

# RAFT

Resilience for  
Advocates through  
Foundational Training®

## Building Blocks to Resiliency Series: Thriving Through Gratitude and Empathy

RAFT VIRTUAL TRAINING WORKBOOK



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# ABOUT RAFT

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RAFT supports organizations and advocates to cultivate human-centered workspaces through foundational wellness practices, resources, and training to build resilience and promote a healthier gender-based violence advocacy ecosystem.

## VIRTUAL TRAINING OBJECTIVES

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In this 2-hour workshop you will learn about tools that will help you move from surviving to thriving. You will learn a gratitude practice, the four attributes of empathy, and experience a yoga nidra meditation. We'll introduce PERMA, a tool you can use to make your self-care and well-being activities intentional and restorative.

You will:

- ★ Practice gratitude, self-empathy, and yoga nidra for relaxation
- ★ Take stock of how your work fulfills your PERMA categories
- ★ Use positive psychology to create an intentional self-maintenance plan

## TABLE OF CONTENTS

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A Reflection on Gratitude	3
Surviving Vs. Thriving	3
Attributes of Empathy	4
Self Empathy	4
Yoga Nidra: Bone Deep Sleep	4
Self-Care	5
PERMA	6
PERMA Journal Reflection	7
Using PERMA	8
PERMA at Work	8
PERMA Grid	9
Workshop Series Summary	10
RAFT Resources	11

# A Reflection on Gratitude

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A gratitude practice is simple practice that has a powerful impact on your life. A gratitude practice is particularly helpful when we are going through difficult circumstances.

## Practice Gratitude

**Journal:**

Share One or two things you are grateful for.  
Why are you feeling grateful for these things?

# Surviving Vs. Thriving

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## Surviving

To remain alive or in existence. To carry on despite hardship or trauma. To remain functional and usable. To cope.

## Thriving

To grow strongly and vigorously. To do well and prosper. To Flourish.

## Flourishing

To find fulfillment in our lives, accomplishing meaningful and worthwhile tasks, and connecting with others at a deeper level. In essence, living the "good life"

-- Martin Seligman

# Attributes of Empathy

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## Four Defining Attributes of Empathy

- ★ To be able to see the world as others see it
- ★ To be non-judgemental
- ★ To understand another person's feelings
- ★ To communicate our understanding of that person's feelings.

## Simple Empathetic Responses:

- ★ "I've been there, that's hard."
- ★ "I can imagine that."
- ★ "I feel you."
- ★ "I know that feeling and it sucks."
- ★ "Me too."
- ★ "I see you, you're not alone."
- ★ "I understand what that's like"

# Self Empathy

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Empathy for yourself is a restorative act. Self-empathy is an essential part of your self-care. Using the phrases on yourself is helpful in generating compassion for yourself.

**What empathetic affirmations will you use to foster self-empathy?**

# Yoga Nidra: Bone Deep Sleep

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## Meditation:

Yoga Nidra with Jennifer Piercy:

<https://insighttimer.com/jenniferpiercy/guided-meditations/bone-deep-sleep>

Insight Timer is also a free app for your phone. Search for "Jennifer Piercy" to find more of Jennifer's yoga nidra recordings.

# Self-Care

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## Self-Care

Self-care is personal, physical, and mental health maintenance. It is any activity of an individual, family, or community with the intention of improving or restoring health or treating or preventing disease. It is about taking the time out to restore oneself.

### Journal:

What is NOT working with your self-care?

### Journal:

What are the barriers? How is NOT focusing on self-care impacting life?

# PERMA

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Martin Seligman describes five specific life domains where restorative practices will impact your well-being and ability to flourish (or thrive):



## Positive Emotions

**What we feel.** Those feelings that make you feel the best. Feelings that lack negativity and discomfort. Examples: pleasure, warmth, comfort, gratitude, joy, amusement, etc.



## Engagement

Refers to the state of being in “flow”, or the state of being so engaged with something that you lose track of time and things going on around you. **The loss of self-consciousness during an absorbing activity.**

Examples: reading a book for a few minutes, then realizing 2 hours has gone by.



## Relationships

**The relationships that we develop with other people that contribute to our well-being.** The people that matter in our lives. Examples: your partner, children, co-workers, friends, parents, etc.



## Meaning

**Belonging to and serving something that you believe is bigger than the self.** Being part of something larger than yourself. Examples: your family, your job, religion, volunteering, living green, etc.



## Accomplishment

**Those things that we pursue because they seem worthy of our stretch.** Accomplishment can be recognized internally as well as by others. Examples: doing your job well, writing a short story, climbing stairs, receiving an award, losing weight, etc.

**No single element of PERMA defines well-being.** Each of the five categories contributes to your well-being, and the impact and importance of each category will be unique for each person. The more you increase each category in your life the more resilient you will become and the more you will flourish.

# PERMA Journal Reflection

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Which PERMA categories feel the most important to you and your well-being?

Why do these categories feel important to you?

Write a list of self-care activities you are currently doing, are trying to do, or would like to do. Example: reading, taking a walk, exercise, volunteering, etc.

Look at the list of activities you have written down. For each activity write the PERMA categories you are meeting by doing that activity. Note: There may be more than one PERMA category for each activity.

Write down a list of the tasks and activities you carry out at work. (client meetings, staff meetings, paperwork, etc.)

Look at the list of activities you have written down. For each activity write the PERMA categories you are meeting by doing that activity. Note: There may be more than one PERMA category for each activity.

## Using PERMA

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When trying to fit self-care into our busy lives it is helpful to have a list of activities to select from that differ in their time commitment, energy commitment, and how they match up with the PERMA categories.

If you only have 15 minutes free and try to commit to an activity that takes longer, you are going to skip taking care of yourself. If you are feeling low energy and try to do something that requires a lot of energy, you probably aren't going to follow through.

If you are craving a sense of meaning, then selecting a self-care activity that provides only positive emotions isn't going to be a good fit.

If you can create a list of self-care activities that vary in the time commitment, energy commitment, and PERMA categories you will give yourself a wider range of activities to choose from and increase the likelihood that you will take care of yourself.

## PERMA at Work

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As you are completing your different tasks at work try to think about how those activities connect to the PERMA categories. This will help you realize that there is more to your work than just the tasks you are completing. You are also experiencing positive emotions, in a state of flow, being with other people, bringing meaning to your life, or accomplishing something.

Not all work tasks may have a PERMA category you can associate with them but try to find as many tasks as possible that match up with your PERMA categories and mix them into your day with the more mundane tasks.

If you are finding very few of your tasks at work match up with PERMA categories it may be time to talk to your leadership and find if there is a way to make changes to your job, so you are feeling more fulfilled. This can be a scary request to make, and feel challenging, but finding more PERMA categories in your work will help you build resilience and be more satisfied in your work.

# PERMA Grid

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Use this grid to map out different activities and tasks that fit within your PERMA categories.

Make note of whether an activity requires high, medium or low energy, and how much time it takes to complete it.

**In Life**

**At Work**

**Positive  
Emotions**

**Engagement**

**Relationships**

**Meaning**

**Accomplishment**

# Workshop Series Summary

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- ★ Personal boundaries: healthy and unhealthy boundaries
- ★ Identifying your values
- ★ Saying “No.” in a positive way
- ★ Understanding shame triggers and building shame resilience
- ★ Identifying your strengths and using them to make decisions
- ★ Box Breathing
- ★ Gratitude practice
- ★ Critical Awareness
- ★ Naming your trusted network
- ★ Self-Empathy
- ★ PERMA

## Journal:

Read through the thematic summary of ideas and tools from this workshop series above. Take time to reflect on the workshops and materials.

What tool or tools were most helpful to you at home and/or work?

What tool would you like to commit to practicing over the next month?

Over the next six months?

Over the next year?