



Wellbeing tip

Focus more on your strengths and less on your weaknesses

Do you know what strengths and skills come naturally to you? The University of Pennsylvania's VIA Survey of Character Strengths test was developed to help you assess 24 strengths in six categories:

- **Wisdom:** creativity, curiosity, judgment, love of learning, and perspective
- **Courage:** bravery, honesty, perseverance, and zest
- **Humanity:** kindness, love, and social intelligence
- **Justice:** fairness, leadership, and teamwork
- **Temperance:** forgiveness, humility, prudence, and self-regulation
- **Transcendence:** appreciation of beauty and excellence, gratitude, hope, humor, and spirituality

Everyone has all 24 of these strengths to varying degrees and the more you use your strengths in your day-to-day life, the more you will reduce stress, increase productivity, and find happiness.

A few ways to leverage your strengths in different situations are:

- At home, take care of tasks that are a good fit for your strengths and support your loved ones when you see them struggling.
- At work, seek out projects that need your skills and offer to help or mentor colleagues who do not share your strengths.
- Within your community, look for volunteer opportunities that allow you to use and expand your strengths to maximize your contribution to the greater good. Volunteering in ways you are comfortable with will also make you more likely to continue.



Portal tip

Find healthy recipes and plan ahead

Do you use the platform's meal planning tool? It works in tandem with the recipe database to help you organize your week, manage your budget, and stick to a nutritious diet.

To view or edit the meal planner, hover over **Resources** along the top navigation bar and select **Meal Planner**. Then:

- Select the **+Add** button under any meal category to browse the recipe database for breakfast, lunch, dinner, or a snack.
- Add meals to your planner from any recipe page by selecting **+ Add to your meal planner**, choosing the date and meal type, and selecting **Add**.
- Use the print icon to print any recipe.
- If you want to remove a recipe from your planner, use the minus button.
- Remember: when you find a recipe you want to try, search for grocery store discounts in your area by entering your zip code on the left of the screen!

As you complete your meal planner, keep in mind:

- **Quantity:** How many meals and mouths are you catering for? Do you want leftovers for tomorrow's lunch?
- **Budget:** How much are you looking to spend? Can you plan several meals that use the same ingredients or include sale items to save a few extra dollars?
- **Time:** How much time will you have to cook each day?
- **Quality:** You don't need to eat foods you don't enjoy, even when you're trying to eat healthily. Think about what you are in the mood to eat, as well as your diet and your budget (e.g., soup in chilly weather or a crockpot meal during a stressful week).