



Common Good

A 4-week online practice

2017 Report

ABOUT

This 4-week online practice will help participants tap into their powerful skills of:

- Gratitude
- Purpose
- Effective Communication
- and Self-Compassion

Studies show a strong connection between these skills and our mental and physical well-being at work and home. Each week, participants will be introduced to a research-based practice that will help deepen these skills and your well-being.

All IU employees, and their spouses, are invited to join us on this journey! Practicing is always better together, so consider inviting your spouse and co-workers to join you, too!

GRATITUDE

Gratitude was felt and expressed the most for **Family/Pets**.

Gratitude was felt and expressed the least for **Self**.

Common Good facilitated **expressing gratitude to co-workers**.

*See Comments

Felt Gratitude	Expressed Gratitude
1. Family/Pets	1. Family/Pets
2. Friends	2. Co-workers
3. Nature	3. Friends
4. Co-workers	4. Nature
5. Self	5. Self

PURPOSE

Over 90% contemplated personal purpose and over 80% observed how purpose plays out in their life.

Over 75% found **contemplation and observation of purpose helpful**.

*See Comments

COMMUNICATION

Effective communication skills were **tried and helpful**, with the **majority practicing listening quietly**.

- 95% of participants tried quietly listening with openness and respectful attention.
- Almost 90% tried being present and focused on the intention of the conversation.

SELF-COMPASSION

88% tried acknowledging common humanity and practicing mindfulness. Over 80% tried positive self-talk.

Mindfulness was reported to be the **most helpful skill** (90%).

Tried	Helpful
1. Common Humanity	1. Mindfulness
2. Mindfulness	2. Common Humanity
3. Self-Talk	3. Self-Talk

OVERALL RATINGS

Strongly Agree or Agree

- 77% would **recommend** Common Good to others
- 78% reported **increased awareness** about health and cultural benefits of gratitude
- 61% **enjoyed** using their personal **online tracker**
- 47% **enjoyed** using their **paper tracker** (as applicable)

Increased Dramatically or Increased a Little

- 40% reported positive effects on **energy level**
- 59% reported positive effects on **stress management**
- 67% reported improved **quality of interactions** with others

Strongly Agree or Agree

- 58% reported personal purpose aligns with **IU mission**
- 56% reported personal purpose aligns with **campus goals**
- 59% reported personal purpose aligns with **unit goals**

HEALTHY IU NOTATIONS FOR QUALITY IMPROVEMENT

- Provide option for increased email reminders (daily)
- Provide more guidance or instruction for practice. Mini tasked action items or homework assignments, videos, or podcasts.
- Change the rating scales for reporting to offer more choices rather than simply yes or no.
- Interest in follow up (ie: book club, gratitude pilot at IUB, mid-day mindfulness etc)