

AWARENESS ACTIVITY I: Being at Your Best



Think about it...

Think about a time when you were at your best in your workplace.

- What mental fitness needs were being met within your routines and relationships?
- What conditions or practices allowed you to flourish?

Act on it...

Share your mental fitness experiences with your group members. Make a list of the workplace considerations and practices that allowed your group members to be at their best.

Definitions

Flourish - Refers to growing or developing in a healthy or vigorous way, especially as the result of a particularly favourable environment

Relatedness - Refers to our need for connection to/closeness with family, peers and other significant individuals

Competency - Refers to our need for recognizing and using our gifts and strengths in achieving personal and organizational goals

Autonomy-Support - Refers to our need to be active participants in making choices that affect our daily work and lives