

SEARCH

S	Strengths	Strengths can be thought of as personal characteristics – including personality traits, psychological abilities, and moral qualities – that feel natural and enjoyable. They often enable us to perform at our best. They are capacities, characteristics, and processes that are energising and authentic to use. However, the ‘shadow sides’ of our strengths need to be managed carefully.
E	Emotional Management	Our feelings and emotions affect and impact on how our body and mind functions. Our emotions affect our learning. They are influenced by our circumstances, thoughts and physiology. Being present with one’s emotions and being able to identify, understand and manage one’s emotions (ie. reduce negative emotions and increase positive emotions), is a key aspect of positive functioning.
A	Attention & Awareness	Attention is our ability to focus, either on inner aspects of self, such as emotions and physical sensations (eg. meditation), or external stimuli (eg. the teachers lesson). Awareness refers to the ability to pay attention to a stimulus as it occurs. Wellbeing is improved when individuals are aware of and can consciously direct their attention to what matters most, at that time.
R	Relationships	A student’s social skills play an important role in allowing them to develop nourishing relationships. This domain involves helping students to understand, express and manage the social aspects of their learning. Better school relationships lead to better learning via more positive emotion and a stronger sense of connection. Positive relationships are essential for positive wellbeing.
C	Coping	Having the resilience to cope with adversity is an essential life skill. Developing a growth rather than fixed mindset increases our ability to cope. Coping can be thought of as being able to balance the demands of life with the resources we have to manage those demands. Coping also means being able to bounce back when we get thrown off balance.
H	Habits and Goals	Habits are those automatic processes that we do without thinking. They can be both beneficial and detrimental to our wellbeing. Knowing how to break the bad and create the good habits can help us to progress towards our goals. Setting goals can provide us with a sense of purpose, mastery and direction in life.