Follow the game board for each week’s challenges to build your positive psychology.

Week One builds understanding of positive psychology (heart).

Week Two supports positive psychology at work (briefcase).

Week Three focuses at home (house).
Be Kind to Your Mind

Talking Points / Program Overview

Be Kind to Your Mind is a three-week well-being program based on principles of positive psychology. Positive psychology is the study of how positive events and influences shape our ability to thrive and live a meaningful life. These include things like our experiences, strengths, connections, gratitude, compassion, and optimism. (PositivePsychology.com).

How it works

• **Who can participate?** UI Faculty and Staff in 50% or greater, regular positions.

• **When do I participate?** The program runs from November 1 – 21, 2021.

• **How do I register?** Register for the program in Employee Self-Service, Benefits and Wellness, My liveWELL Portal. Or you can scan the QR code at the bottom to register.

• **How do I participate?** Complete the activities on the Be Kind to Your Mind game board each week to practice skills for positive psychology. Each week, registered participants will receive a weekly email with tips and resources for practicing positive psychology activities. This email will also contain a bonus code that employees can use to earn wellness points to redeem for prizes in the liveWELL Store at My liveWELL Portal in Employee Self-Service.

• **Why should I participate?** Practicing and developing skills of positive psychology will help you foster a more positive mindset, which can help you buffer negative emotions, protect your mental well-being, and even experience positive self-growth during times of challenge and adversity.

• **How do I learn more?** Visit the liveWELL website to learn more about Be Kind to Your Mind and find additional resources for positive psychology. [https://hr.uiowa.edu/livewell/be-kind-your-mind](https://hr.uiowa.edu/livewell/be-kind-your-mind)