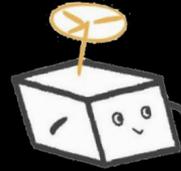


WeThrive

—

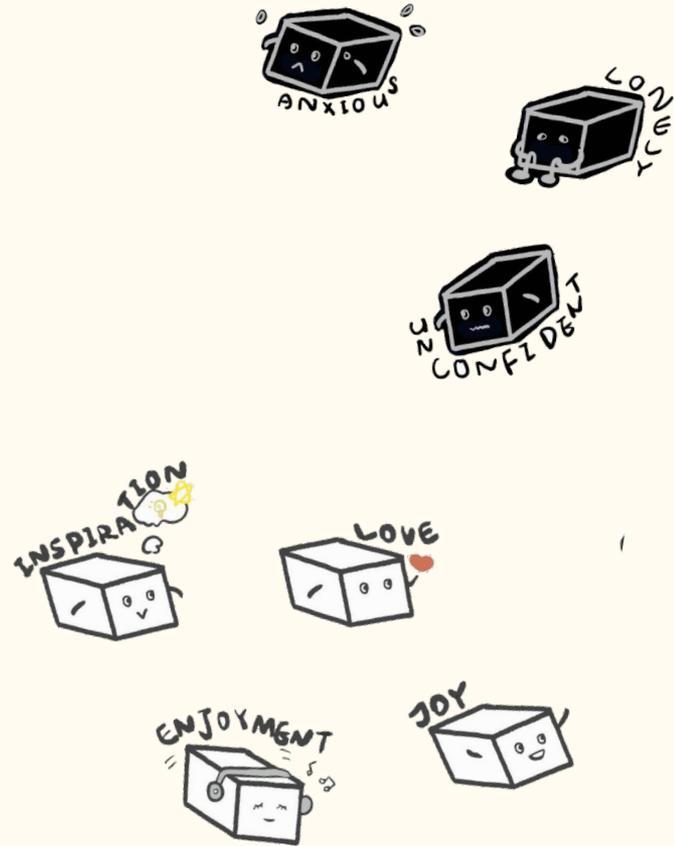
Group_SPONGEMO

James, Navpreet, Jane



0. Outline

1. Background & Community
2. Application
3. Product: Blog + E-Diary
4. Reflection



1. Background and Community

Year 1 non-local students

- Difficulty finding friends
- Face free-rider problems in group projects (virtual teamwork)
- Language barriers
- Confidence



2. Application

Positive emotions

- Easily have negative emotions, forget to savor positive moments → Positivity Portfolio

Thinking Traps

- Making friends / Group Projects → Learn to challenge and overcome them

Character Strengths

- Low confidence (finding friends) → Know your strength to boost confidence

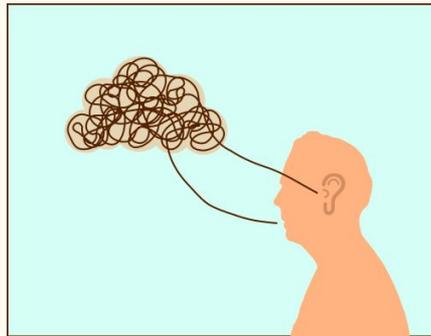
3. Product: Blog

Divided into Three themes
with text and videos

Positive
Emotions



Challenging
Negative Thoughts



Character
Strengths



3. Product: E-Diary

A.k.a. Easy Diary, Special Practice

- for them to practice and have reflections

1 - Be at the present (mindfulness)

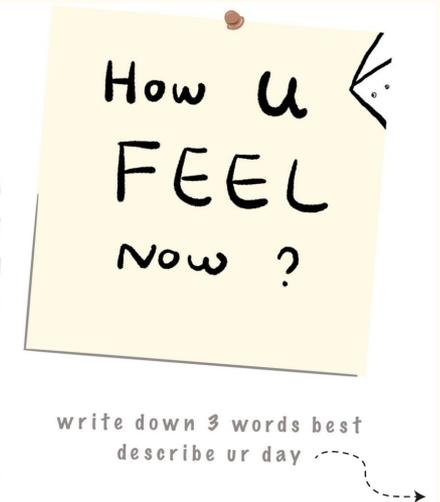
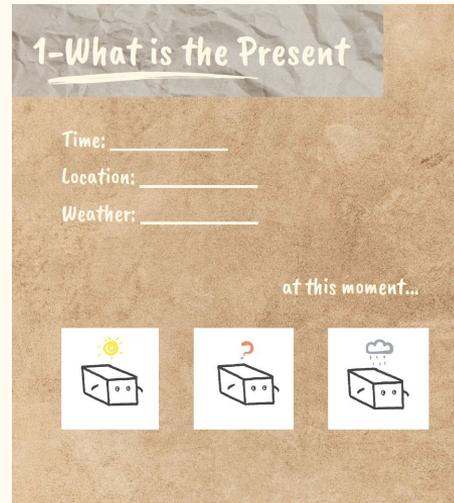
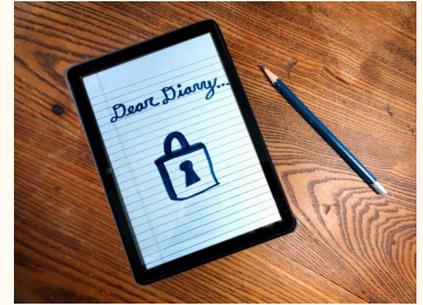
2 - Identify your feeling

3 - A-Negative→challenge neg thinking

3 - B-Positive→positive portfolio

+confirm/discover strength

+good habit(plan)



<https://positivepsychologyforfreshmen.wordpress.com/?p=16&preview=true>

4. Reflection

1. Find a place and time to do reflection
2. Be still
3. Reflect on yourself and your experiences.



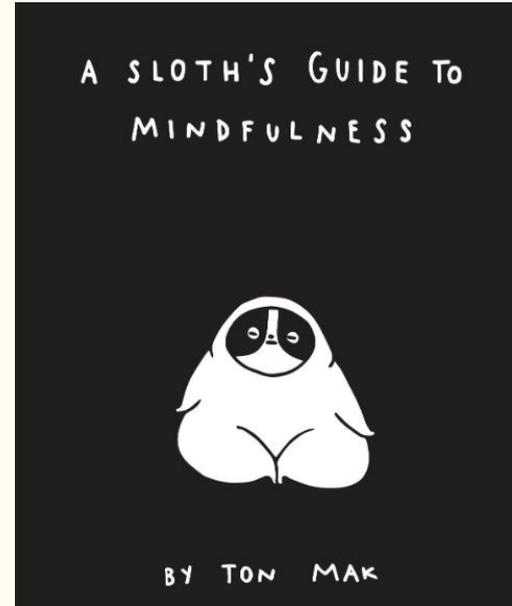
Mindfulness

Definition: maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

Practicing mindfulness reveals the happiness in the present.



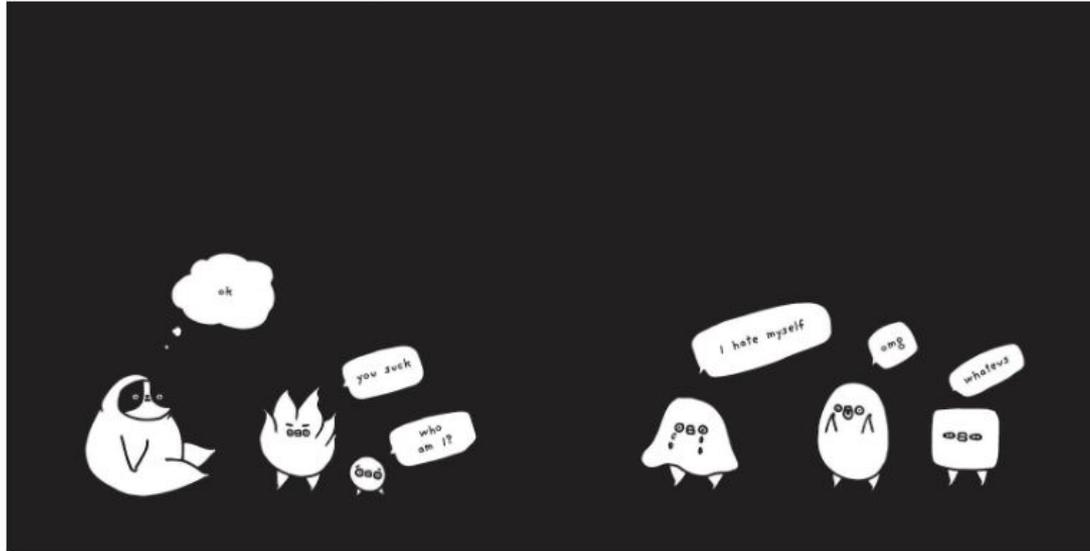
Being mindful brings awareness of the wonders around us.



A Sloths Guide to Mindfulness Mak, Ton

Mindfulness: Acceptance to your emotion

Being in the moment, we can identify our fear, anger, and doubt, and become more aware of these feelings.



Befriend your emotions—the good ones and the bad ones.

Mindfulness: Visualizing stresses and negative thoughts

Empty your mind, like a deflating balloon.



Visualize washing away all your stresses and negative thoughts.

OUR REFLECTION

James:

“Made me apply positive psychology in real life, especially when I feel anxious and empty, I will try mindfulness and do reflection on myself, and let my negative feelings be there, not letting it affecting my daily life.”

Navpreet:

“Made me more grateful for what I have experienced in my first two years of university life.”

Jane:

“I feel grateful and exciting when realising that we can apply what we learn in classes and our experience to benefit others and help ourselves.

Both our process and project follow the steps: AWARE-APPLY-REFLECT.”

THANK YOU