercise](#)



Learn

What are you good at? Focusing on strengths have a positive effect on physical, mental and social well-being. Focusing on your strengths can help you improve your relationships, enhance your wellbeing, and strengthen your ability to overcome problems. Take the [strengths survey here](#).

The VIA Character Strengths Survey

Your greatest strengths lie within.

The VIA Survey is the only free, scientific survey of character strengths in the world. Take this simple character test in 15 minutes or less and reveal your greatest strengths.

Move

It is very important that we all take the time to stay active—Did you know that 30-60 minutes of daily exercise has been proven to help keep us healthy? Here are a few ways to keep moving. Try a different one each day & check them off as you go:

- Stand up and stretch.
- Go for a walk outside.
- Dance Break!
- 25 jumping jacks
- Run in place, as fast as you can, for 30 seconds.
- Sit ups or push-ups. How many can you do?
- Go for a bike ride



Grow

In your journal:

List your top 5 strengths.

How can one of those strengths be used in your current life situation? How might you lean into those strengths and adjust what you are doing?

24 VIA Character Strengths

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thriving learning communities