

## UNIT 1: Conditions & Connections

- 1: Maslow's Hierarchy
- 2: Physical & Psychological Safety
- 3: Love, Belonging, & Connection
- 4: Self Awareness & Celebrating Strengths

## UNIT 2: Physical Well-Being

- 5: Managing Stress through Mindfulness
- 6: Nutrition, Exercise, & Self Care
- 7: Respecting Personal Space

## UNIT 3: Social Well-Being

- 8: Communication & Active Listening
- 9: Empathy
- 10: Respect for Others
- 11: Perspective Taking
- 12: Addressing Microaggressions
- 13: Creative Problem Solving
- 14: Collaboration
- 15: Conflict Resolution
- 16: Leadership

## UNIT 4: Emotional Well-Being

- 17: What Can I Control?
- 18: Identifying & Regulating Emotions
- 19: Habits of Happiness
- 20: Resilience, Persistence, & Grit
- 21: Boundaries

## UNIT 5: Mental Well-Being

- 22: Critical Thinking
- 23: Growth Mindset
- 24: Anxiety & Depression
- 25: Dealing with Grief
- 26: Forgiveness
- 27: Self Compassion
- 28: Perfectionism vs. Excellence

## UNIT 6: Professional Well-Being

- 29: Professionalism
- 30: Goal Setting
- 31: Giving & Receiving Feedback
- 32: Lifelong Learning
- 33: Deep Learning
- 34: Time Management

## UNIT 7: Character & Citizenship

- 35: Character, Integrity, & Honesty
- 36: Civility
- 37: Motivation
- 38: Leaving a Legacy of Well-Being