

# SOARING into Strength Positive Health Initiative



## SOARING Into Strengths

Identify your signature strengths, learn to strength spot in others, and discover how to distinguish between a Growth Mindset and Fixed Mindset.

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## SOARING Into Optimism

Optimism is a choice. Learn how to cultivate an Optimistic Explanatory Style to experience more micro-moments of joy, self-compassion, and happiness.

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## SOARING Into Altruism

Enhance wellbeing by exploring how doing something kind without the expectation of receiving anything in return gives a powerful sense of meaning and confidence.

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## SOARING Into Resilience

Strengthen your mental agility, coping skills, and resilience by harnessing your inner resources during difficult times in order to bolster your ability to persevere. Learn how to activate the five factors of Posttraumatic Growth.

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## SOARING Into Healing Imagery

Tap into your inner knowledge and knowingness. Learn how to access internal clarity and guidance with powerful easy-to-use visualizations to strengthen your wellbeing.

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## SOARING Into Positive Narrative

Learn how to become the hero of your life. Telling your story helps you better reflect your values and aspirations, providing structure, meaning, and hope, which leads to significant health benefits.

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## SOARING Into Gratitude

Gratitude is one of the most powerful positive emotions. Explore its benefits for your well-being, relationships, and community. Integrate four impactful gratitude exercises into your life and discover how to apply them effectively.

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