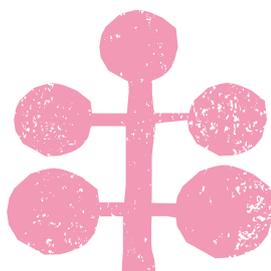
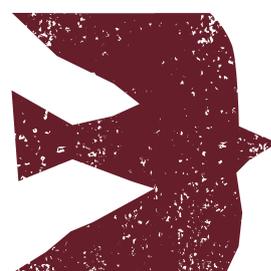
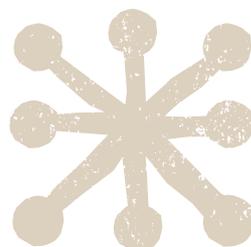
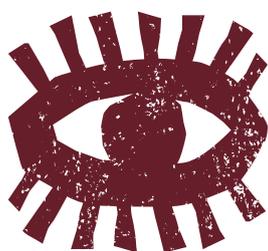


FEELIN ALIVE



WELLBEING SKILLS PORTFOLIO

TAVO EUROPA

WELL BEING

Well-Being is a complex and fluid concept, every person can define and experience its own wellbeing in a unique way and with different level of intensity; making it impossible to find the perfect formula to achieve it

However, we know that different dimensions of wellness exist, each linked with a different part of our life but all connected and all influencing each other.

It's in the harmony between them that we can research our unique way to achieve well-being

This portfolio don't aim to be a list of every skills and competences linked to wellbeing; It's a tool to guide self-reflection and leearning process



PHYSICAL WELL BEING

DEFINITION: Physical wellbeing is about caring, respecting, and advocating for your body.

is to maintain a healthy quality of life that allows us to get the most out of our daily activities without undue fatigue or physical stress.

This includes physical activity, balanced nutrition, getting adequate sleep, and avoiding harmful behaviours.

Physical wellness also includes a personal responsibility to understand your body's warning signs and recognize when you are ill and in need of medical attention.

Main Skillset are: **Sleep Hygiene, Being physical active, Have a correct nutrition, prevent and treat illness, safe sex and subastance use behaviours.**

- I plan around 8 hours of sleep every day
- I plan to go sleep around the same time every day
- The amount of sleep I get allows me to perform my daily tasks
- I know relaxation technique to use before going to bed

- I can plan physical activity weekly
- I know how to do physical activity safely
- I know which physical activity improve my mood
- Doing physical activity is a pleasure and not a stress
- I know where to go to practice my physical activity of choice

- I have nutritional knowledge
- I know how to balance Healthy and pleasure food
- I can plan my weekly meals
- I can recognize if I am having eating disorders
- If I experience eating disorders, I know where to ask for help

- I know good habits to prevent illness
- I can recognize my body warning signals
- I can recognize when I'm ill



-I know when it's appropriate to self-medicated and how do it safely

-I can recognize when it's appropriate to search for medical consult

-I know where to search for medical help and what are my rights

-I know the risk of substance use

-I am able to do safe decision about substance use

-I know how to refuse substances in a social context

-If I decide to use substances, I know how to do it safely

-I know any intimacy activity requires consent

-I know when consent cannot be considered valid

-I know I can withdraw my consent at any moment and for any reason

-I feel able to withdraw my consent, without fear of consequences

-I know how to practice safe sex and which protection are needed

-I know how to communicate with my partner/s about sexual health

-I know how where to be tested for STD for free if I have doubts

-I don't feel shame in being tested for STD



SOCIAL WELLBEING

Social wellbeing is about building and maintaining healthy relationships and having meaningful, authentic interactions with others, that can increase our resilience and ability to cope with life's challenges.

It involves feeling part of a community and having a sense of belonging while valuing diversity. It requires communication, navigating conflict, boundary setting, mutual respect and Assertiveness the ability to communicate in a direct and honest manner, without intentionally hurting anyone's feeling and avoiding passive and aggressive communications.

Social well being is supported not only by our relationships with others – but also by how we choose to interact, express ourselves and form our own personal habits around these.

Main Skillset are: **Relationship skills;**
Communication skills ;Conflict resolution and
problem solving skills, Team working skills,
Community skills, assertiveness



I'm able to create new friendships and social networks
I'm able to maintain existing friendships and social networks.

I have a supportive network of family and friends.
I feel able to freely express myself in my social group.

I'm able to recognise when I want to be alone.

I'm able to recognise when I want to be with other people
I know how to balance social and personal time, in a way
that it's comfortable for me

I am a good listener

I can be a leader in a group

I'm good at negotiate conflict in a constructive way

I'm able to communicate my point of view clearly

I'm able to understand and accept others' point of view

I'm able to demonstrate empathy and compassion

I'm able to show concern for the feelings of others

I'm able to understand and expressing gratitude

I'm able to say no to others without feeling guilty.

I feel confident to disagree and argument peacefully

I am able to communicate clearly, in a non-violent way

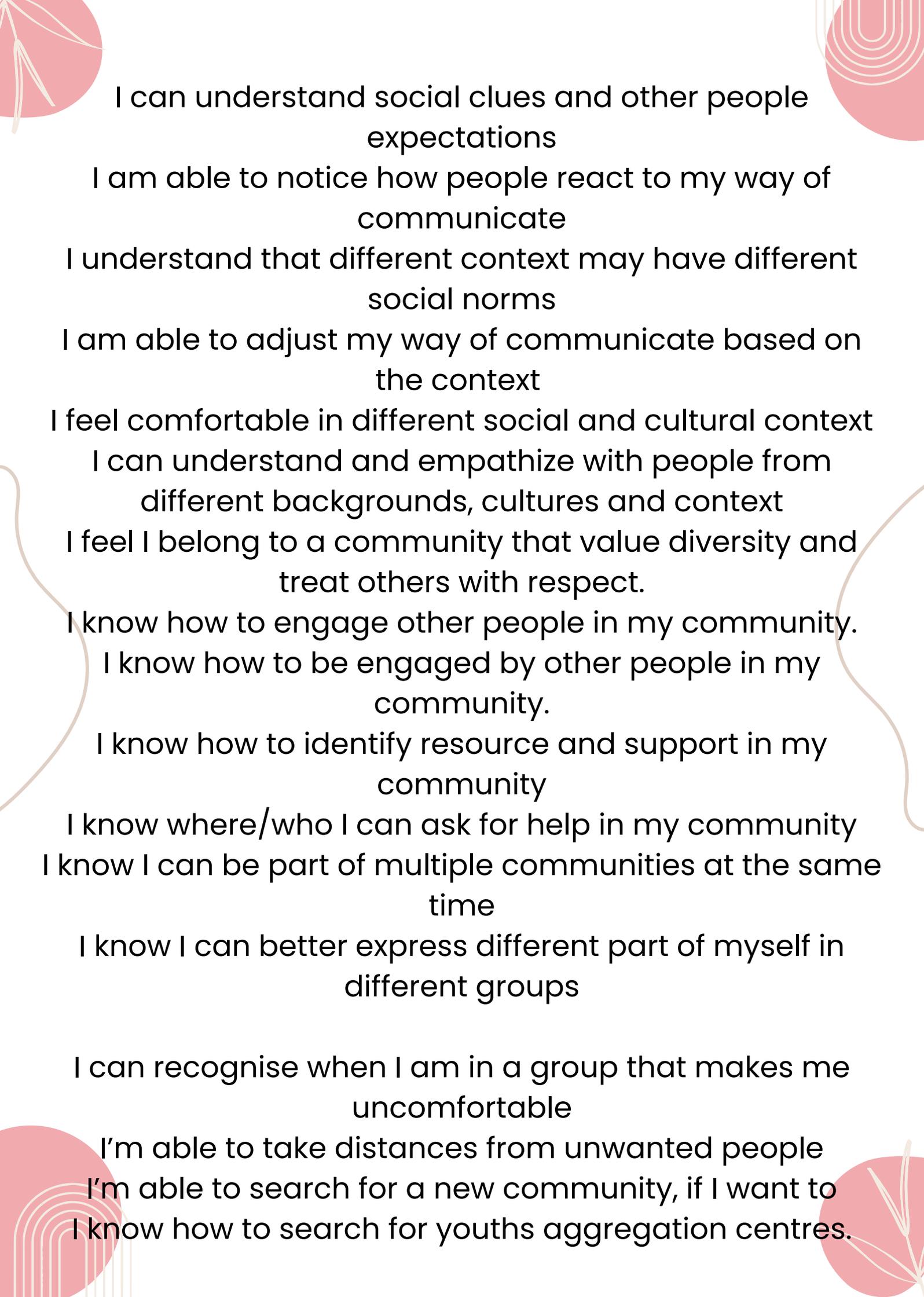
I recognise my limits, and respect myself

I'm able to recognise other people limits and how to
respect them

I'm able to set clear boundaries

I can communicate my needs to others





I can understand social clues and other people expectations

I am able to notice how people react to my way of communicate

I understand that different context may have different social norms

I am able to adjust my way of communicate based on the context

I feel comfortable in different social and cultural context

I can understand and empathize with people from different backgrounds, cultures and context

I feel I belong to a community that value diversity and treat others with respect.

I know how to engage other people in my community.

I know how to be engaged by other people in my community.

I know how to identify resource and support in my community

I know where/who I can ask for help in my community

I know I can be part of multiple communities at the same time

I know I can better express different part of myself in different groups

I can recognise when I am in a group that makes me uncomfortable

I'm able to take distances from unwanted people

I'm able to search for a new community, if I want to

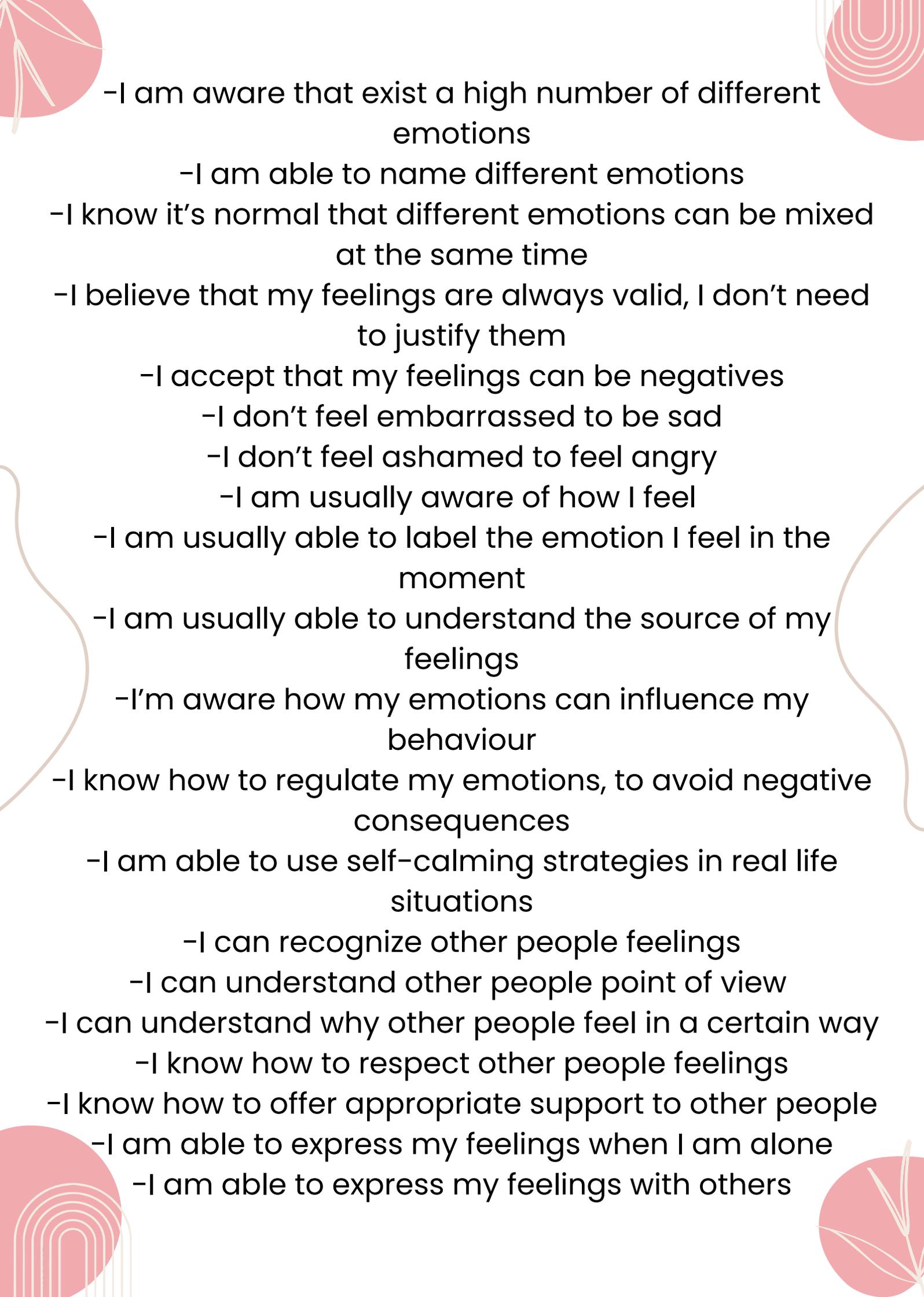
I know how to search for youths aggregation centres.

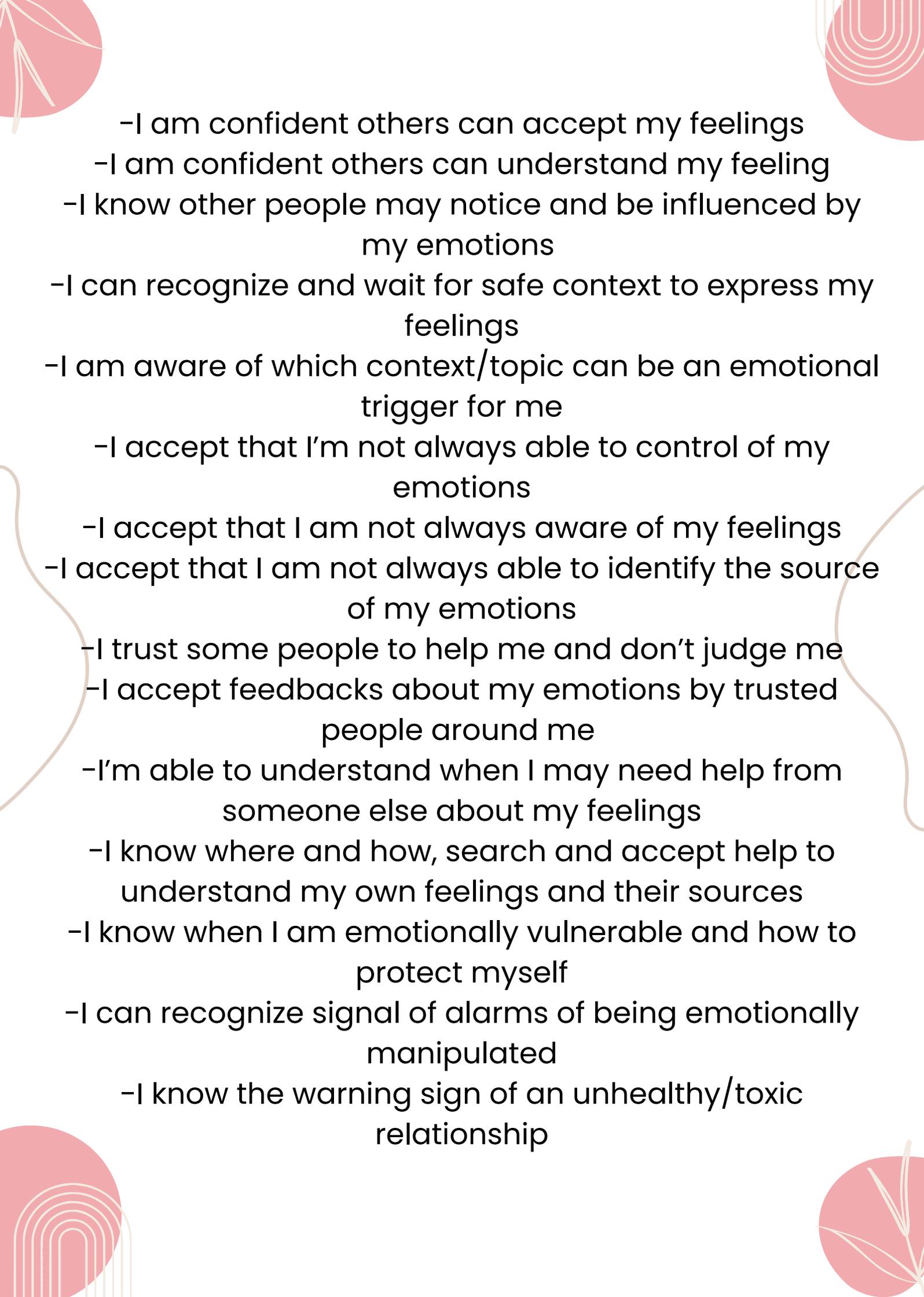
EMOTIONAL WELL-BEING

is about recognizing, experiencing, and managing a wide range of thoughts and feelings in a constructive way, understanding how they influence behaviour across contexts. It is having self awareness by knowing your limits, knowing when to press pause and knowing when to seek support, either from a friend or professional.

This includes capacities to recognize one's strengths and limitations with a realistic sense of confidence and purpose.

Main skillsets are: **Recognising and labelling emotions; Expressing and managing feelings; Empathy, Optimism, Self-Acceptance, Resilience e Coping, Stress management, healthy relationship**

- 
- I am aware that exist a high number of different emotions
 - I am able to name different emotions
 - I know it's normal that different emotions can be mixed at the same time
 - I believe that my feelings are always valid, I don't need to justify them
 - I accept that my feelings can be negatives
 - I don't feel embarrassed to be sad
 - I don't feel ashamed to feel angry
 - I am usually aware of how I feel
 - I am usually able to label the emotion I feel in the moment
 - I am usually able to understand the source of my feelings
 - I'm aware how my emotions can influence my behaviour
 - I know how to regulate my emotions, to avoid negative consequences
 - I am able to use self-calming strategies in real life situations
 - I can recognize other people feelings
 - I can understand other people point of view
 - I can understand why other people feel in a certain way
 - I know how to respect other people feelings
 - I know how to offer appropriate support to other people
 - I am able to express my feelings when I am alone
 - I am able to express my feelings with others

- 
- I am confident others can accept my feelings
 - I am confident others can understand my feeling
 - I know other people may notice and be influenced by my emotions
 - I can recognize and wait for safe context to express my feelings
 - I am aware of which context/topic can be an emotional trigger for me
 - I accept that I'm not always able to control of my emotions
 - I accept that I am not always aware of my feelings
 - I accept that I am not always able to identify the source of my emotions
 - I trust some people to help me and don't judge me
 - I accept feedbacks about my emotions by trusted people around me
 - I'm able to understand when I may need help from someone else about my feelings
 - I know where and how, search and accept help to understand my own feelings and their sources
 - I know when I am emotionally vulnerable and how to protect myself
 - I can recognize signal of alarms of being emotionally manipulated
 - I know the warning sign of an unhealthy/toxic relationship

- 
- I know everyone can find themselves in an unhealthy/toxic relationships
 - If I have suspicious I am in an unhealthy/toxic relationships I know where to search help
 - I don't feel ashamed about searching for help

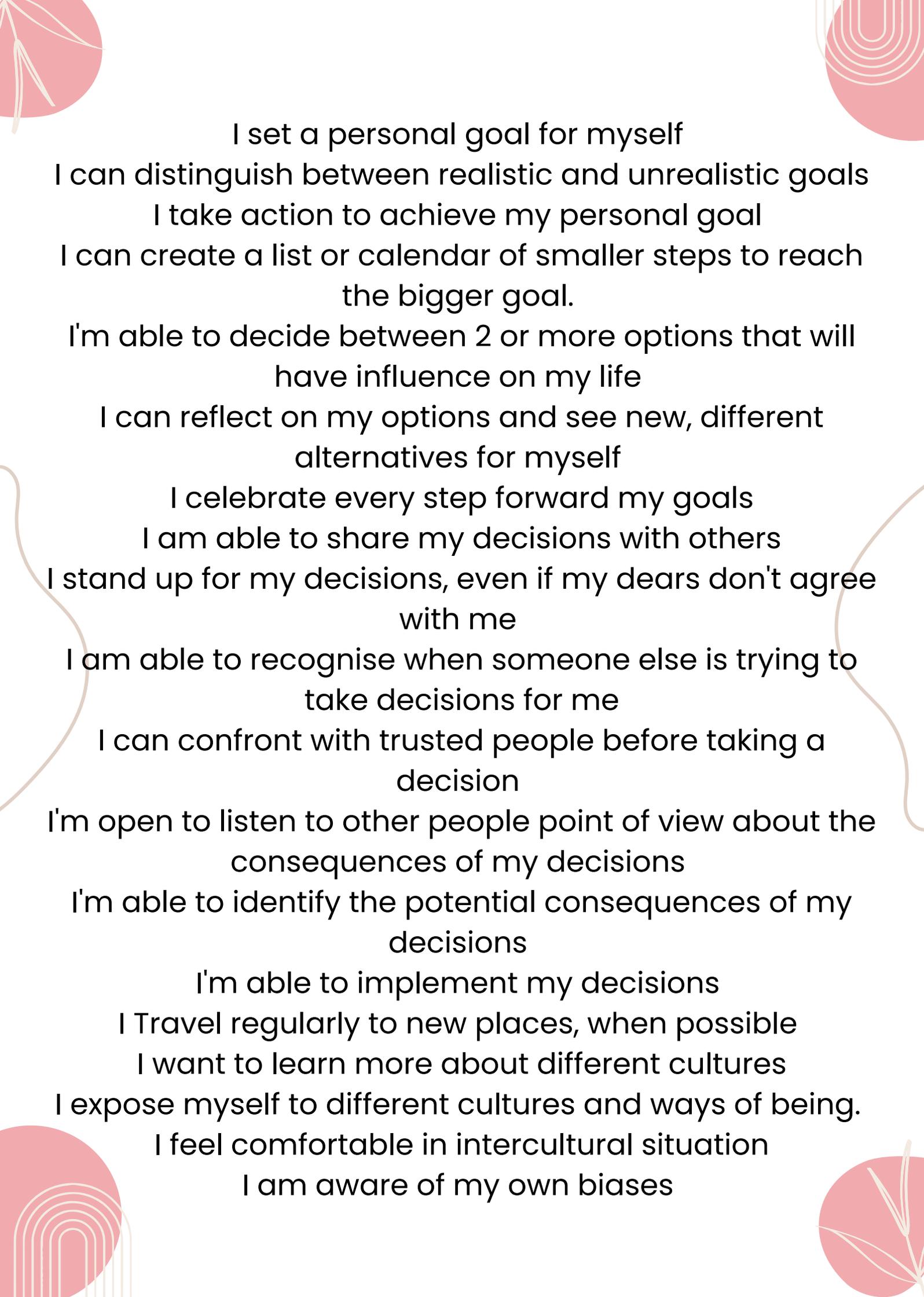
 - I have a positive and optimistic expectations for myself
 - I have a positive and optimistic expectations for life in general.
 - I have a positive self-confidence: I believe I am able to succeed in most situations
 - I can practice self-compassion and self-kindness
 - I know mindful practices
 - I know stress management techniques
 - I am aware of which situations/context stress me
 - I can recognize when I am stressed
 - I am able to use stress management techniques in my daily life
 - I can adapt to unexpected situations and new challenges
 - I'm open and flexible to change and transition to new situations/context
 - I can accept and handle criticism and different opinion about myself
 - I can handle regular daily level of stress, without compromising my general well-being
 - I'm confident to be able to feel better after difficult situations



INTELLECTUAL WELL-BEING

Intellectual well-being refers to the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction, and community betterment. It is having a sense of curiosity for what you're learning, thinking critically and creatively, and being open to new ideas; it's being a lifelong learner.

Main skillset are: **Goal-Setting; Making decision, Cultural Awareness, Wellbeing literacy**



I set a personal goal for myself

I can distinguish between realistic and unrealistic goals

I take action to achieve my personal goal

I can create a list or calendar of smaller steps to reach the bigger goal.

I'm able to decide between 2 or more options that will have influence on my life

I can reflect on my options and see new, different alternatives for myself

I celebrate every step forward my goals

I am able to share my decisions with others

I stand up for my decisions, even if my dears don't agree with me

I am able to recognise when someone else is trying to take decisions for me

I can confront with trusted people before taking a decision

I'm open to listen to other people point of view about the consequences of my decisions

I'm able to identify the potential consequences of my decisions

I'm able to implement my decisions

I Travel regularly to new places, when possible

I want to learn more about different cultures

I expose myself to different cultures and ways of being.

I feel comfortable in intercultural situation

I am aware of my own biases



I have a creative way of expression
I search ways to improve and express my creativity
I Attend a play, museum exhibit or poetry reading
regularly

I read for pleasure regularly
I use podcast/videos ecc... to expose myself to new
topics

I'm open to try new hobbies in my free time
I Know when to take a break from social media

I know how to keep myself update on news
I am able to recognise real and fake news
I am able to cope with news related stress
I can decide to take a break from learning news, if they
affect me badly

I am able to do critical thinking

I'm interested in wellbeing literacy

I'm aware of stigma about mental health

I'm aware well-being expression can change in different
cultures

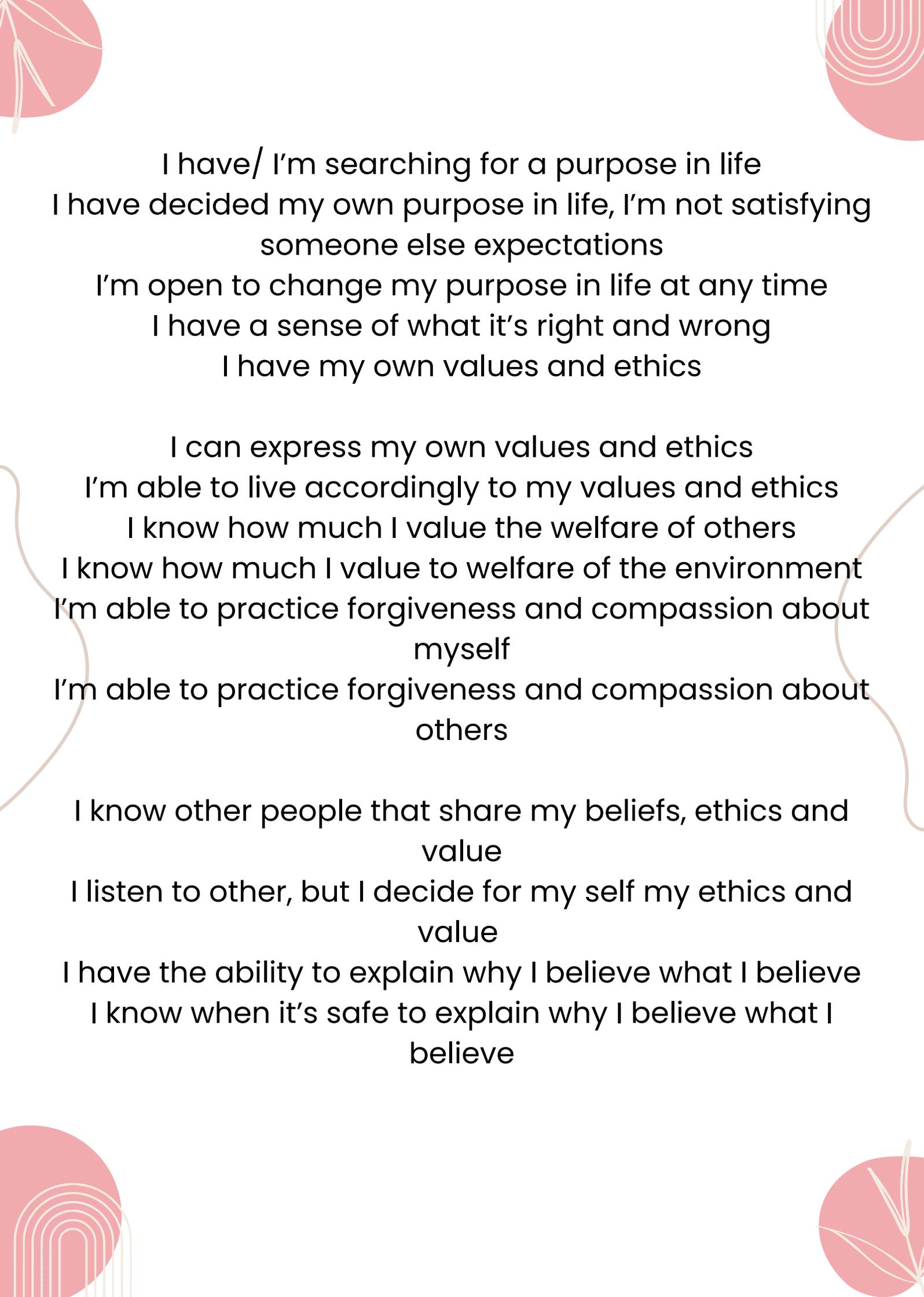
I'm active in searching more information about wellbeing
I implement conscious strategies to improve my
wellbeing



SPIRITUAL WELLBEING

an expanding sense of purpose and meaning in life, including one's own morals and ethics. It may include religious practices and engagement in a community based on this, but can also include personal practices that are not defined by a religion or religious group . Spiritual wellness is connecting to your inner and outer worlds to support you in living your values and purpose. Finding and maintaining purpose and meaning.

Main skillsets are: **researching a purpose in life; express value and ethics, finding meanings, self improvement, taking responsibility, forgiveness**



I have/ I'm searching for a purpose in life
I have decided my own purpose in life, I'm not satisfying
someone else expectations
I'm open to change my purpose in life at any time
I have a sense of what it's right and wrong
I have my own values and ethics

I can express my own values and ethics
I'm able to live accordingly to my values and ethics
I know how much I value the welfare of others
I know how much I value to welfare of the environment
I'm able to practice forgiveness and compassion about
myself
I'm able to practice forgiveness and compassion about
others

I know other people that share my beliefs, ethics and
value
I listen to other, but I decide for my self my ethics and
value
I have the ability to explain why I believe what I believe
I know when it's safe to explain why I believe what I
believe



I know not everyone will understand my ethics and value
I know how to spend reflective time alone
I took time to reflect on the meaning of events in life

I am aware of the motivation of my actions
I'm aware of the possible consequences of my actions on
myself and others

I believe I can decide my life direction
I believe I can actively improve my situation

I reflect of my past actions to improve myself
I'm able to self evaluate

I know my strength, weakness and needs

I'm aware of my area for growth/self improvement
I take actions to pursue my self improvement
I know my rights and defend them

I'm able to advocate for myself if needed
I know where I can find help to advocate for myself

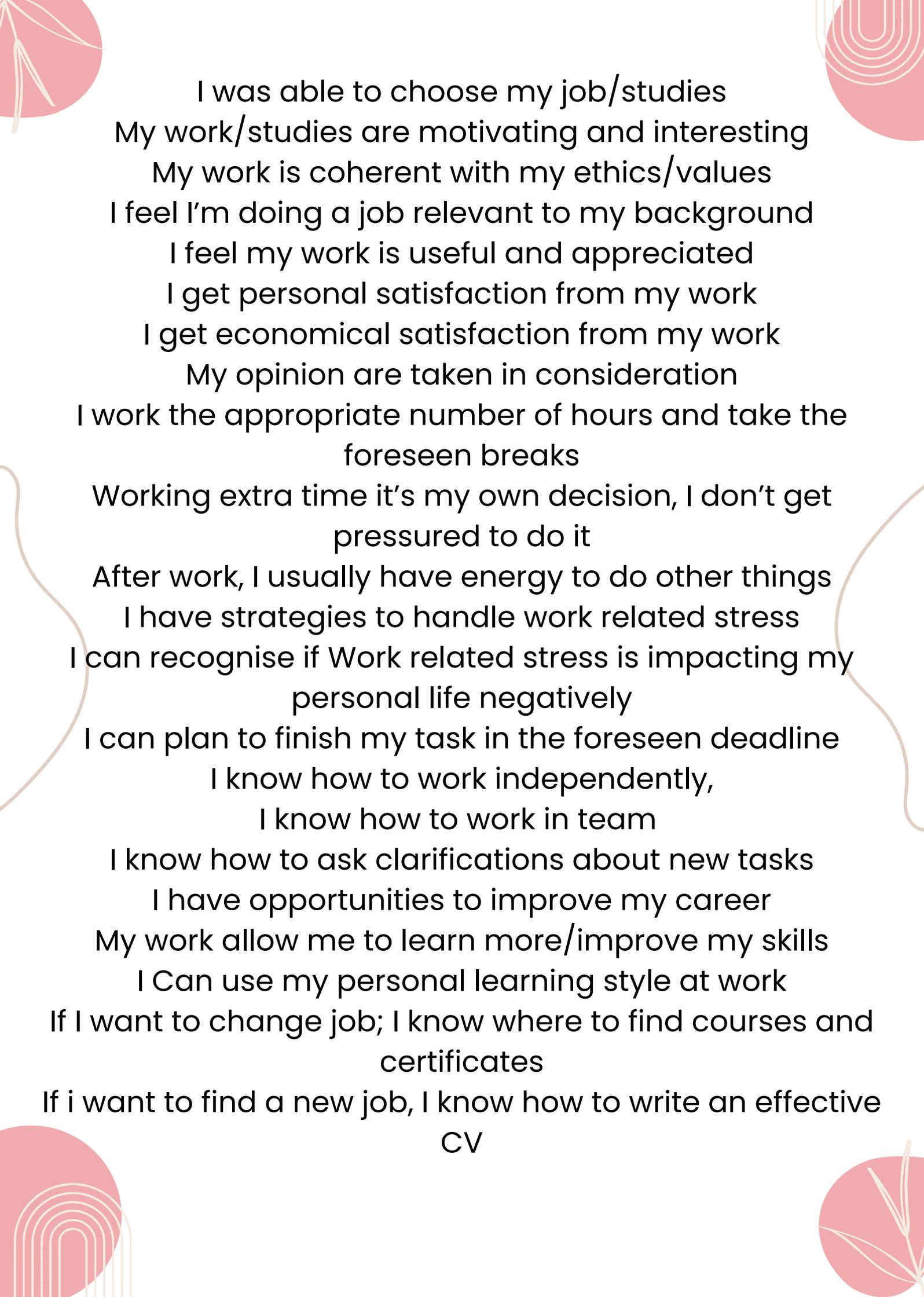




OCCUPATIONAL WELL BEING

Occupational Wellness is a healthy work-life balance that includes managing workplace obligations and stress as well as maintaining healthy relationships with co-workers. Workplace obligations are balanced by personal activities that allow for rest, relaxation, and connecting with friends and family.

MAIN SKILLSET: Positive work attitude, work satisfaction, Balance between work and free time, right awareness, Free time quality, Relationship with colleagues



I was able to choose my job/studies
My work/studies are motivating and interesting
My work is coherent with my ethics/values
I feel I'm doing a job relevant to my background
I feel my work is useful and appreciated
I get personal satisfaction from my work
I get economical satisfaction from my work
My opinion are taken in consideration
I work the appropriate number of hours and take the
foreseen breaks
Working extra time it's my own decision, I don't get
pressured to do it
After work, I usually have energy to do other things
I have strategies to handle work related stress
I can recognise if Work related stress is impacting my
personal life negatively
I can plan to finish my task in the foreseen deadline
I know how to work independently,
I know how to work in team
I know how to ask clarifications about new tasks
I have opportunities to improve my career
My work allow me to learn more/improve my skills
I Can use my personal learning style at work
If I want to change job; I know where to find courses and
certificates
If i want to find a new job, I know how to write an effective
CV

If I want to change job; I know where to find courses and certificates

If I want to find a new job, I know how to handle job interviews

If I want to find a new job, I know how and where to search for opportunities

I have a healthy relationship with my co-workers

I have a healthy relationship with my manager/s

I know how to communicate appropriately with co-workers and managers

I know how to handle conflicts inside the workplace

I know guidelines and protocols to work safely

I can express if/when I feel overwhelmed

I received appropriate training for my tasks

I can recognise signals of a toxic work environment

I know how to recognise signals of mobbing

I know people at work that can help me if needed

I know my rights as a worker

I know associations that can help me to make my rights respected

I have a good balance between work and free time

I don't carry work related worrying in my free time

I have strategies to stop thinking about work in my free time

I can decide what to do in my free time

I have interesting activity to do in my free time

Free time activities gave me energy and satisfaction

SELF-IDENTITY

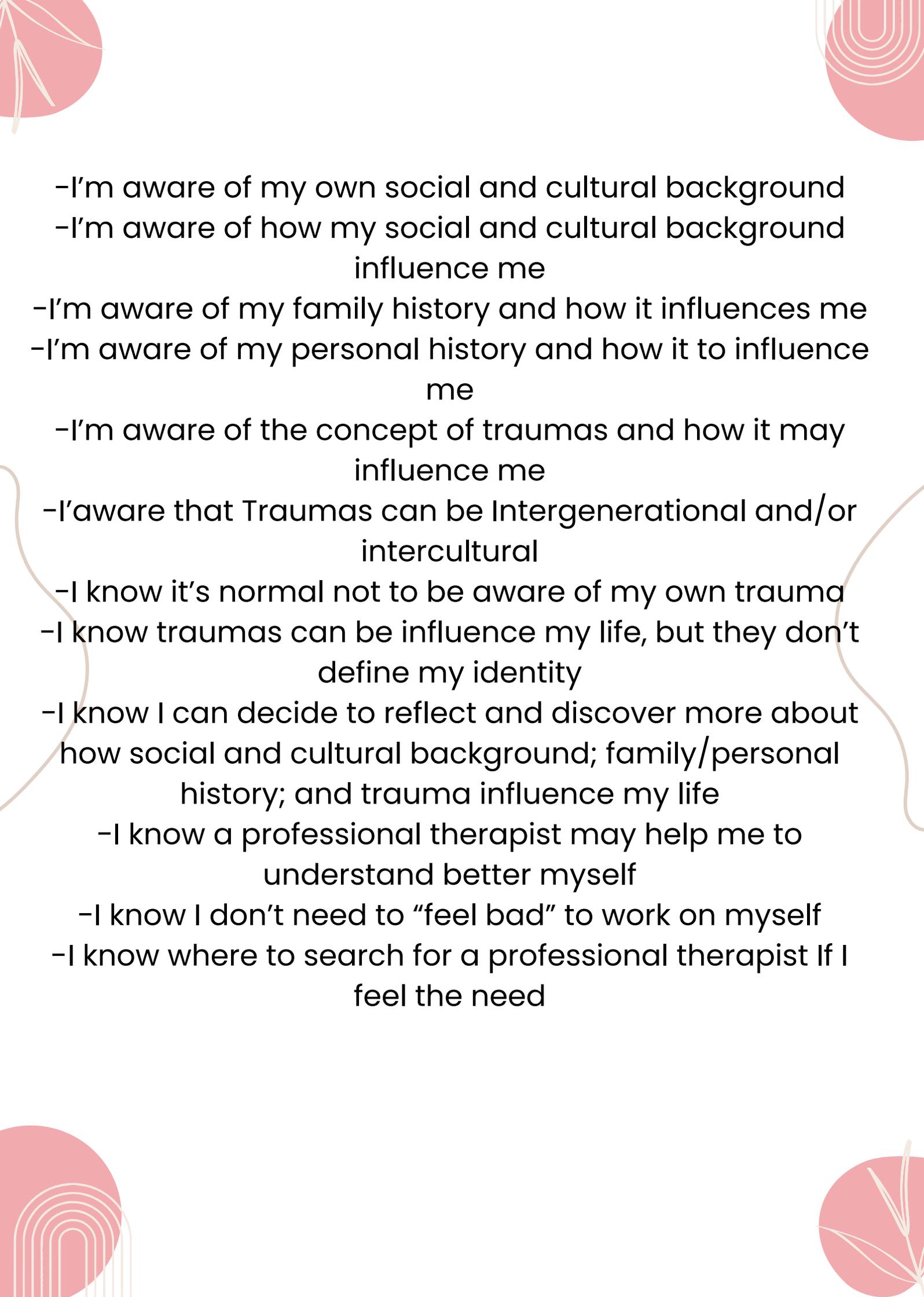
At the centre of the 6 Domains of wellbeing stand the sense of Self-Identities; linking all the previous domains and giving a common meaning to our experiences.

Self-identity is our personal and intimate answer to the question: “who am I”?

Building a sense of self-identity can be a lifelong process, influenced and shaped by values, beliefs, background, context and experiences both positive and traumatic one. Improving our sense of self involves self reflection and self discoveries and it helps to navigate life confidently and authentically.

Be free to express self-identity in the way that feel appropriate, without facing discrimination it's a universal human right.

Unfortunately, multiple countries still struggle in recognizing rights to some identity, as such it can be important to be aware of legal situations and how to be safe

- 
- I'm aware of my own social and cultural background
 - I'm aware of how my social and cultural background influence me
 - I'm aware of my family history and how it influences me
 - I'm aware of my personal history and how it to influence me
 - I'm aware of the concept of traumas and how it may influence me
 - I aware that Traumas can be Intergenerational and/or intercultural
 - I know it's normal not to be aware of my own trauma
 - I know traumas can be influence my life, but they don't define my identity
 - I know I can decide to reflect and discover more about how social and cultural background; family/personal history; and trauma influence my life
 - I know a professional therapist may help me to understand better myself
 - I know I don't need to "feel bad" to work on myself
 - I know where to search for a professional therapist If I feel the need

- 
- I know self-discovery is a life-long process
 - I'm aware that self-discovery process may be demanding, and I can choose an appropriate, safe moment to do it
 - I have a good understanding of the concept of identity
 - I know the difference between sex assigned by birth, gender identity and gender expression
 - I can identify norms, behaviours and roles usually associated to gender identity
 - I know different cultures may have different gender identity
 - I am able to reflect and explore my identity
 - I know I can self-determinate my identity
 - I know how to express my identity, if I want to
 - I feel free to explore and express my identity
 - I know I have the legal right to express my identity without suffering discrimination
 - I know it's important to fight to protect those legal rights
 - I know commonly used labels that can help me to understand and express my identity
 - I know I can not agree with some common label and I can create new ones for myself

- 
- 
- I know it's not necessarily to use label for myself, if I don't find it useful/appropriate
 - I'm aware that self perceived identity can change over time
 - I don't judge myself for my identity
 - I respect other people identities

- 
- 
- I know how to protect myself while exploring and express my identity
 - I Know where to find community where I can explore and express my identity safely
 - I know how/where to search support to explore and express my identity

- I'm aware of the difference between Romantic and sexual attraction
- I'm aware of the existence of multiple different romantic orientation spectrum
- I'm aware of the existence of multiple different sexual orientation spectrum
- I allow myself explore my romantic and sexual attraction
- I know both Romantic and sexual orientations may change during time