Where it began...
gratitude

empathy

mindfulness
gratitude
mindfulness
empathy
Gratitude
Empathy
Mindfulness

Chronic depression
Neural
Flourishing

-5
0
5
1 in 5 adults will experience mental health problems throughout a year

(Australian Bureau of Statistics)
Mental Health Statistics

1 in 4 adolescents have a mental illness

1 in 3 girls suffer from an anxiety disorder, and
1 in 5 boys

(Australian Bureau of Statistics)
Mental Health Statistics

1 in 7 primary school kids have a mental illness

(Australian Bureau of Statistics)
✓ all notifications off

✓ rearrange home screen
gratitude
positive risk taking

adversity
hiappopotamust
#dismoment
What are three things that went well for you today?
How to Practise Gratitude

1- what was the best thing that happened to me today?

2- who am I most grateful for today and why?

3- what am I looking forward to most about tomorrow?
The Evidence

The Evidence Behind a Gratitude Journal

University of Massachusetts
In only 21 days…

You rewire your brain to start scanning the world for the positive

You become 3 times more likely to notice a positive
• are less likely to get sick
• have higher levels of energy
• feel happier
• are more enthusiastic
• are more focused
• are more determined
• are more optimistic
• have a better quality of sleep
• have lower levels of depression and anxiety

...and in 42 days, you...
mindfulness
Mindfulness
Headspace
The Resilience Project

Building thriving communities together

australianunity.com.au/resilience
Benefits of Meditation

MENTAL
- reduce depression
- reduces anxiety
- improves decision making
- improves ability to focus
- reduce drug/alcohol abuse

PHYSICAL
- relieves stress
- prevents heart disease
- lower blood pressure
- reduce chronic pain
- improve sleep
- makes you less nervous
empathy
Every time you do something kind for someone else, your brain releases oxytocin.

Oxytocin leads to:

• increase self esteem / confidence
• increase energy
• increase levels of happiness
• increase levels of positivity
Discovering the benefits of G.E.M
#71 — What Is Technology Doing to Us?
Waking Up with Sam Harris — 14 Apr 2017
21 Day or Six Month Journal