

Learning Impact Statement: Participants will enhance resilience, focus, and sustainable work habits by applying mindfulness and well-being strategies, supported by AI tools for reflection and stress management—contributing to a healthier, more productive university and organizational culture.

Skill Focus Areas:

- Mindfulness Practices
- Stress Reset Micro-Practices
- Work-Life Balance Check-In
- Energy Management Through Self-Care
- Gratitude & Positive Psychology Practices
- Resilience Journaling & Reflection

REFLECTION PROMPTS:

- What usually stresses me out at work?
- What do I currently do to recharge?
- How would I like to improve my balance or well-being?

1. MINDFULNESS PRACTICES

Learners can practice short mindfulness strategies with AI guidance to build self-awareness, reduce stress, and enhance focus in daily work routines.

AI Prompt Example: Give me a 3-minute guided mindfulness exercise I can do at my desk before a meeting.

My Mindfulness Practice Today	How I Felt Before	How I Felt After

2. STRESS RESET MICRO-PRACTICE

Learners can use AI to identify and apply quick tension-releasing practices throughout the day to support focus, emotional regulation, and well-being.

AI Prompt Example: Suggest 5 stress reset techniques I can do in under 5 minutes between classes or meetings.

Stress Reset #1	
Stress Reset #2	
Stress Reset #3	
Stress Reset #4	
Stress Reset #5	
Which Reset I Will Try This Week	

3. WORK-LIFE BALANCE CHECK-IN

Learners can use AI prompts to reflect on their balance between work and personal commitments, increasing awareness and supporting healthier time management choices.

AI Prompt Example: Ask me 5 reflection questions about how I balanced work and personal time this week and suggest 3 small adjustments I can make next week.

What Work-Life Balance Looked Like This Week	
Adjustments I'll Try Next Week	

4. ENERGY MANAGEMENT THROUGH SELF-CARE

Learners can create a personalized self-care plan with AI coaching to support well-being, balance, and sustainable work habits.

AI Prompt Example: Help me design a weekly self-care plan with 3 quick practices for high-stress days and 2 weekend recovery habits to try.

My 3 High-Stress Day Practices	My 2 Weekend Recovery Habits

5. GRATITUDE & POSITIVE PSYCHOLOGY PRACTICES

Learners can generate and build habits of gratitude to enhance personal well-being, increase engagement, and foster a positive work environment.

AI Prompt Example: Guide me through a short gratitude reflection: Ask me who I appreciated this week, what I'm thankful for, and how I can express it.

This Week, I Appreciated	I'm Thankful For	How I'll Express This

6. RESILIENCE JOURNALING & REFLECTION

Learners can use AI-supported journaling to build resilience and support ongoing reflection for personal well-being and professional growth.

AI Prompt Example: Prompt me with 5 resilience journaling questions about how I responded to challenges this week and suggest 1 way to adapt for next week.

Challenge I Faced	
How I Responded	
Lesson Learned	
Adjustment for Next Time	

ACTION PLAN:

My Top 3 Takeaways

1 Well-Being Strategy I'll Apply Immediately

How I'll Continue Using AI as My Well-Being Coach

