



GROW Well Strengths-Based Curriculum

Always Our **Best**




Gumdale State School Student Wellbeing Program
is proudly supported by

EVANS PROPERTIES

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Living Locally
Selling Locally



Zest means approaching a situation, or life in general, with excitement and energy. People who are high in zest approach tasks whole-heartedly, are excited to get up in the morning, and they live their lives like an adventure. Zest is a dynamic strength that is directly related to physical and psychological wellness. This character strength has the strongest ties to overall life satisfaction and a life of engagement.

Zestful people view failures as lesson learning, rather than weakness or flaws. They view every single experience they have in life, good or bad, as enlightening. It is defined as mental and physical vigor; approaching life with vitality, not doing anything half-heartedly, and feeling alive (Peterson, 2006).



<https://itsyourtumblog.com/enthusiasm-b141e2ced6d?qi=6e6b14622d05>
Studies show that the combination of four positive character traits – **gratitude, optimism, zest, and persistence** in Australian school students found that co-existence of the four qualities **guaranteed prosocial behavior and subjective feelings of happiness and wellbeing among children.**

<https://positivepsychology.com/zest/#:~:text=One%20study%20on%20the%20combination,happiness%20and%20wellbeing%20among%20children>

Prosocial behavior is defined as **behavior that benefits others** (Eisenberg, 1982), including helping, cooperating, comforting, sharing, and donating.



5 Ways to Live a Fully Charged Life

Do you want to add more joy and positivity to your day? Here are five simple habits recommended by Meaghan Murphy, the author of *Your Fully Charged Life*.

- 1. Frontload your "yays"**
Start your day with all the really good stuff. A morning workout, yummy breakfast, your favorite podcast.
- 2. Erase "hate" from your vocabulary**
Language has power. Removing "hate" from your day can allow for more positivity.
- 3. Straighten up**
Researchers have found that your posture can affect your mood. Sit or stand up straight, shoulders back, head up.
- 4. Crack a smile**
Facial feedback research suggests that a smile can improve your mood (even if the smile is a little forced).
- 5. Talk to yourself like a friend**
A pep talk can energize you. Use "you" or third person to add psychological distance and make it more effective. "You've got this." "You tried your best."

Your Fully Charged Life is a practical guide to bringing your best self to every moment, even when the pressures of daily life leave you feeling overwhelmed, exhausted, and wallowing in negative thoughts. This book reveals small changes in outlook and habits that yield big results.

Big Life Journal
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A core idea of zest is 'to live and not just exist.'

- PositivePsychology.com

“If you have zest and enthusiasm, you attract zest and enthusiasm.”

Norman Vincent Peale

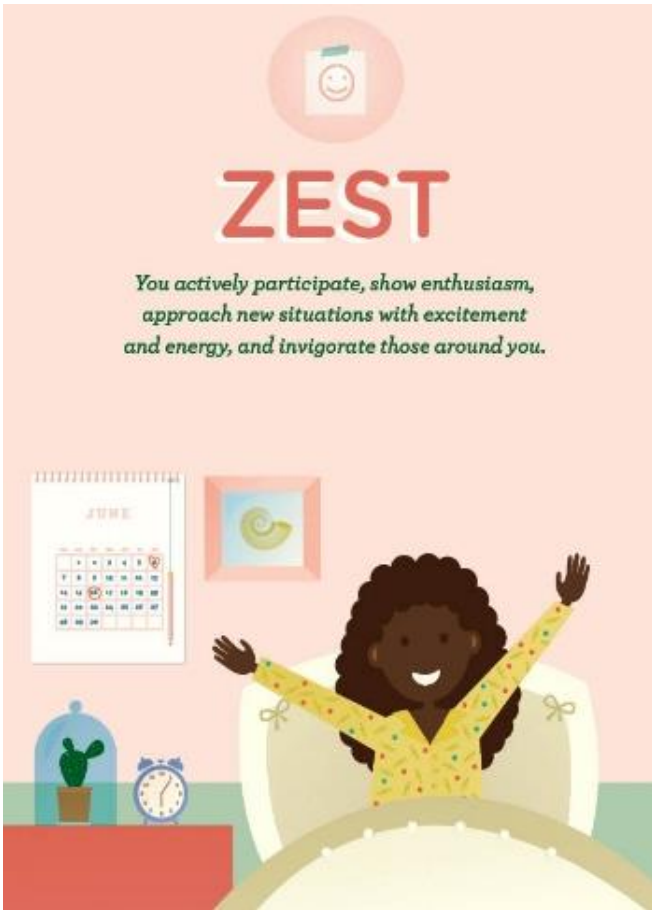
What our students have to say:

Zest is like having lots of energy and being excited.

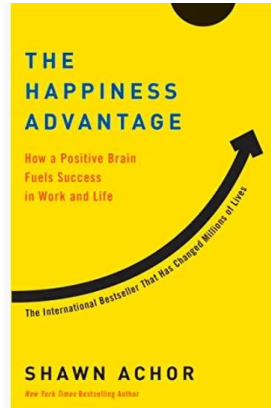
(Lily, Year 3)

I think having zest means you’re enthusiastic and really happy.

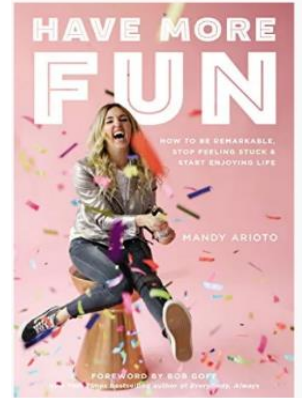
(Ben, Year 4)



READ:



The Happiness Advantage:
How a Positive Brain Fuels
Success in Work and Life
By Shawn Achor



Have More Fun
By Mandy Arioto

<https://positivemba.com/zest-books/>

<https://app.emaze.com/@AZCCOCWO>

Energy Busters & Builders Exercise:

Fill in activities that belong in each square/section, assign percentages to each. Many realise they’re spending too much time on activities that drain their energy, and aim to increase the amount of time spent on energy building activities.

Builds energy at work

Builds energy at home

____ % of time spent here

____ % of time spent here

Drains energy at work

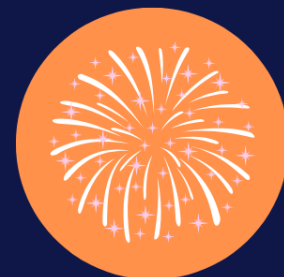
Drains energy at home

____ % of time spent here

____ % of time spent here

<https://www.psychologytoday.com/au/blog/pressure-proof/201409/the-importance-zest-enthusiasm-your-well-being>

Zest



*I feel vital and full of energy,
I approach life feeling
activated and enthusiastic.*

