



# Thriving in a World Turned Upside Down

University of Oregon

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big idea  
|

Information is not  
transformation.

# big idea 2

What you produce in your life starts with your thoughts.

big idea  
3

Many of our biggest barriers  
are inside.

context . . .

social distancing

pandemic

COVID-19

shelter-in-place

Zoom fatigue

reopening

RIOTS

cancel culture

coronavirus

quiet quitting

BLM

doomscrolling

defund

moonshot

lockdown

the great resignation

superspreader

# are you flourishing?



Q1

Overall, how satisfied are you with **life as a whole** these days?

# are you flourishing?



Q2

In general, how **happy or unhappy** do you usually feel?

# are you flourishing?

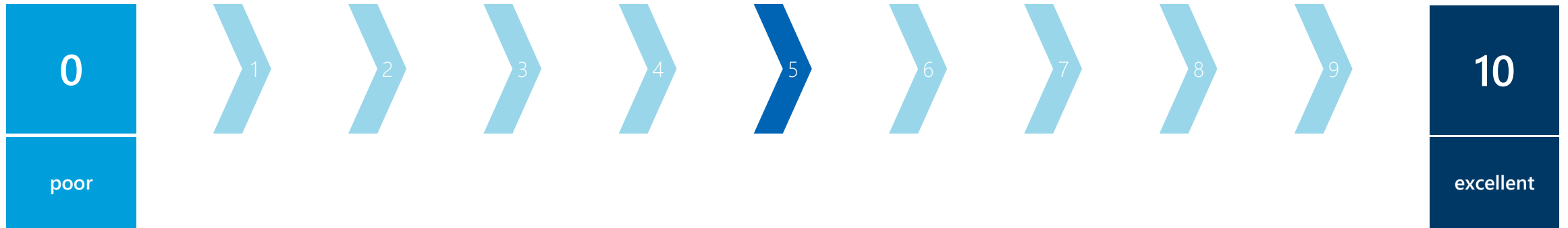


Q3

In general, how would you rate your **physical health**?



# are you flourishing?



Q4

How would you rate your overall **mental health**?

# are you flourishing?



Q5

Overall, to what extent do you feel the things you do in your life are worthwhile?

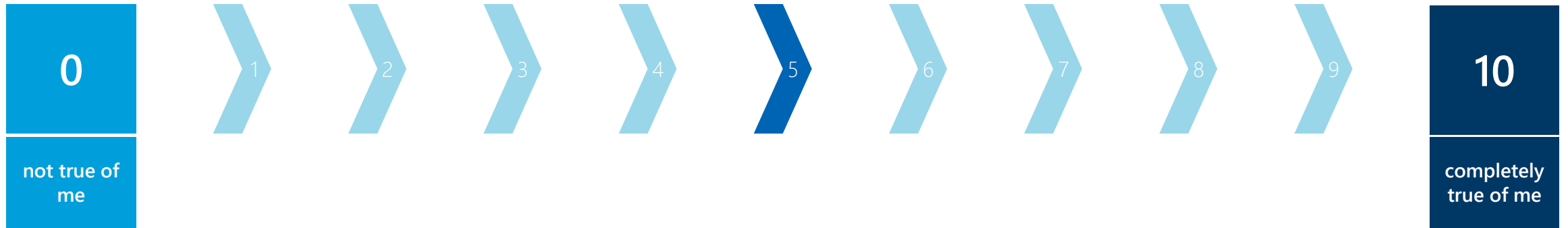
# are you flourishing?



Q6

I understand my purpose in life

# are you flourishing?



Q7

I always act to **promote good** in all circumstances,  
even in difficult and challenging  
situations

# are you flourishing?



Q8

I am always able to give up some happiness **now** for greater happiness **later**.

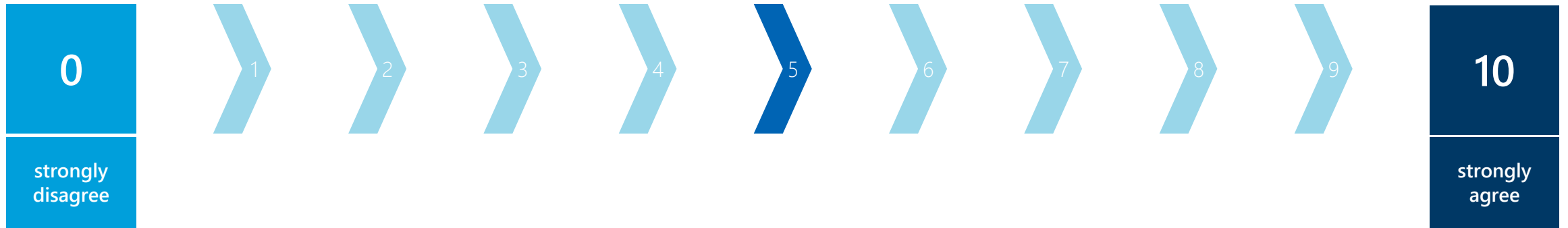
# are you flourishing?



Q9

I am **content with my friendships** and relationships.

# are you flourishing?



Q10

My **relationships are as satisfying** as I would want them to be.

# are you flourishing?



Q11

How often do you worry about being able to meet normal **monthly living expenses**?



# are you flourishing?



Q12

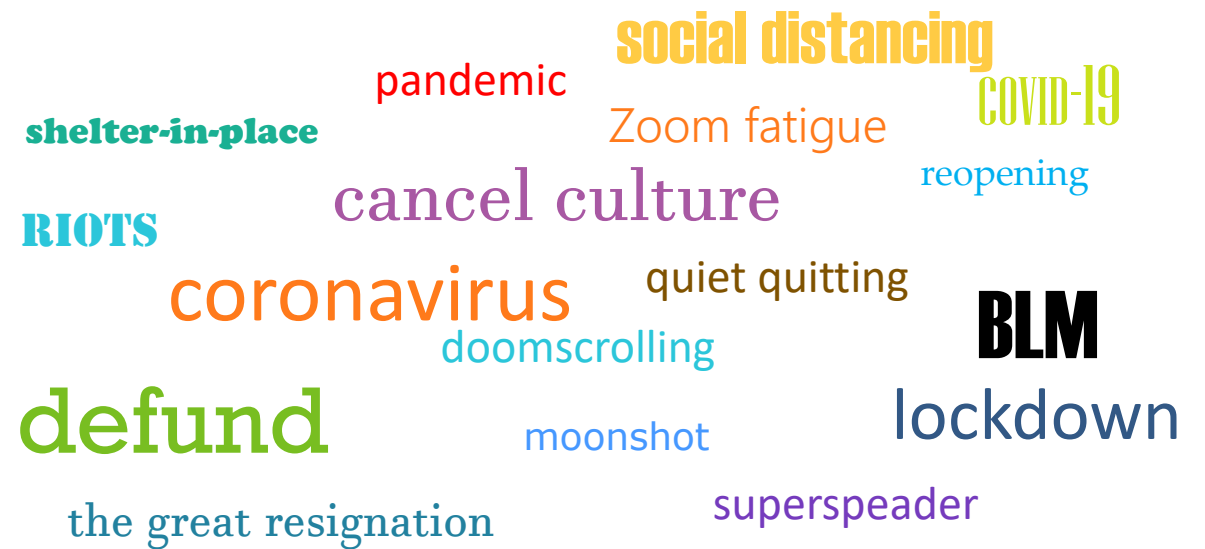
How often do you **worry** about **safety, food, or housing**?

# are you flourishing?

- **Add up your responses** (getting a number between 0 – 120)
  - Below 60 | pay attention and find support
  - 61 – 90 | choose one and make progress
  - 91 – 120 | move the needle one notch on a few
- Which single item concerns you the most?
- What are you most motivated to work on?

# look back to learn . . .

- What is painful to think about?
- What regrets do you have about the last two years?
- Is there anything you need to recover from?
- What do you appreciate?
- What can be learned?



# fundamental orientation

Q1

Q2

## Headline

How we see the world shapes every perception and experience.

## Research

- Covey: Abundance vs. Scarcity worldview
- Dweck: Growth vs. Fixed mindset

## Actions

1. Listen to yourself – what orientation do you hear?
2. Everyday – write down something you are grateful for
3. Ask, "How could we work better together?"

## Reflection

How often are you getting feedback about yourself and your impact on others?

# restoration

## Headline

A person who is drowning cannot save another drowning person.

## Research

- People need at least 7 hours of sleep
- 10:00 pm to 2:00 am are the golden hours
- Without food – about 30 days; without water – about 3 days; without sleep 36 hours

## Actions

1. Develop a sleep routine – time, conditions
2. Devices in a separate room
3. Stressful thoughts on paper

## Reflection

How full is your tank?

# facets of thriving



## Spirit

Having a sense of purpose and meaning



# facets of thriving



## Spirit

Having a sense of purpose and meaning



## Body

Having energy to live a fulfilling life



# facets of thriving

1

## Spirit

Having a sense of purpose and meaning



2

## Body

Having energy to live a fulfilling life



3

## Heart

Seeing what drives us and managing ourselves appropriately





# facets of thriving

1

## Spirit

Having a sense of purpose and meaning



2

## Body

Having energy to live a fulfilling life



3

## Heart

Seeing what drives us and managing ourselves appropriately



4

## Connection

Nurturing relationships that are mutually beneficial



# facets of thriving

1

## Spirit

Having a sense of purpose and meaning



2

## Body

Having energy to live a fulfilling life



3

## Heart

Seeing what drives us and managing ourselves appropriately



4

## Connection

Nurturing relationships that are mutually beneficial



5

## Mind

Thinking broadly and engaging our creativity to solve problems



# facets of thriving

1

## Spirit

Having a sense of purpose and meaning



2

## Body

Having energy to live a fulfilling life



3

## Heart

Seeing what drives us and managing ourselves appropriately



4

## Connection

Nurturing relationships that are mutually beneficial



5

## Mind

Thinking broadly and engaging our creativity to solve problems



6

## Work

Contributing our talents to work that matters



# facets of thriving



## Spirit

Having a sense of purpose and meaning



## Body

Having energy to live a fulfilling life



## Heart

Seeing what drives us and managing ourselves appropriately



## Connection

Nurturing relationships that are mutually beneficial



## Mind

Thinking broadly and engaging our creativity to solve problems



## Work

Contributing our talents to work that matters

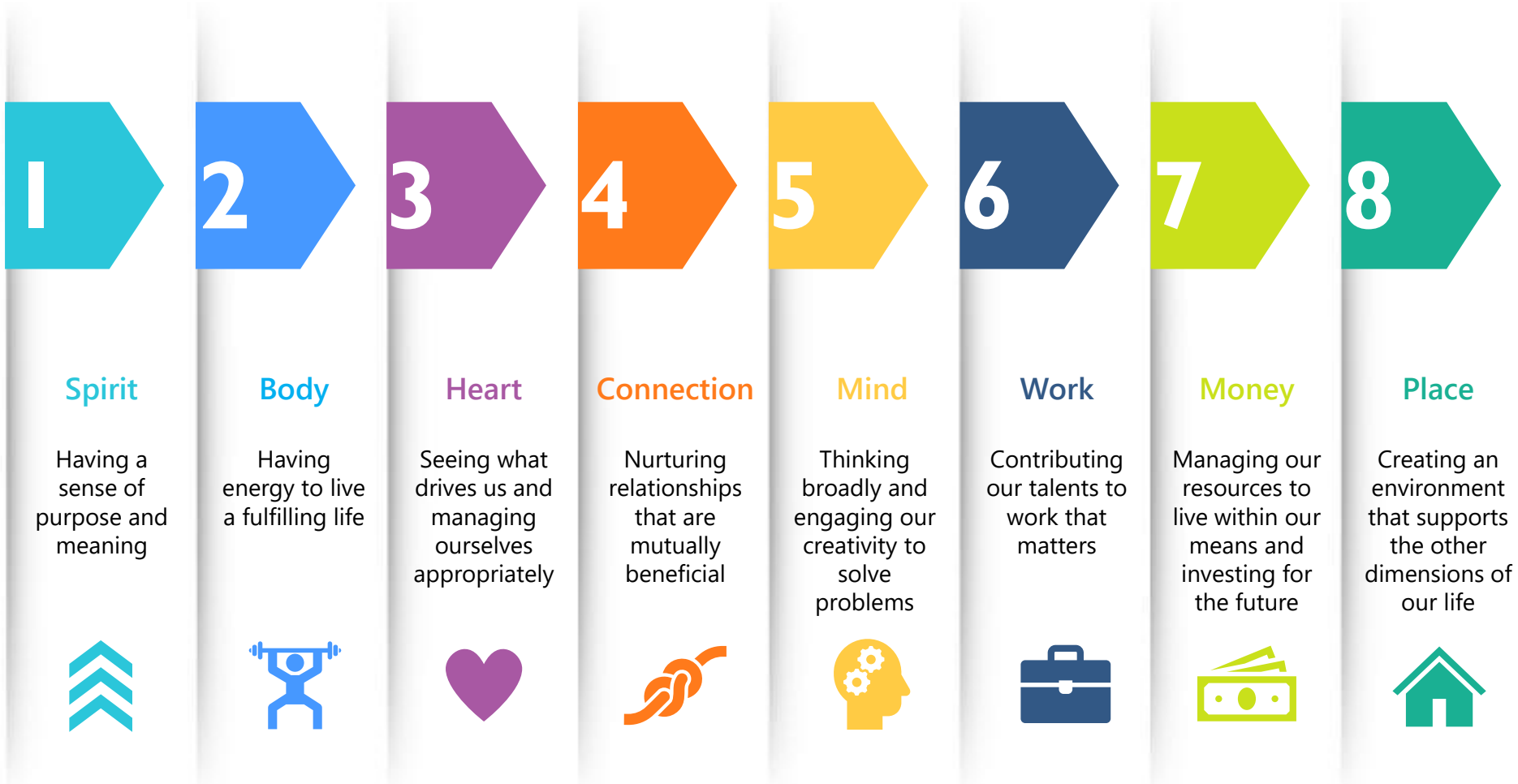


## Money

Managing our resources to live within our means and investing for the future



# facets of thriving



Fundamental Orientation

Restoration

# facets of thriving

Q5

Q6

## Headline

Purpose is the starting point of thriving.

## Research

People who have worked to clarify their purpose:

- are more likely to be happy
- describe themselves as having the “good life”
- “focus” today; “vision” tomorrow

## Actions

1. Write out your purpose and vision
2. Share them with family and at work
3. Ask about others purpose and vision

## Reflection

What fuels your passion, creativity, and curiosity?

## Spirit

Having a sense of purpose and meaning



# facets of thriving

Q1

2

## Body

Having energy to live a fulfilling life



### Headline

A few simple things can make a huge difference.

### Research

- Focus on small changes and then add to them
- Low energy is usually the result of inactivity
- Quality over quantity

### Actions

1. If you can't get started, get a professional
2. Write down your food intake
3. Cut everything in half

### Reflection

What small change can I start today in regard to my physical well being?

# facets of thriving

Q8

3

## Heart

Seeing what drives us and managing ourselves appropriately



### Headline

Emotions rule and are our fuel.

### Research

- Decision making is largely made in the emotional centers of the brain
- Our mood creates the climate that others live and work in
- Emotions are contagious

### Actions

1. Journal about your day especially how you felt
2. Build a check-in routine with yourself
3. Watch for triggers

### Reflection

How do you want people to feel when they interact with you?



# facets of thriving

Q7

Q9

Q10

4

## Headline

Relationships have the greatest impact on life satisfaction.

## Research

- About 25% of people in America cannot name a single person they feel close to
- Being ostracized lights up the same parts of our brain as (accidentally) hitting our thumb with a hammer
- Quality is better than quantity

## Actions

1. Write letters to people
2. Master difficult conversations
3. For your part, mend fences or lessen interaction

## Reflection

How do you want people to feel when they interact with you?

## Connection

Nurturing relationships that are mutually beneficial



# facets of thriving

Q4

5

## Headline

Learning is lifelong.

## Research

- 40,000 thoughts a day
- We are wired to ruminate on negative thoughts
- Routines help maintain optimal brain function
- Our brains use about 20% of our daily energy
- Attention is a limited resource – distraction is costly

## Mind

Thinking broadly and engaging our creativity to solve problems



## Actions

1. Block time for deep work and relationship building
2. Go to a bookstore and pick up a book or magazine about a topic that you don't know anything about.
3. Find a community to talk about the same interests you have

## Reflection

What would you like to learn more about?

# facets of thriving

6

## Work

Contributing  
our talents to  
work that  
matters



### Headline

Like what you do everyday.

### Research

- On average, we focus on work that matters between 2.5 and 4 hours a day
- Across the workforce, 32% of employees are engaged
- People with high career well-being are twice as likely to be thriving in their lives overall

### Actions

1. Develop a side project/gig
2. As soon as practical, get away from an immature boss
3. Get clear about your talents, strengths, and accomplishments

### Reflection

What conversation do you need to have (and with whom) to ensure that you are using your strengths?

# facets of thriving

Q11

Q12

7

## Money

Managing our resources to live within our means and investing for the future



### Headline

Money is a means to an end.

### Research

- Fifty-six percent of workers say debt is a problem for them\*
- 31% of women are saving for retirement, compared to 44% of men; and women's retirement accounts generate about 30% less\*\*

### Actions

1. Figure out where your money is going – and eliminate/renegotiate where you can
2. Get started now – even a small contribution helps
3. See your financial consultant/advisor

### Reflection

What small changes can you make to ensure a better financial future?

# facets of thriving

Q9

8

## Place

Creating an environment that supports the other dimensions of our life



### Headline

The right communities support thriving in other facets – like where you are.

### Research

- The average worker spends about 90 minutes a day looking for stuff
- People who lack community had 2 times more mortality risk
- People who have at least 3 or 4 close relationships are healthier on all measures of thriving

### Actions

1. First, create a space that works well for you and keep it organized
2. Read the local news
3. Volunteer

### Reflection

What type of community supports my thriving?

# commitment to yourself – one action matters

- Consider the 30 actions on the side or the “one thing” exercise at the beginning.
- What one action are you committed to try starting today?
- Who will you tell about this?
- Is a deadline needed?

1. Listen to yourself – what orientation do you hear?
2. Everyday – write down something you are grateful for
3. Ask, “How could we work better together?”
4. Develop a sleep routine – time, conditions
5. Devices in a separate room
6. Stressful thoughts on paper
7. Write a purpose and vision
8. Share them with family and at work
9. Ask about others purpose and vision
10. If you can’t get started, get a professional
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13. Journal about your day especially how you felt
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30. Volunteer

# sources and resources

