

WINTER 2021 WORKOUT

WHAT LIGHTS YOU UP?

As the days get shorter, it's become tradition to warm our homes and our hearts with the warmth and energy of lights. It's also the perfect time to nurture our inner light and gift ourselves the time to stay emotionally balanced and pursue our own vitality and happiness.

Research shows that building mental well-being, resilience, and a sense of purpose supports better brain health. By exploring our inner curiosities and understanding better our personal passions, we lay the foundation for an improved sense of self.

Here's a joyful, seasonal activity you can lead in your community this holiday season.



WHAT LIGHTS YOU UP? SMALL GROUP WORKOUT INSTRUCTIONS

1. Break your group into pairs of 2 or 3 persons.
2. Give each student paper and a pen/pencil.
3. Ask each student to make a *What Lights Me Up?* list. Include on the list anything that comes to mind that brings them happiness, joy, surprise, and delight.
4. From the list, ask students to pick the one entry they believe could bring them more light and happiness that they haven't done yet or haven't done recently.
5. Have students share their interest with their partner. Encourage students to discuss with each other what they enjoy about their topic and ways they might like to learn or engage more with it.
6. Following the paired discussions, end by asking if any students would like to "Light up the room" by sharing their selected passion, why they choose it, and how they planned to reconnect with their interest soon.