

**Name (As per class register): Hendy**

**Lecture Group & Tutorial Group No.: T03**

**Name of Tutor: SSS Tanisha Sheena Vanen**

**Assignment Title: Integrative Reflection Essay**

**Towards a Flourishing Life: Reflecting on my Journey in Healthy Living and Wellbeing**

**1. Chosen Topic**

To live a flourishing life, I have chosen topics that I have learned in healthy living and wellbeing lessons. The topics I choose are Health and Wholeness in Building Resilience from Healthy Living domain (Week 6) and Understanding Stress and Fostering Self Care from Wellbeing domain (Week 8). The Health and Wholeness in Building Resilience covers levels of challenges in life, options to deal with those challenges, Definition of Resilience in daily life and in crises, Tell-tale signs of the Victim Mindset, victim cycle and how to break it, and coping habits to handle stress (adaptive and maladaptive). Understanding Stress and Fostering Self Care covers sources and impact of stress on the body and mind of youth, negative bias, the biology of stress and emotions, description of burnout, positive coping strategies, and Resilience through Self-Care and Self Compassion.

**2. Integration: Interconnectivity of Topics**

The similarities of the topics that I have picked are they both of the topics describe the source of stress impact it has on me and both show how different coping methods work for me and encourage the use of positive coping strategies. Topic from healthy living explains the coping behaviors for stress which I can use to reflect and identify which category I might fall in and topic from wellbeing describe different positive coping strategies I can use to tackle down stress. In addition, the healthy living topic provide me with the understanding of victim mindset which is useful to me to identify whether I have the sign of victim mindset and break it before choosing which coping strategies to apply to cope with stress and avoid the likelihood to end in negativity bias, burnout, and nature of suffering states as we have learned in wellbeing topics, for example, I had a bad score on one of my mid-term paper, I felt that I have not done enough or feel that I am useless and no matter how much I have prepared I will still end up failing again in the next paper and therefore I will lose my motivation to study and end up giving up on the revision for the next paper, this put me in the victim mindset and without this understanding, I might have ended up producing negative bias and choosing to vent out my frustration on others close to me (Emotion-Focused Coping) which putting me in more self-criticism, anger, hatred instead of dealing with the stress.

### **3. The Meaning of a Healthy Life with Wellbeing**

By identifying that having a different lifestyle, attitude, and mindset such as victim mindset could lead to choosing the wrong path in tackling stress, I realized and more aware of how a bad attitude, lifestyle, and mindset could lead to an unhealthy life and I will adjust myself to have an adaptive coping habit to avoid getting to burnout states by having good nutrition managing and preventing chronic injuries as it leads to stress and vice versa.

Living a healthy life with healthy wellbeing can also be achieved through showing compassion toward others by understanding and connecting with them (showing concern or seeking support from them), engaging in self-validation, being kind to myself (self-care), and learning to manage my emotion, these will help me maintain my mental wellbeing better as it is easier to adapt any of the positive coping strategies and handling any stressful event. for example, it is easier to remove negative emotions I get from stressful events if I am able to maintain my emotion, Seeking information and support to resolve the problem to solve a stressful situation will be easier if I have connections such as family members and friends, self-care and self-validation will also help me in determining my personal values and life goal to use as motivation when facing a stressful situation and will keep me going forward instead of falling to negative emotions and suffering.

### **4. Current Applications and Future Aspirations**

For the current application of what I have learned, I had recently got a bad result in the midterm result even though I had tried my absolute best in the effort to score well, and I was feeling quite confident before the test, this makes me feel hopeless In my attempt to study harder for the upcoming final semester exam as it is hinted that it will be more difficult compared to the midterm.

In this situation, I refused to let myself fall into the victim mindset as I have learned that will result in the loss of motivation to continue, I took a couple of days to break from my studies and to further prevent burnout, during the break, I started practicing self-care by embracing adaptive behavior by starting to eat food that will increase my energy while also monitoring the nutrition of food intake, I also started to visit the gym more to reduce sedentary time.

After the break, I did some self-validation by analyzing what I have done right and wrong, I used three coping strategies (Emotion-Focused, Problem-Focused, and Meaning-Focused Coping) as me and my friend vented out all our negative emotions to comfort each other's, exchanging information on the part that each of us has done well and also exchange learning tips, and encouraged each other and remind each other to always be clear with the goal ahead and not be sway to other unimportant priorities.

In addition to what I have learned in the healthy living and wellbeing class, I have also learned that when dealing with a stressful event, don't try to solve it alone and try to always have someone who understands your problem or in a similar situation facing it together with you, as a roof is more stable with two pillars to support rather than just one.