

Community Engagement

Community engagement may take the form of participating in community activities, volunteering, or even just getting to know your environment and interacting with the people in your neighbourhood. Research has found that community engagement and volunteering strengthen one's prosocial attitudes and values, which have long-term positive influences on one's sense of well-being in personal growth, purpose in life, and life satisfaction (Bowman, Brandenberger, Lapsley, Hill, & Quaranto, 2010). No one is too old to start engaging in community activities! Many students, working adults, retiring adults, and homemakers find that involvement in volunteering and community activities is an interesting way to make new friends and find fulfillment.

How would you like to engage with and contribute to your community?

Bowman, N., Brandenberger, J., Lapsley, D., Hill, P., & Quaranto, J. (2010). Serving in college, flourishing in adulthood: Does community engagement during the college years predict adult well-being? *Applied Psychology: Health and Well-Being*, 2, 14-34.

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My intention for this domain is:

Identify some actions you can commit to help you to achieve your intention for this domain.

The actions that I am willing to commit for my WOW are:

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EXAMPLE

Christine's Intention and Committed Actions for her Community Engagement domain

Christine's Intention for her Community Engagement domain:
To feel a stronger sense of belonging and know my neighbourhood better.

Christine's Committed SMART actions

1. *To join the daily exercise session taking place at my void deck at least 2 times per week and join my neighbours for breakfast after that starting from next week.*
2. *To say hi to my neighbours starting from tomorrow.*



Here are some ideas from others on how they nurture their Family & Loved Ones domain!

We agree to talk about our feelings even if it is being angry with each other!
Jamie

Since my siblings and I moved out of our family after we got married, we make it a point to visit our parents with our children every weekend. It is a good way for cross-generational bonding!
Christine

I hug or kiss my family with good-bye or goodnight before leaving home and sleeping every day. Such physical affection is part of our everyday life.
Johnathan

It is common for family to have disagreements or even arguments. We make a rule that we will talk about them as they arise, resolve them as soon as possible, and no one should maintain a cold war past the day of argument.
Amal

The best way to get intimate is stop wanting to change the person. Being accepted is being intimate.
Jasmine

Mine is a busy family and it is hard to catch everyone sometimes, but we have committed to having dinner together at least 3 times a week to catch up with each other.
Mr Tan

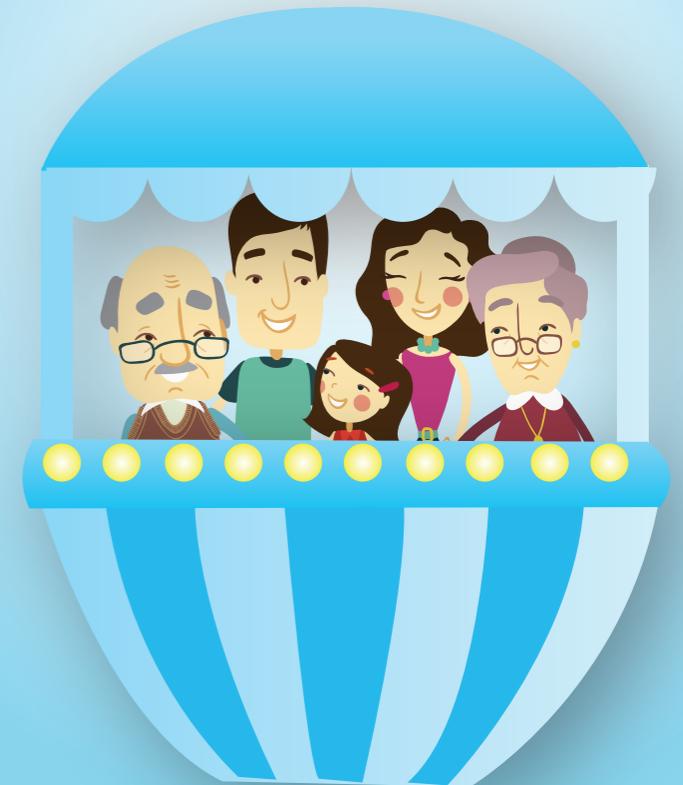
Committed Action	DAY			
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Committed Action Tracker to WOW!

A domain in my life that I value is:

Family & Loved Ones

This is the domain that I prioritise to strengthen now.



Family & Loved Ones

Family, especially those whom we grew up with, have a strong influence on our beliefs about ourselves and others, our personalities, how we manage our feelings, and how we cope with challenges and stresses. Besides our family-of-origin, our loved ones may also include our romantic partner (i.e., spouse, boyfriend/girlfriend) or even people outside our family whom we share a close relationship with and care deeply about (e.g., best friend).

Family and loved ones are important to our well-being because they can be a valuable source of strength and motivation when we encounter stress/stressors. When our relationships with our family and loved ones are well taken care of and harmonious, we also feel more confident to take on new challenges to learn and grow.

A well-functioning family is one that provides a sense of belonging and emotional support, where there is open communication, and each member feels valued, independent, connected, and accepted. Every family is unique and there are many ways a family can work to support each other.

For those of us in a romantic relationship, our relationship with our spouse or boyfriend/girlfriend often has a significant influence on our well-being. This is because a romantic relationship is marked by intimacy that involves deep emotional bonding and physical affection. Nurturing a supportive romantic relationship where we feel safe to reveal our innermost experiences—our deepest fears and vulnerabilities, not only happiness and joys—gives us the security to learn and grow.

People commonly make the mistake of not sharing their troubles with their family and loved ones because they think that doing so will result in more stress for their loved ones. This is a missed opportunity for us to bond with them and to overcome a hurdle together. Often, it is through overcoming challenges together that we become closer to each other.

How do you want your Family and Loved Ones domain to look like?

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George's Intention and Committed Actions for his Family & Loved Ones domain

George's Intention for his Family & Loved Ones domain:

To show more concern for my family and communicate more with them.

George's Committed **SMART** actions

1. *To cook and eat dinner with my family at least 3 times per week. From next week onwards, at the beginning of each week, check with my family on their availability and fix the days that everyone is agreeable for dinner.*
2. *Hug and kiss my wife and children goodnight every night, starting from tonight.*
3. *Have a date-night with my wife at least once per month.*
4. *Bring my children out for an outing to a place of their choice once per month.*



Learning & Self-Development

Humans are intellectual beings and develop their personal growth through continual learning. Acquiring new knowledge and skills not only stimulates intellectual growth but also gives us a sense of achievement in life.

It provides us with an inner creative joy and saves us from feeling dull and bored. Being idle can be more tiresome and painful than being engaged in work as it makes us feel less useful to society. This may be why some research has found a decline in wellbeing among people who retire early and were not actively engaged in other learning activities (The Institute of Economic Affairs, 2013).

How would you like to keep your mind active and learn continually?

The Institute of Economic Affairs (2013). Discussion paper No. 46. Work longer, live healthier.

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Peter's Intention and Committed Actions for his Learning & Self-Development domain

Peter's Intention for his Learning & Self-Development domain:

To learn something new.

Peter's Committed SMART actions

1. *To dedicate regular time to read up on topics that I don't usually read. I will go to the library this weekend to pick up a few astronomy and photography books, that I have heard my friends talking about. Then, I will go to a café and read books I just pick up after lunch, every weekend.*



Physical Self-Care

Besides physical activity and exercise, physical self-care includes maintaining personal hygiene, grooming, taking enough rest, having proper nutrition, and having a regular routine (e.g., sleep and meal times). Research has consistently found that physical activity and exercise are related to more desirable physical and mental health outcomes, such as better quality of life, better ability to handle activities of daily living, and better moods (Penedo & Dahn, 2005). Such benefits have been found across diverse populations, including healthy men, women, and children, as well as those with physical conditions like obesity, cancer, and cardiovascular diseases. Caring for ourselves physically is essential to ensuring that we can keep up with other activities we want to engage in a sustainable manner!

How would you like to engage in physical self-care?

Penedo, F., & Dahn, J. R. (2005) Exercise and well-being: A review of mental and physical health benefits associated with physical activity. *Current Opinion in Psychiatry*, 18, 189-193

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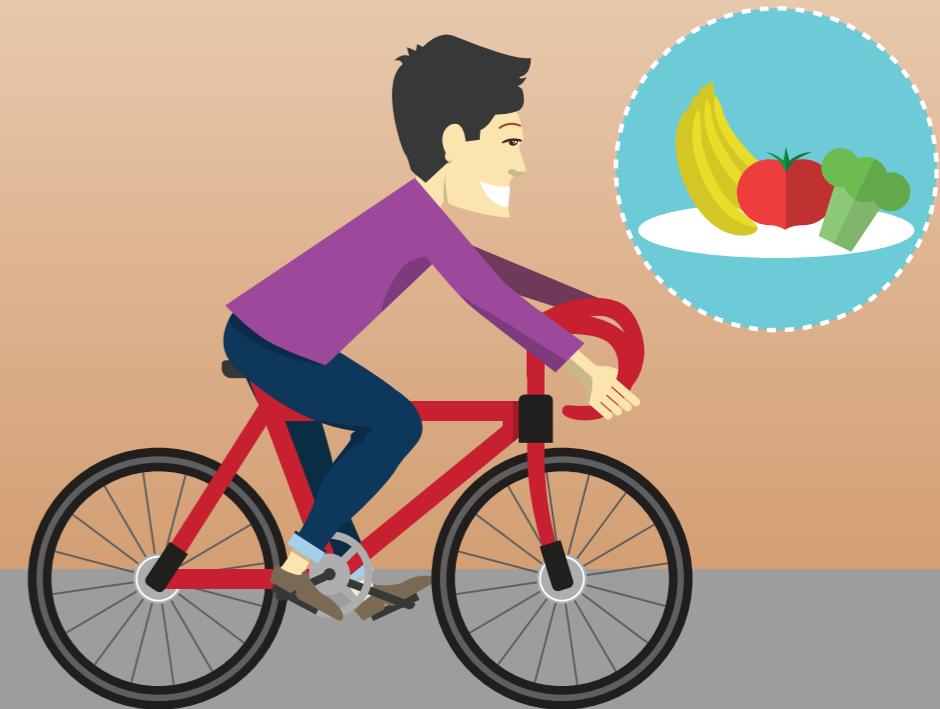
Yasmin's Intention and Committed Actions for her Physical Self-Care domain

Yasmin's Intention for her Physical Self-Care domain:

Maintain my exercise regime.

Yasmin's Committed SMART actions

1. *Continue to have at least 3 servings of fruits and vegetables every day.*
2. *Continue to exercise 3 times per week, with a minimum of 30 minutes per session. I will continue to exercise at 6.30pm on Monday, Wednesday and Friday every week.*
3. *Go for my facial sessions at least 1 time per month.*



Recreation & Hobbies

Engaging in recreational activities is an effective way to enhance our sense of well-being! This is because when we participate in leisure or recreational activities, we fulfill several important needs simultaneously. When we commit ourselves to meaningful recreational activities, we get to meet new people and strengthen relationships, experience good feelings, and learn new skills and information (Brajša-Zganec, Merkas, & Sverko, 2011). Recreation may include ad-hoc activities such as catching a movie or reading a book, or more regular involvement such as taking a baking or art class, practising your musical instrument, and regular fishing weekends with your friends.

What kind of hobbies and recreation do you want to incorporate into your life?

Brajša-Zganec, A., Merkas, M., & Sverko, I. (2011). Quality of life and leisure activities: How do leisure activities contribute to subjective well-being? *Social Indicators Research*, 102, 81-91.

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Julius's Intention and Committed Actions for his Recreation & Hobbies domain

Julius's Intention for his Recreation & Hobbies domain:

To restart my previous hobby of painting and commit regular time to improve my techniques.

Julius's Committed SMART actions

- 1. To start researching on a part-time painting course to take this Saturday. The aim is to start the course at the next available intake, within this year.*
- 2. To spend an hour every Friday evening watching online tutorials on painting techniques.*
- 3. To bring my pocket sketchbook everywhere and doodle as and when I am hit by inspiration.*



Social Network

Friends are important for our well-being because they can help increase our sense of belonging and purpose in life.

The health risks of social isolation are comparable to the risks associated with cigarette smoking, blood pressure, and obesity (Holt-Lunstad, Smith, Baker, Harris & Stephenson, 2015).

Having a fulfilling social life does not mean we need many friends. Quality matters more than quantity. So it is more beneficial to feel supported by a good friend than to feel alone in a group of acquaintances.

What kind of social life do you want to have?

Holt-Lunstad, J., Smith, T. B., Baker, M., Harris, T., & Stephenson, D. (2015). Loneliness and social isolation as risk factors for mortality: A meta-analytic review. *Perspectives On Psychological Science*, 10(2), 227-237.

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Adrian's Intention and Committed Actions for his Social Networks domain

Adrian's Intention for his Social Networks domain:

To reconnect with my school mates and buddies from secondary school.

Adrian's Committed SMART actions

1. *To join their fortnightly badminton sessions starting by asking Tan whom I have kept in regular contact with, and have meals with them thereafter.*
2. *To organise a larger gathering that includes non-badminton players as well for us within next 3 months. From the gathering, suggest organizing regular gatherings of at least once per quarterly.*
3. *Send Christmas cards to my friends, even those I haven't spoken to for some time.*
4. *Go through my list of friends/contacts and call/text those I haven't to say 'Hi' and ask to catch-up.*



Spirituality

Research has shown that people with a strong spiritual life or religious faith has an 18% reduction in mortality (Luchetti, Luchetti, & Koenig, 2011). Religion is one of the expressions of spirituality. But spirituality is not necessarily about having a religion. We can be spiritual and connected with the meaning we seek in life without being religious. Spirituality is about our relationship with ourselves and beyond ourselves, with the larger world and universe. It usually involves the search for meaning and purpose in life.

What gives you meaning in life?

How would you like to engage with and contribute to your personal spirituality and meaning?

Luchetti, Luchetti, & Koenig, (2011). Impact of spirituality/religiosity on mortality: comparison with other health interventions. *The Journal of Science and Healing*, 7(4), 234-8.

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Johnson's Intention and Committed Actions for his Spirituality/Meaning domain

Johnson's Intention for his Spirituality/Meaning domain:
To be more accepting of things that do not go my way and to be more at peace with myself.

Johnson's Committed SMART actions

1. *To go for walks at the reservoir on Saturday on my own, without any electronic devices, for some space for quiet self-reflection. I will start this Saturday.*
2. *Borrow a book on spirituality tomorrow and spend 30 minutes to read the book every night before sleeping.*



Work

Many of us hold work in high regard and as a very important part of our lives. As work plays an important part in our lives, it can potentially become a source of stress such as when work doesn't quite pan out as we expect. Sources of work stress may include uncertain work conditions, ambiguous work role, not getting along well with colleagues, and long or irregular hours. However, as much as work can be stressful, most of us place a high value on at least having a job, because unemployment can be a bigger source of distress. Work provides us with income so that we have the ability to take care of our own and our loved ones' basic needs. Work also provides us with the intellectual stimulation to keep our minds active and a sense of achievement that boosts our confidence. The workplace is a setting where we get to meet people and establish our networks. For some of us, the workplace could even be a place where we form enduring and supportive friendships.

How would you like your work to be like?

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Jennifer's Intention and Committed Actions for her Work domain

Jennifer's Intention for her Work domain:

To be more organised and confident with my skills.

Jennifer's Committed SMART actions

1. *To buy a diary today after work and start noting down all the tasks I need to do everyday and check them off the list after I finish the task.*
2. *To schedule all my appointments and time needed to do my tasks in my calendar.*
3. *At the beginning of each week, go through and plan my schedule for the week.*

