

BOOSTING YOUR PSYCHOLOGICAL IMMUNE SYSTEM

A guide to increased coping and resilience

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PUT ON YOUR GRATEFULNESS GLASSES



Practicing gratitude boosts health and happiness by affirming the good in life and giving thanks where it's due

SAVOUR SPECIAL MOMENTS



Being mindful opens our awareness to the enjoyment of simple pleasures which can intensify positive emotions

GIVE SLEEP A CHANCE

Making space for quality sleep is a great way to stay healthy, both mentally and physically



PUT A KIND FOOT FORWARD

Performing random acts of kindness (no matter how small) helps us feel more connected to others and increases overall happiness

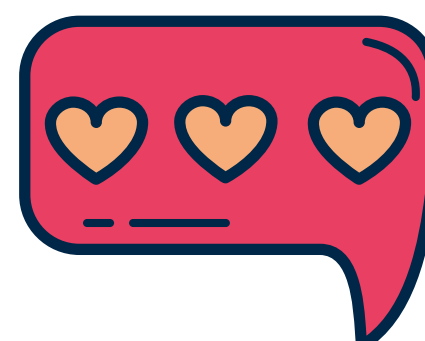
ADD SOME MEANING TO YOUR MOVEMENT



Moving your body with purpose and intention is a natural mood booster

CONNECT WHEN YOU CAN

The act of connecting with others, (even if it's brief or if it's with a stranger) elevates your mood



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