

Wellness Practices for Identifying, Enacting, and Sustaining Purposeful Living

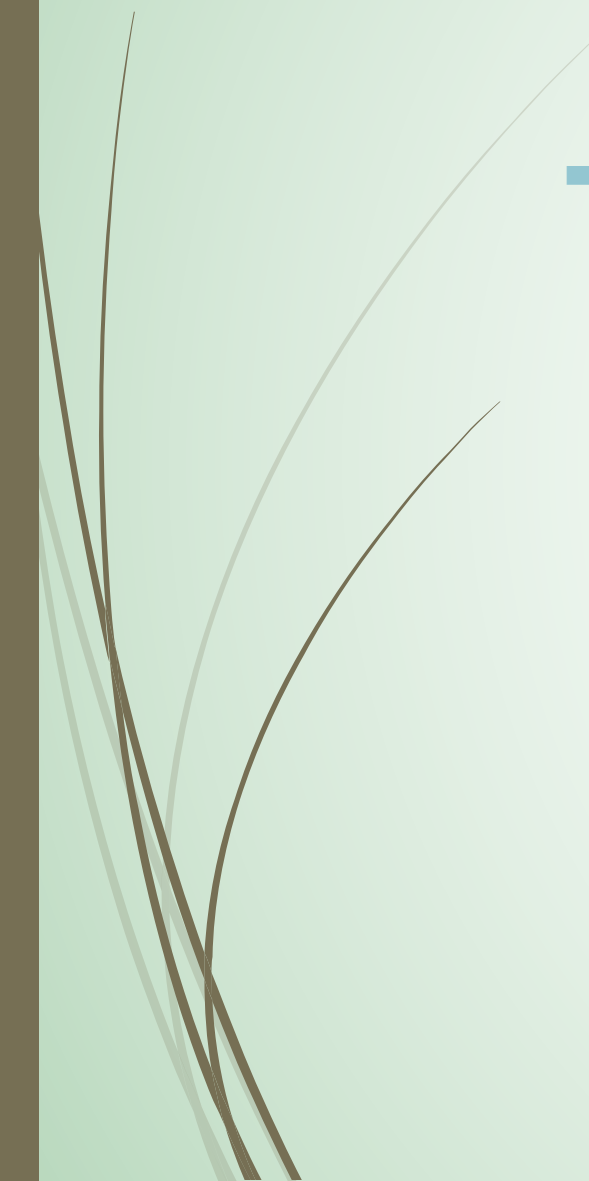
B L U E B U T T E R F L Y

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Curriculum description

- ▶ This curriculum promotes mental, emotional, physical, and spiritual well-being for University of Rochester college students, staff, and/or faculty members. Participants work together with the coach to co-create moving forward strategies that anchor themselves into the present moment, release limiting beliefs and unhealthy patterns, and define future goals and aspirations aligned with life purpose. Attendees are guided to uncover their own answers, make their own plans, take responsibility for their own results, and trust their own innate wisdom.
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Congratulations!

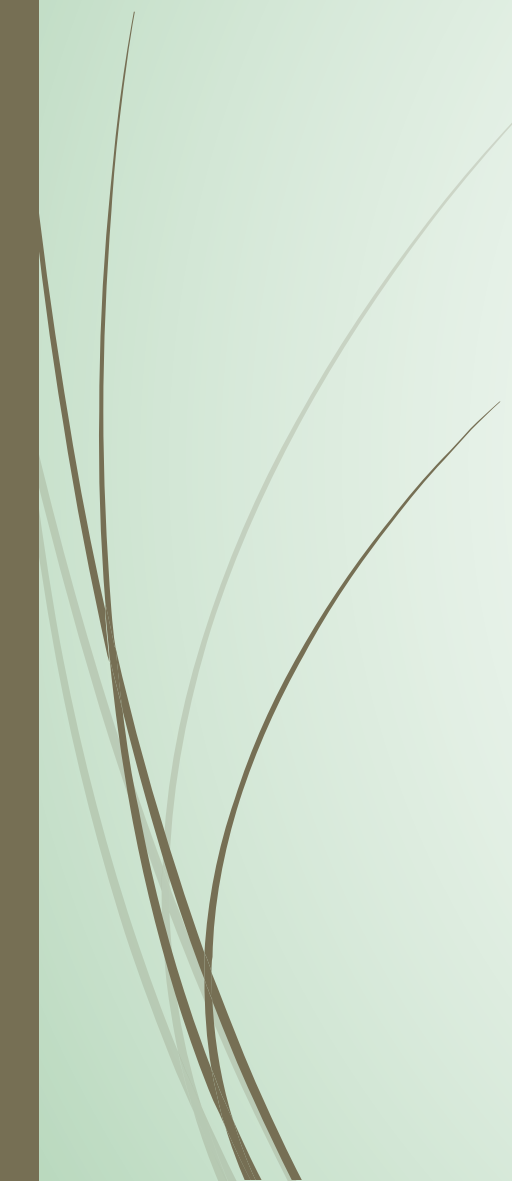
- ▶ You attend University of Rochester – a New Ivy!
- ▶ Good company
 - ▶ Renée Fleming, Soprano, National Medal of Arts Winner
 - ▶ Maria Schneider, Grammy-winning composer and big band leader
 - ▶ Brian Michael Daboll, Head Coach New York Giants
 - ▶ Donna Strickland, Optical Physicist, 2018 Nobel Prize Winner
 - ▶ Mark Volpe, president & CEO, Boston Symphony Orchestra
 - ▶ Yoshihisa Hirano, Anime Composer
 - ▶ Muhammed Ali Pate, Minister of Health and Social Welfare of Nigeria

How does that make you feel?





Possible feelings

- Excited
 - Honored
 - Pressured
 - Motivated
 - Overwhelmed
 - Mixed
- 



What to expect

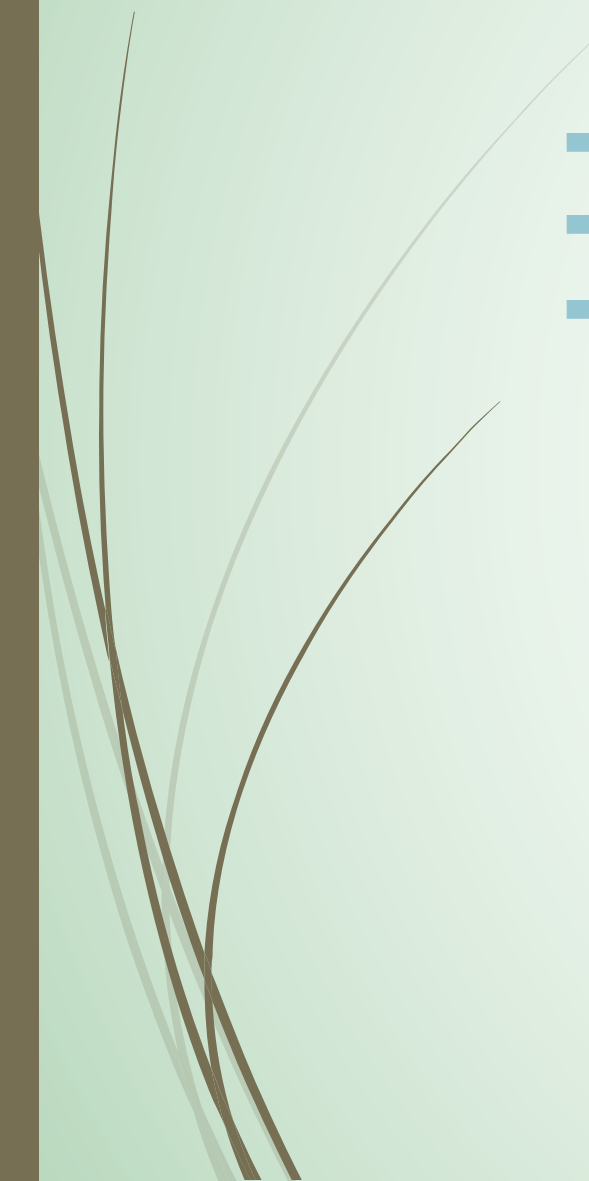
- ▶ Experience
 - ▶ Meditation and visualization
 - ▶ Explore
 - ▶ purpose
 - ▶ core values
 - ▶ Intention
 - ▶ goal
 - ▶ Discover
 - ▶ wellness goals and habits
 - ▶ resources for wellness and self-care
- 

Grounding meditation 10 minutes





Purpose evolves and deepens over time.

- ▶ When do you feel most alive?
 - ▶ Who do you feel called to serve?
 - ▶ What impact would you like to make?
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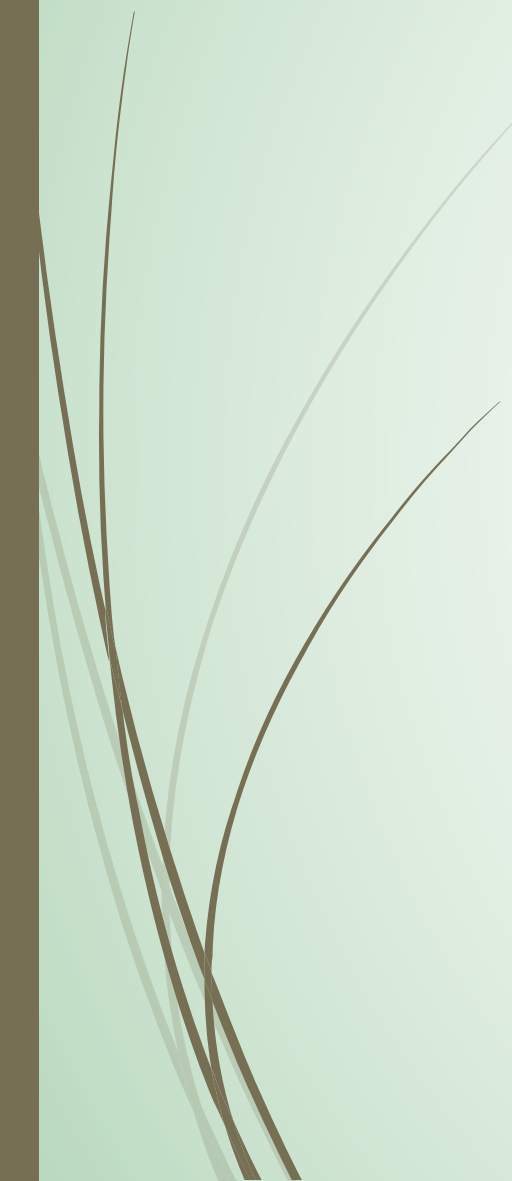


Core values affect the choices we make on the path towards alignment with our purpose.

- ▶ What must be present for you to feel most like yourself?
- ▶ What do you value the most?
- ▶ What have you consistently made an important part of your life, regardless of circumstances?



Possible core values

- 
- ▶ Growth
 - ▶ Health and Fitness
 - ▶ Justice
 - ▶ Reputation
 - ▶ Kindness
 - ▶ Faith
 - ▶ Community
 - ▶ Adventure
 - ▶ Creativity
 - ▶ Other

Wellbeing visualization 20 minutes





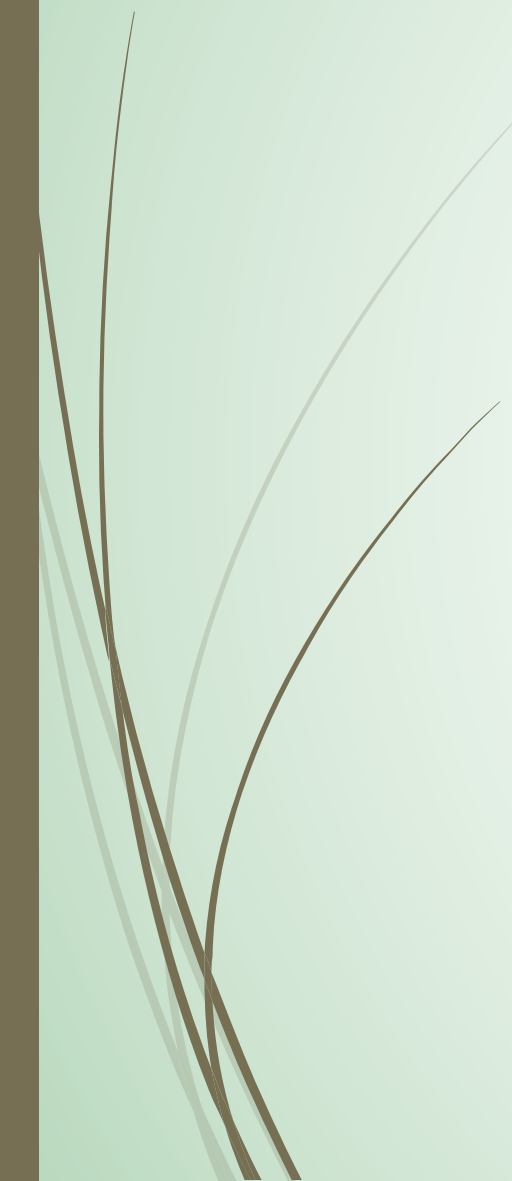
Reflection

- ▶ What's the qualia of well-being that you experienced in your visualization?
- ▶ What would be possible in your life if you felt this way every day?
- ▶ What could you start doing now that might lead to this felt sense of well-being?

- ▶ ****Qualia** are the subjective or qualitative properties of experience. What it feels like, experientially, to see a red rose is different from what it feels like to see a yellow rose. Likewise for hearing a pitch played by a piano and the same pitch played by a tuba.*

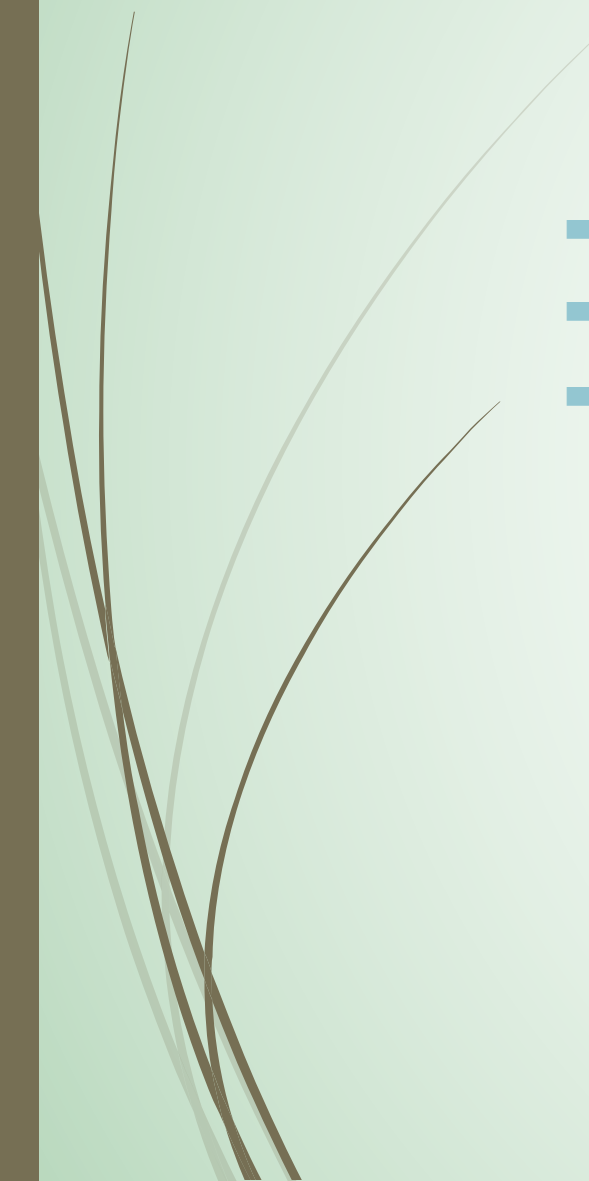


Intention is:

- ▶ In the present.
 - ▶ Lived each day, independent of achievement.
 - ▶ An internal direction (the journey).
- 



Goals are:

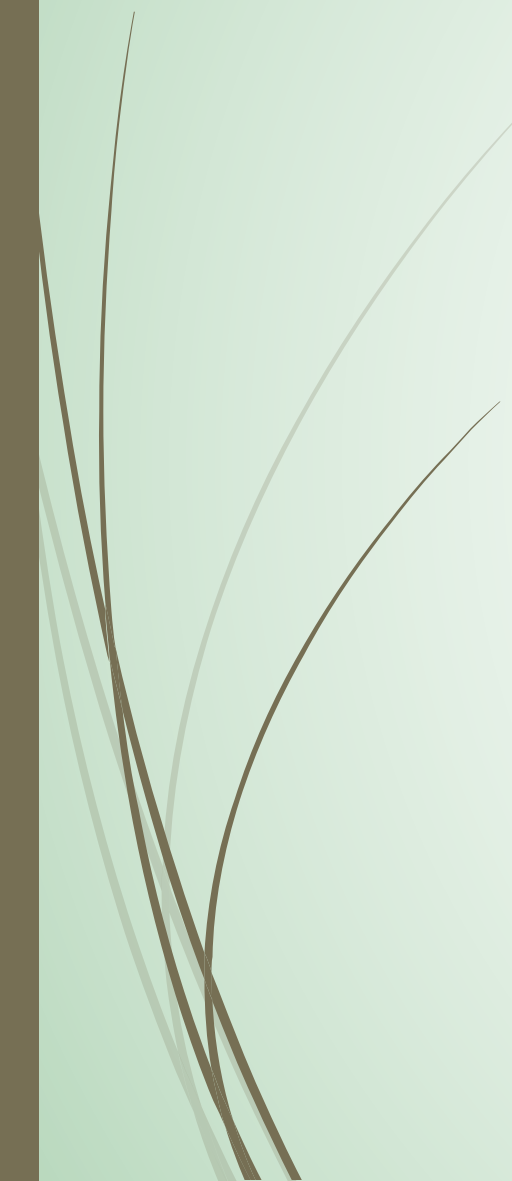
- ▶ Focused on a future outcome.
 - ▶ A destination or a specific accomplishment.
 - ▶ External achievements.
- 

Goal setting for well-being






Well-being goal setting

- ▶ On a scale of 1-10, indicate your **level of fulfillment** in each area:
 - ▶ Relationships
 - ▶ Finances
 - ▶ Environment
 - ▶ Health
 - ▶ Recreation
 - ▶ Career
 - ▶ Personal Growth
- 




Ready, set, grow!

- ▶ Sit with your ratings.
 - ▶ Which area are you ready to change?
 - ▶ This is your priority.
- 



One month goal


- ▶ What does well-being look like in this growth area?
- ▶ Create a well-being goal you can achieve in one month.
- ▶ A goal is precise, timebound, and measurable.



- ▶ 30 minutes



Intentions

- ▶ What are some daily practices you can incorporate in order to achieve your well-being goal in one month?
 - ▶ Think about actions you can fold naturally into your regular routine.
 - ▶ What will you do first thing in the morning or right before bed?
- 



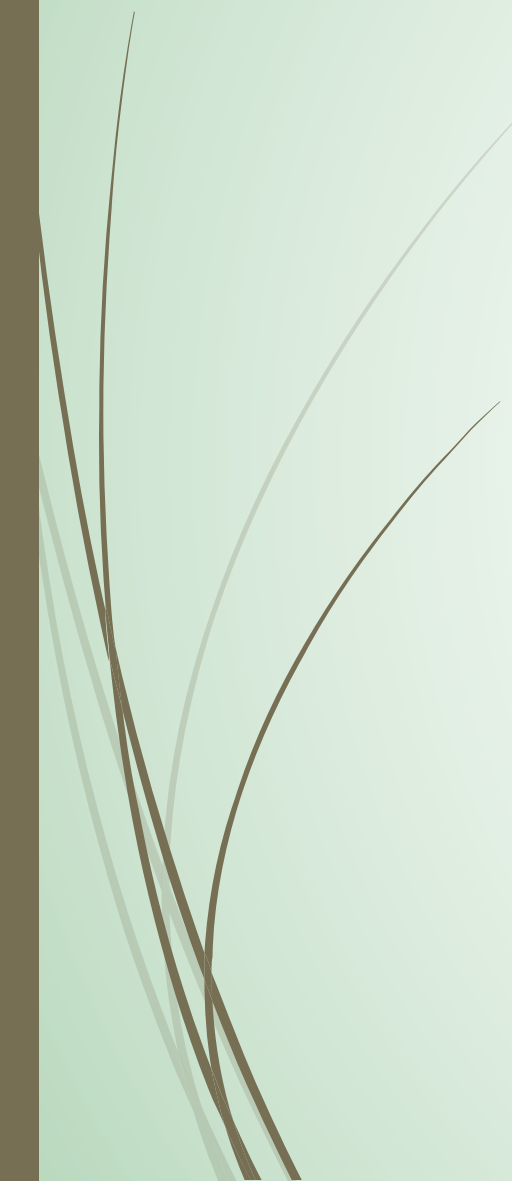
What could go wrong?

- ▶ To improve my _____
- ▶ In one month, I'll achieve _____
- ▶ And if this happens _____
- ▶ Then I'll do this _____



Intention Statement

- ▶ Consider the goal, actions, and contingency you just created.
- ▶ Now, make a short intention statement – a promise to yourself that you can repeat daily to help you remember your well-being intention throughout the month.



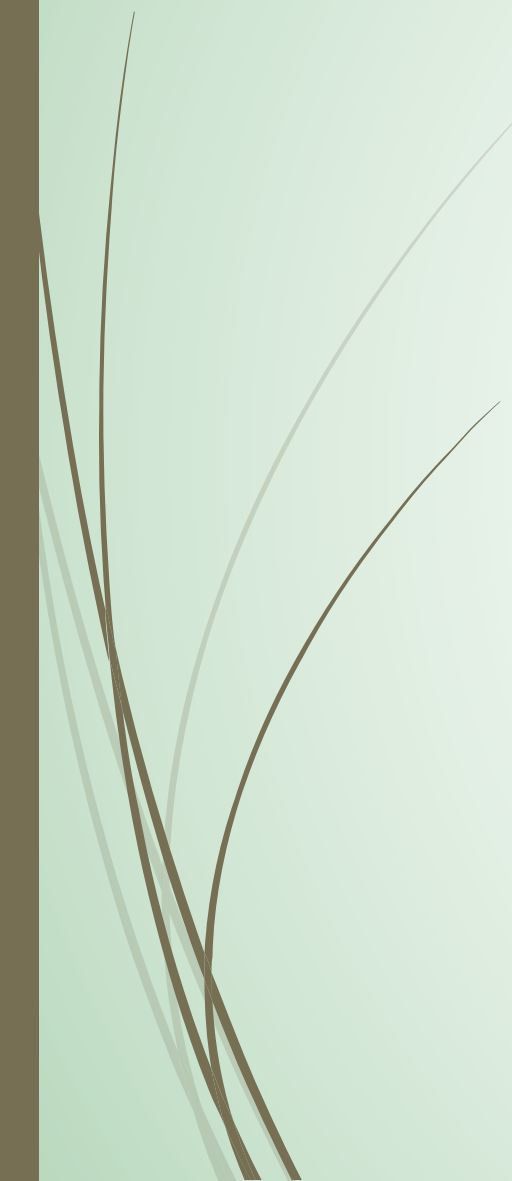
- ▶ 40 minutes

Intention meditation 45 minutes



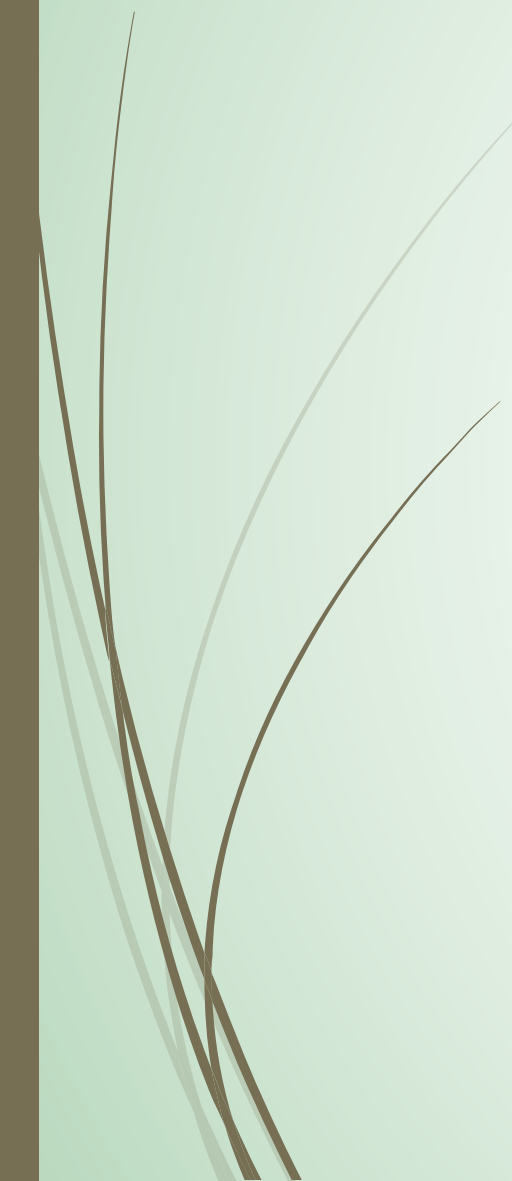


5 Self-care goals

- ▶ Take care of your physical and psychological health.
 - ▶ Manage and reduce stress.
 - ▶ Recognize your emotional and spiritual needs.
 - ▶ Foster and sustain relationships.
 - ▶ Achieve balance in different areas of your life.
- 



10 Self-care practices

- Set a routine and keep it.
 - Make time for friends.
 - Eat nutritious, portion-controlled meals centering on fruits and vegetables.
 - Get outside and take a brisk walk.
 - Take advantage of the YMCA or River Campus fitness facilities.
 - Drink water instead of soda or sugary drinks.
 - Practice mindfulness, meditation, and gratitude.
 - Engage in an activity you enjoy.
 - Get 7-8 hours of sleep per night .
 - Keep your living space clean, tidy, and decluttered.
- 



Wellness resources

[Food as mindfulness](#)

[How and why to practice self-care](#)

[Five ways to wind down and relax before bed](#)

[Seven self-care tips for college students](#)

[Health and wellness guide for college students](#)

[Health and wellness at Eastman](#)

[U of R Student Health Program](#)



B L U E B U T T E R F L Y

Empowering collegiate music students and creatives
in the community to develop wellness practices
that promote actionable short and long-term goal-setting
in the pursuit of a sustainable, meaningful,
and satisfying career in music and the arts.

ZOOM AND LIVE SESSIONS FOR GROUPS AND INDIVIDUALS

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