



BUNCE BACK PROJECT™

promoting health through happiness

BOUNCEBACKPROJECT.ORG





BUNCE BACK PROJECT™
promoting health through happiness

A PARTNERSHIP OF: ALLINA HEALTH HOSPITAL & CLINIC – BUFFALO
CENTRACARE – MONTICELLO | STELLIS HEALTH

What is Bounce Back?

Unique collaborative of
physicians, nurses,
healthcare leaders and
community members

Single purpose – **to impact
the lives of individuals,
communities, and
organizations by promoting
health through happiness**



Bounce Back Tools

Purpose: to expand resilience by retraining our mind to focus on the positive, increase the feelings of well-being and decrease the feelings of depression

- Random Acts of Kindness
- Three Good Things
- Gratitude
- Social Connections
- Mindfulness and Self-Care
- Purpose



Resilience

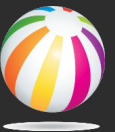


Resilience

Resilience: re·sil·ience /rə'zilyəns/

noun

1. the ability of a substance or object to spring back into shape; elasticity.
2. the capacity to recover quickly from difficulties; toughness.



Five Pillars of Resilience



Resilience can be learned!

- **Consistency is the key**
- **The more you practice the better you get**
- **Strive for progress, not perfection**



Why Is Resilience So Important?



Greater resilience leads to improved learning and academic achievement.



Resilience is related to lower absences from work or school due to sickness.



It contributes to reduced risk-taking behaviors including excessive drinking, smoking, and use of drugs.



Those with greater resilience tend to be more involved in the community and/or family activities.



Higher resilience is related to a lower rate of mortality and increased physical health.



AND add years to your life....

I'm going to make you all
live 7.6 minutes longer by
what we do today.





Resilience

1. Stand up and take three steps in place





2. Snap your fingers
EXACTLY 30 times

Resilience





Resilience

3. Close your eyes and remember a truly happy time in your life... seeing your baby for the very first time, meeting your spouse, a concert or movie, time spent friends

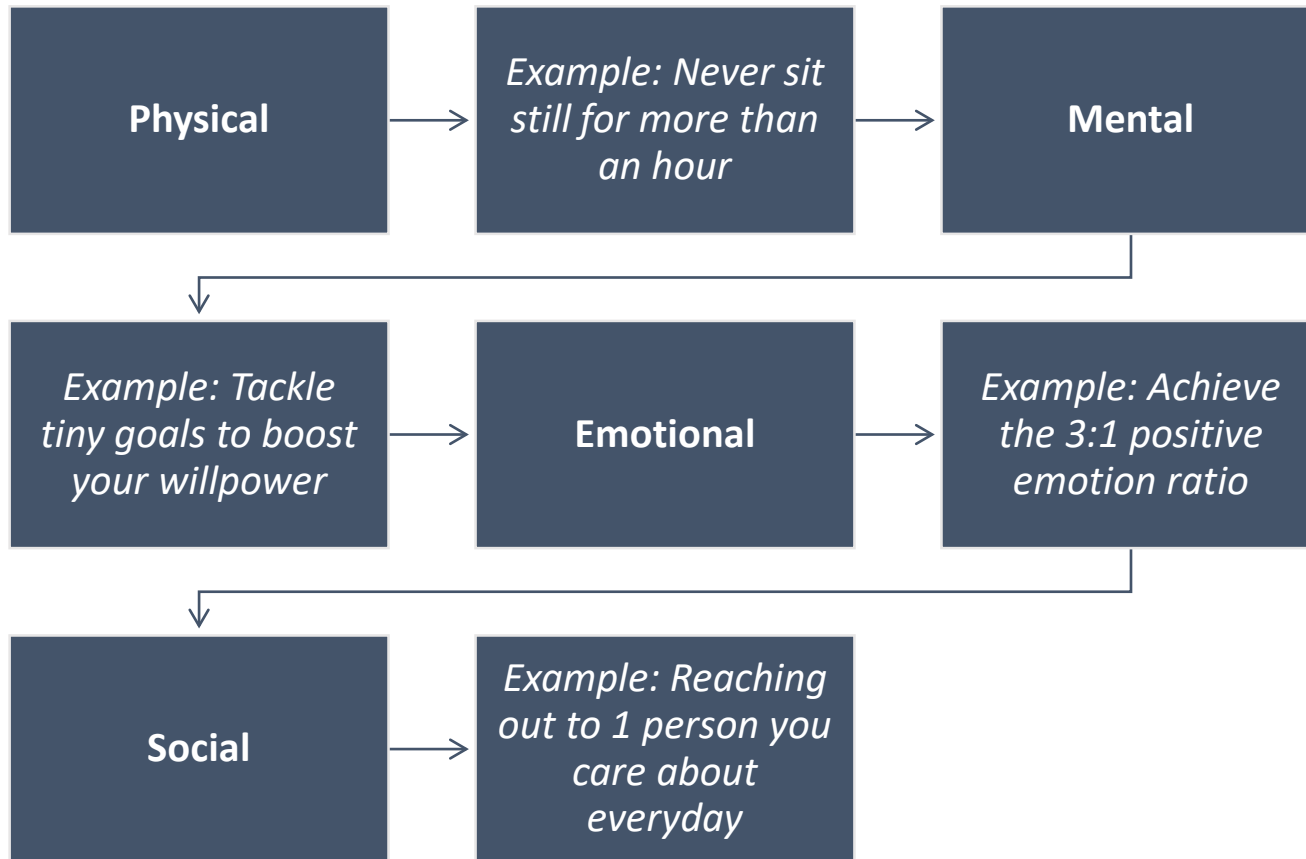




4. Look someone in the eye and shake their hand for six seconds

Resilience





Resilience helps you live longer!



Build Resilience In Your Life!

Show up

Show up as your real self.

Manage

Manage stress and avoid burnout.

Manage

Manage change and setbacks.

Engage

Respectfully engage others by communicating supportively and being an effective listener.

Facilitate

Facilitate another person's success with guidance, recognition and support.

Build

Build trust.

Have

Have moments of play!

Stay

Stay inspired!



Growth mindset vs fixed mindset



SUCCESS

1. I can learn anything I want to.
2. When I'm frustrated, I persevere.
3. I like to challenge myself.
4. When I fail, I learn.
5. I like being told that I try hard.
6. If my classmates succeed, I'm inspired.
7. My effort and attitude determine everything.

FRUSTRATION

1. I'm either good at it, or I'm not.
2. When I'm frustrated, I give up.
3. I don't like to be challenged.
4. When I fail, I'm no good.
5. I like being told that I'm smart.
6. If my classmates succeed, I feel threatened.
7. My abilities determine everything.



GRIT



Learned helplessness

Three Good Things



THE CHALLENGE



‘THE NEGATIVE
SCREAMS
AT YOU, BUT
the positive only,
W H I S P E R S’



- Barbara L. Fredrickson

Kenan Distinguished Professor of Psychology, University of North Carolina



Negativity Is Hardwired

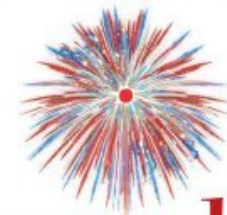


Three Good Things



"A compelling view of a positive human future, for individuals, corporations, and nations, brilliantly told."
—Tony Hsieh, author of *Delivering Happiness* and CEO of Zappos.com, Inc.

**A Visionary New Understanding
of Happiness and Well-being**



Flourish

Martin E. P. Seligman

BESTSELLING AUTHOR OF
AUTHENTIC HAPPINESS



Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life

Robert A. Emmons
University of California, Davis

Michael E. McCullough
University of Miami

The effect of a grateful outlook on psychological and physical well-being was examined. In Studies 1 and 2, participants were randomly assigned to 1 of 3 experimental conditions (hassles, gratitude listing,

led to increases in positive affect, as well as reductions in negative affect, mediational analyses showed that gratitude was uniquely responsible for the effect of the intervention on positive affect. In addition, the gratitude intervention improved people's amount of sleep and the quality of that sleep. Furthermore, the effects on well-being were apparent to the participants' spouse or significant other.

Reflect on your present blessings, on which every man has many, not on your past misfortunes, of which all men have some.

—Charles Dickens (M. Dickens, 1897, p. 45)

been treated as both basic and desirable aspects of human personality and social life. For example, gratitude is a highly prized human disposition in Jewish, Christian, Muslim, Buddhist, and



Three Good Things



What Is “Three Good Things”?

Just before bed, ask yourself “What are three things that went well today, and what is my role in making them happen?”

You remember best what you've reviewed during your last two wakeful hours

For best results, write it down

Repeat for two weeks to make effects last longer



Research and Clinical Trial Based Results



The Science of the Good Life: How one school increased student happiness with one simple exercise



The Science of the Good Life



The Two Wolves Cherokee Legend

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves. One wolf is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good - he is Joy, Gratitude, Serenity, Interest, Hope, Pride, Amusement, Inspiration, Awe, Love, and Faith. The same fight is going on inside you grandson - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather:



"Which wolf will win?"

The old Cherokee simply replied,

"The one you feed."



Consistently! # after drinking Rockstar
but today I ate Calve's - slow in up 44!!

Pauly S. came to help out today in urgent care
nally above freezing = Outside playtime! Yay!
Made Supper before work so it is already done
when I get home!!

is the only one at Zumba Class but felt good to
move over Lunch! We need more participants
Mondays 12-12:30

Love My Daycare Center. Today when Jason was having
rough morning they took extra time to console him then
sent me a message that he was doing better.

Only 2 more days till the Christmas Party!
I AM ALIVE. It's going to be a hoot!
cleaned out one of my cupboards in the kitchen
pretty accomplished!

Thursday night @ post Xmas party 'Thanks
miked & paid for it!!

My
This is all that is left of my
I took HIM (Dad) →
You see, with the...
Lunch was good, the...
you can buy...
Saturday I got to...
Jenny I fit...
Recharged after a...
6 Dts! ...
31s - Tony is a...
What a beautiful...
Happy Birthday...
Escalator...

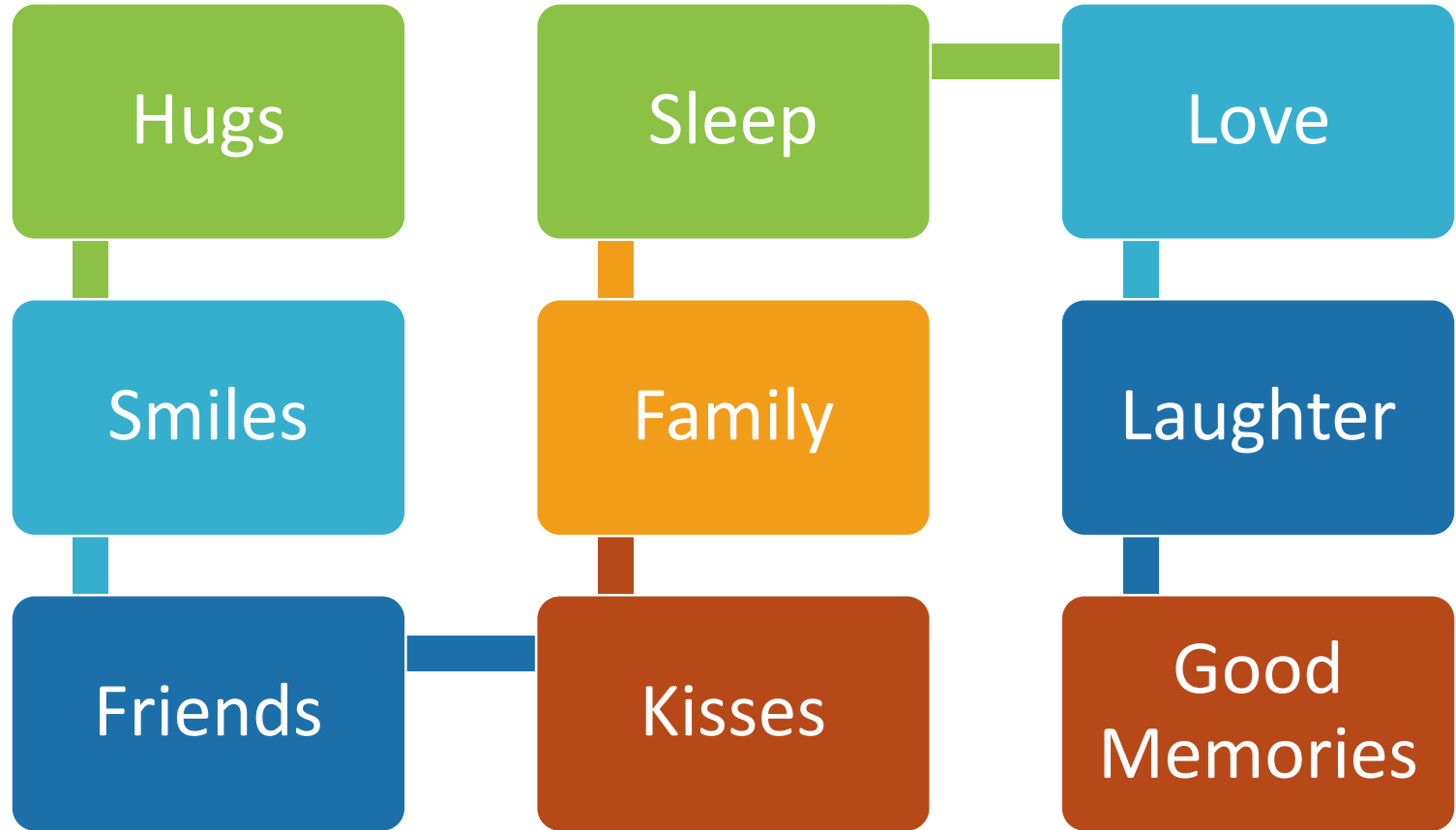
Handwritten notes on several sheets of paper, including lists and reminders.





Everyone think of
ONE good thing
that happened to
you today ...





The Best Things in Life are Free!



Three Good Things in your life

Practice

Practice 3 Good Things
for two weeks

Start

Start each gathering
with 1 good thing that
is happening for each
attendee or 3 Good
Things for the group

Discuss

Discuss how identifying the
positives in one's day can
lead to better health and
happiness and how it
gets easier the more it is
practiced



Want to Become Part of the Movement?

Text:

@bounce2017 to 81010

Like us on Facebook:
Bounce Back Project

Check out our web pages:
www.bouncebackproject.org

Sign up for newsletter:
<http://bit.ly/bbnewsltr>



Gratitude



- Which Line are you most often standing in?



“In our daily lives, we must see that it is not happiness that makes us grateful, but the gratefulness that makes us happy.”

- A l b e r t C l a r k e

Being
Grateful
Makes Us
Happy



Gratitude Is Your Gift To Yourself

- Decreased depressive symptoms and increased feelings of well being ^{5,1}
- Improved psychological well-being ⁶
- Improved working memory ²
- Improved sleep ³
- Improved immune system function ⁴
- Improved relationships ⁵
- Improved coping with emotional upheavals ⁶



Gratitude

- Please close your eyes and think about someone who, at some time in your lives, has rekindled your inner light. Someone who you are truly grateful for and have never properly thanked.



“Sometimes our light goes out but is blown again into flame by an encounter with another human being.

Each of us owes the deepest thanks to those who have rekindled this inner light”

-Albert Schweitzer

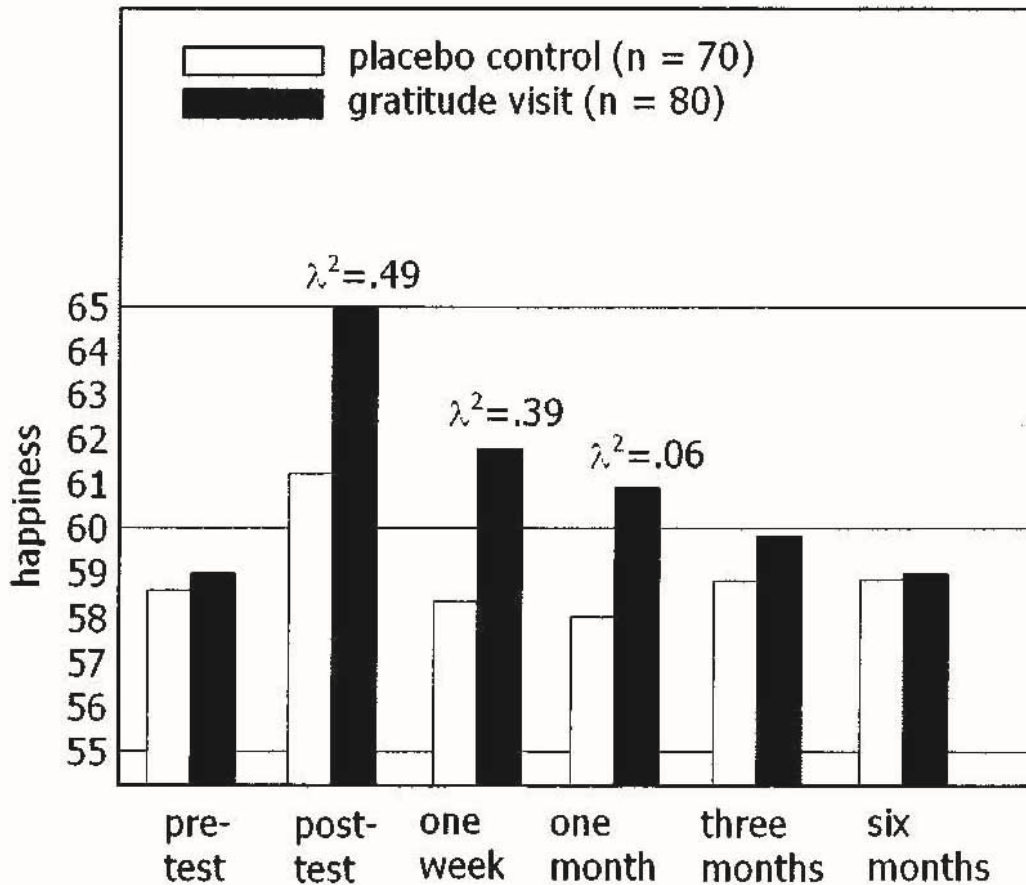
Gratitude Experiment

Science of Being Happy



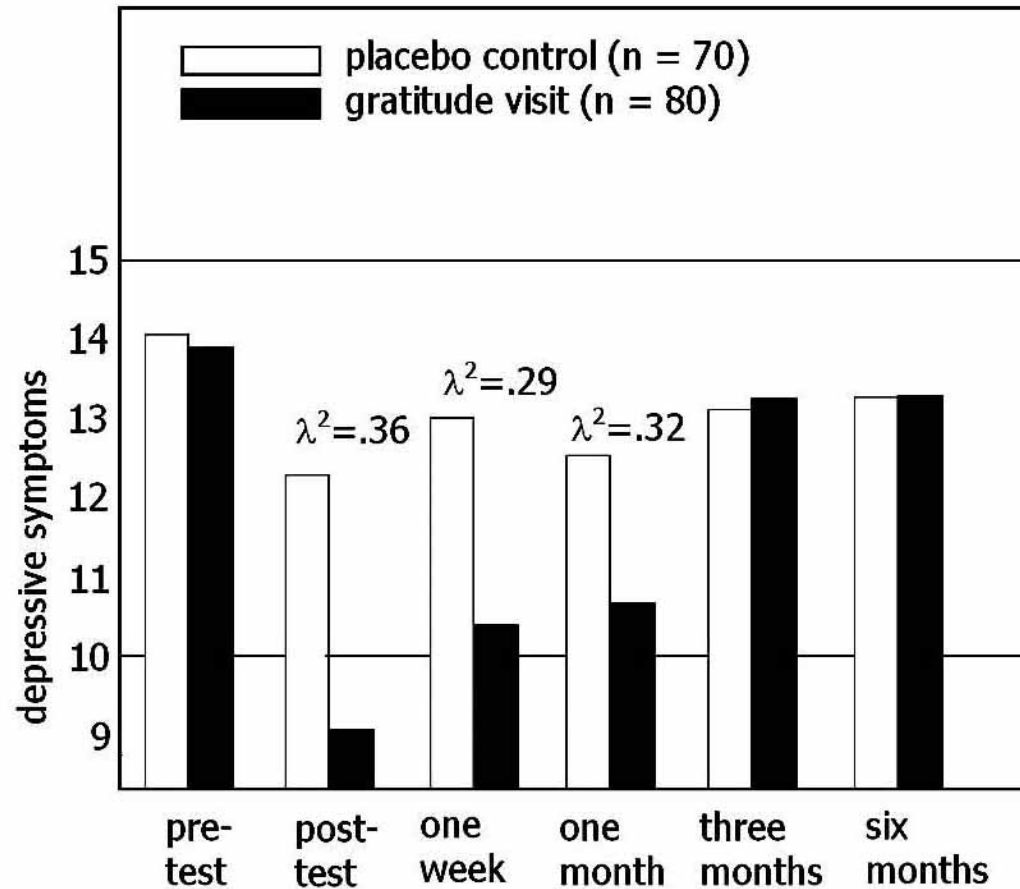
Gratitude Letter Effectiveness

Seligman, Steen, Park & Petersen, 2005



Gratitude Letter Effectiveness

Seligman, Steen, Park & Petersen, 2005



Gratitude

You now have the opportunity
to write that person you
thought about a thank you
note....right now!



Gratitude

Commit to a face-to-face conversation or phone call within the next 48 hours



Gratitude?

Gratitude starts where our entitlement ends



Lollipop Moments

Can I ever do anything worth someone else's gratitude?

Do I make a difference?

We wonder just like many other people do – express your gratitude to someone TODAY and you will change the world

Be The Leader In Gratitude



DON'T CRY BECAUSE
IT'S OVER,

SMILE


BECAUSE IT
HAPPENED.

DR. SEUSS



Mindfulness & Self-Care





TODAY I
WILL LIVE
IN THE
MOMENT

UNLESS THE MOMENT IS UNPLEASANT,
IN WHICH CASE I WILL EAT A COOKIE



Mindfulness:

A state of active, open attention on the present.

- When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad.
- Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.





In other words...

Focusing on **one thing** at a time

Being aware of your emotions, and acknowledging that **they won't last forever**.

Staying present, in this moment.

Or as we like to say:

"Be here now"



Mindfulness

Yesterday is history.
Tomorrow is a mystery.
Today is a gift.

That's why it's
called the present.

MyBookOfQuotes.com



Why Practice Mindfulness?

Practicing mindfulness for even a few weeks can bring a variety of **physical, psychological, and social benefits**:

- Boosts our immune system
- Increases positive emotions and reduces negative emotions and stress
- Increases gray matter in regions of our brain linked to learning, memory, emotion regulation, and empathy
- Helps us focus; tune out distractions, improves memory and attention skills
- Fosters compassion for others and ourselves
- Helps parents, schools, prisons, healthcare professionals, veterans and more
- Enhances relationships
- Fights Obesity

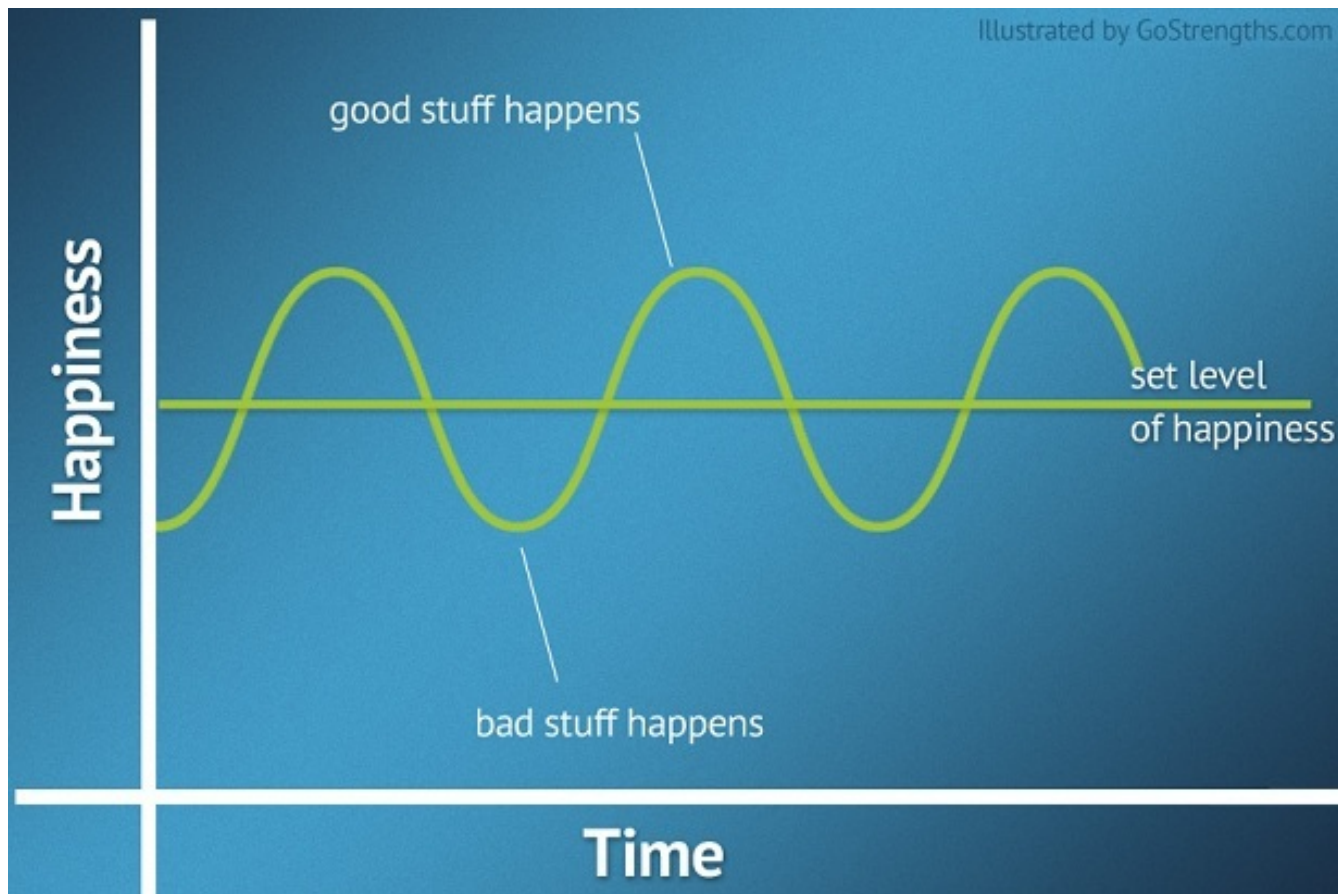


Mindfulness → Happiness



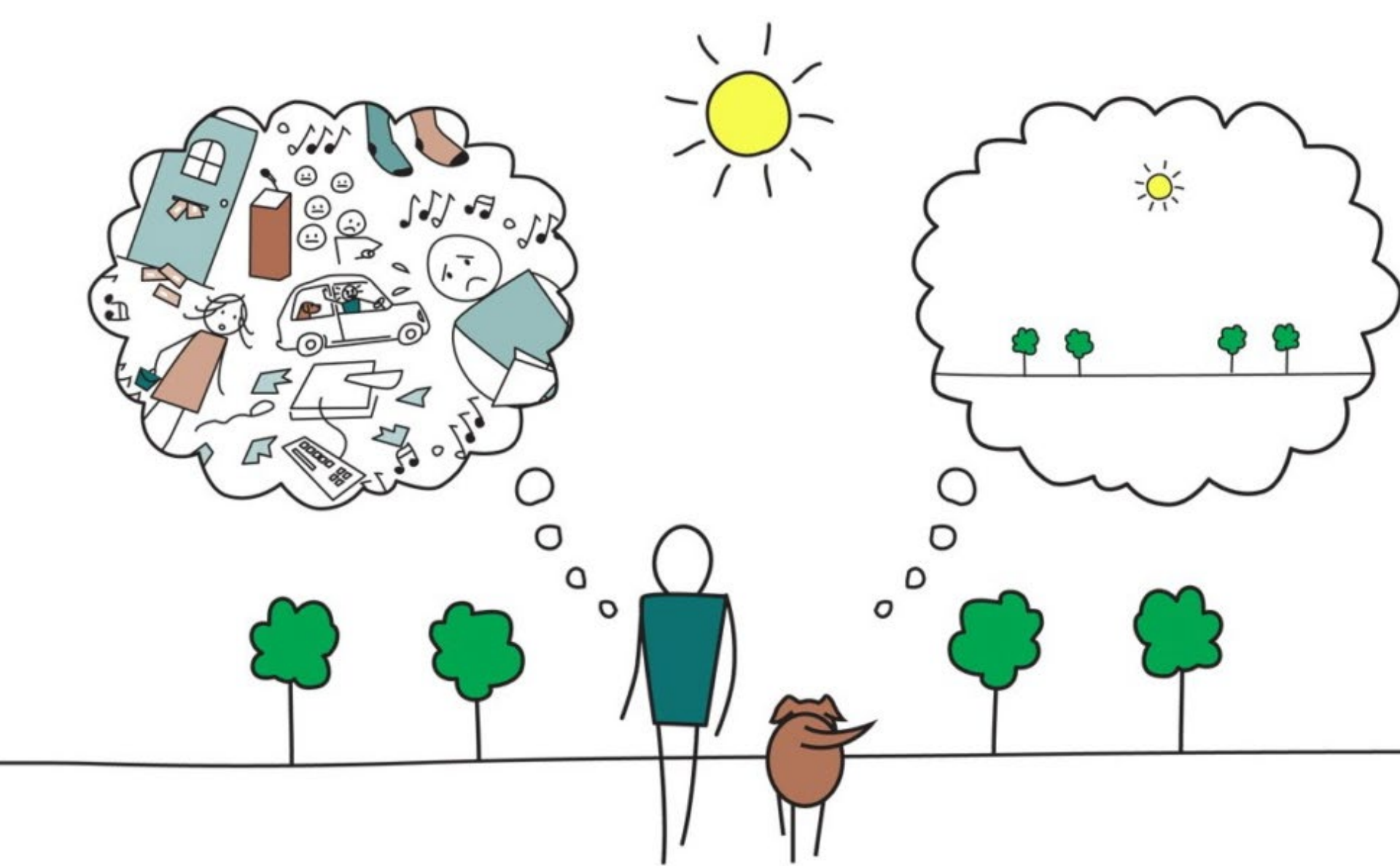
People who
practice
mindfulness show
higher levels of
overall happiness





People who practice mindfulness can raise their set level of happiness.





Mind Full, or Mindful?



Studies
show...

What makes people happy has less to do with *what* they are doing, and more to do with *whether their attention is fully present in the moment.*



Here & Now



Mindfulness
can even help
us **rewire our
brains** to be
happier.



Here's how thoughts work

The storyteller thoughts:

- These thoughts are a *little* melodramatic and blows things way out of proportion.
- Go to the negative/jumps to the conclusion.
- The storyteller thoughts tend to take things personally, or “this must be about me!”

The observer thoughts:

- Observes how the world reacts to us without any bias.
- Realistically reflects on the situation as it is, no more, no less. Just observes the moment.
- Asks for more clarification, no conclusions before getting the whole story.



Our
thoughts
play out
like this:

The boss slams the door.

Observer: *“The boss seems agitated. I’ll check in later.”*

Storyteller: *“Better get the resume together. We’re getting fired.”*



Our
thoughts
play out
like this:

A friend looks at you
funny:

*Observer: 'I wonder what
happened, I'll ask if he or
she wants to talk.'*

*Storyteller: 'He or she
hates me, we're no longer
friends!'*



The good news is, these thoughts are only one part of you

You can reflect on whether these thoughts are serving you in living your best life.

This is where mindfulness (awareness) comes in.

Mindfulness is about focusing on the concrete information we have, not getting wrapped up in interpretations.





We all have an innate ability to learn how to manage stress and become more resilient by awareness of our thoughts and reflecting on those thoughts.



Are these thoughts realistic/true/creditable/accurate/rational/sensible?



Both yes and no are correct



By reflection we can better take care of self through self-compassion and asking ourselves what we need right now, in this moment.

Resilient by awareness





Ultimately,
you're in
charge.



What you can do is...

Listen to your thoughts as you go about your day, and contradict dramatic assumptions.

Look for other ways a situation can be interpreted. Is this truly about you?

The more you practice, the more often your brain is using these “positive pathways” to solve a problem.

Eventually, this becomes a habit and storytelling starts to rewire in a more positive, mindful way.

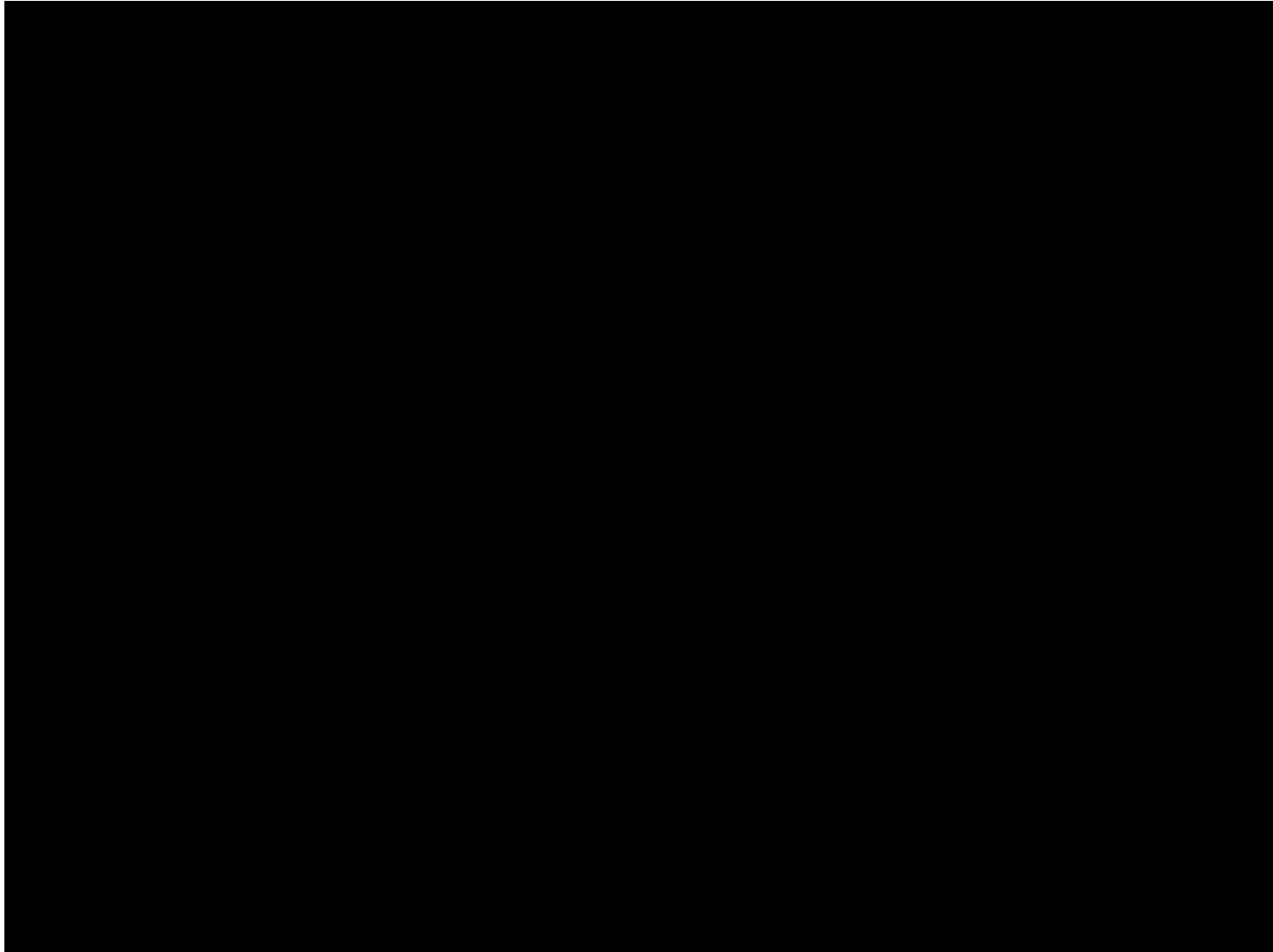




“Once I realized the
problem was not you
but **WITHIN** me.
I found inner peace
and was able to
harness the flow
of the universe.”



Why Mindfulness is a Superpower



How do we begin to cultivate being mindful?

- Being non-judging
 - Developing patience
 - Fostering a beginner's mind that is open to life's experiences
 - Extending trust
-
- Becoming non-striving
 - Demonstrating acceptance
 - Letting go; allowing yourself to not become attached



More steps toward Mindfulness

Meditate

Meditate – reduces stress, calms the mind and increases inner peace, be in the moment.

Notice

Notice what you are doing and how it feels (For example: next time you're washing the dishes, think about what the soap and water feels like on your hands).

Stop

Most importantly:
Stop multi-tasking





be good to yourself

This image shows the text 'be good to yourself' written in a black, cursive font.

Self-care

Self-care is not selfish.
You cannot serve from an empty vessel.

Eleanor Brown with 2 Ns
eleanorbrown.com

This image has a dark, textured background with the text 'Self-care is not selfish. You cannot serve from an empty vessel.' in a white, serif font. At the bottom right, there is a small black box containing the text 'Eleanor Brown with 2 Ns' and 'eleanorbrown.com'.



What is Self-Care and why is it so important?

Self-care is our ability as human beings to function effectively in the world while meeting the multiple challenges of daily life with a sense of energy, vitality, and confidence



Self-care is important for your physical health as well as your mental, spiritual, and lifestyle health. It requires active engagement





Without self-care, relationships can suffer



Self-care makes us more effective and energetic



Self-care produces positive feelings, which improve confidence and self-esteem too

Why?



How do we practice self-care?

- Make a date with yourself
 - Praise yourself when you do something awesome
 - Unplug
 - Journal
 - Meditate
 - Take a class for fun, something that feeds your soul
 - Take a quick nap
- Eat something you enjoy
 - Take a long bath or shower
 - Do a mini-declutter
 - Help someone/ do a RAOK
 - Run or walk for a few minutes
 - Touch a pet
 - Spend time with real friends and other people who lift you up





Create a Self-Care Box

- Create one for yourself or to share with someone you care about
- Add items that bring you joy, calm you, spark wonderful memories or satisfy your taste buds!
- Keep it handy so you can use it on “mad, bad, and sad” days



RANDOM ACTS OF KINDNESS





Random Acts of Kindness

Doing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested.

*Dr. Martin Seligman
University of Pennsylvania*



Random Acts of Kindness

“Life is an echo.

What you send out, comes back.

What you sow, you reap.

What you give, you get.

What you see in others, exists in you.”

- Zig Ziglar



Judgement and you



The way you measure yourself is how you measure others, and how you assume others measure you.



Often times, if you don't like someone it's because they have a trait that you don't like about yourself.



WE BUT MIRROR THE WORLD. ALL THE TENDENCIES PRESENT IN THE OUTER WORLD ARE TO BE FOUND IN THE WORLD OF OUR BODY. IF WE COULD CHANGE OURSELVES, THE TENDENCIES IN THE WORLD WOULD ALSO CHANGE. AS A MAN CHANGES HIS OWN NATURE, SO DOES THE ATTITUDE OF THE WORLD CHANGE TOWARDS HIM. THIS IS THE DIVINE MYSTERY SUPREME. A WONDERFUL THING IT IS AND THE SOURCE OF OUR HAPPINESS. WE NEED NOT WAIT TO SEE WHAT OTHERS DO.

- MAHATMA GANDHI -

Happiness and Random Acts of Kindness

There are two good things in life:

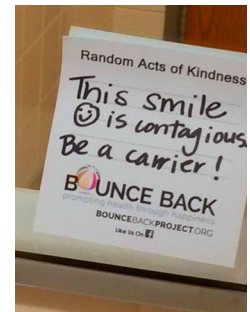
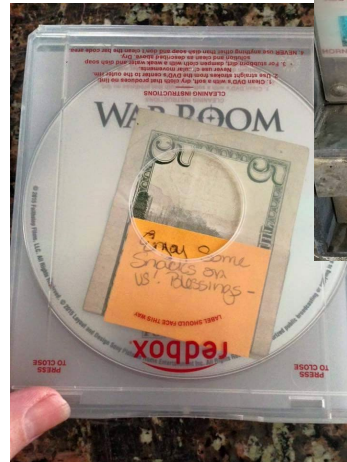
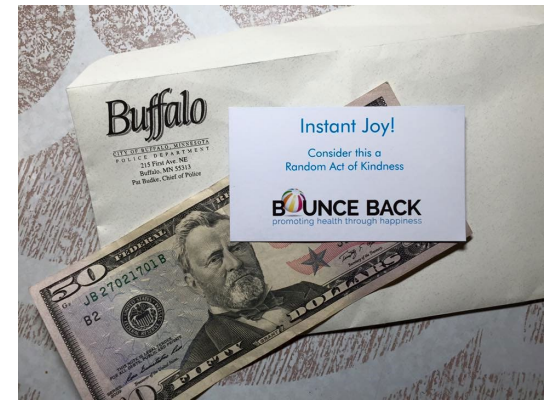
- freedom of thought and
freedom of action.

W. Somerset Maugham



Random Acts of Kindness

What have you seen? What have you done?



Impact On Bystanders

(what will your random act of kindness do to those who witness?)

Increases kindness in others

Increases generosity in others

Creates a “peak experience” of gratitude and ability to be content with current state

Change For A Dollar



RAOK in your life



Do RAOK regularly



Give workplace incentives for doing a RAOK



As a group, complete a RAOK in the community



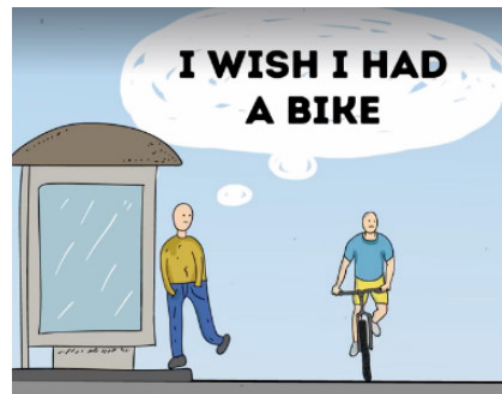
Create a “challenge” for a variety of work groups to complete RAOKs



Social Connections



Chasing Happiness



Chasing Happiness

We all want it, right? How do we get it?

- ✓ Being Grateful
- ✓ Being Content
- ✓ Having Quality Relationships

Stop saying “I will be happy when...”

and start saying

“I am happy now because...”





The Good Life...





Living with loneliness increases your odds of dying early by 45% (more than obesity – 20%)

Causes the same amount of damage to your lifespan as smoking 15 cigarettes a day

Loneliness is associated with a higher risk of high blood pressure in older people

Makes it harder to recover from illnesses, including mental health concerns

Loneliness Is Bad For Our Health



Humans Are Wired For True Social Connection



People with strong social relationships are 50% more likely to live longer



40% of Americans are lonely at any one time



4am friends – do you have any?



Why is talking about loneliness taboo



Social media makes feeling of loneliness worse



Comparison WILL kill your joy



Healing Power Of Social Connections

Extended life

Decrease feelings of anxiety and depression

Better perception of own well-being

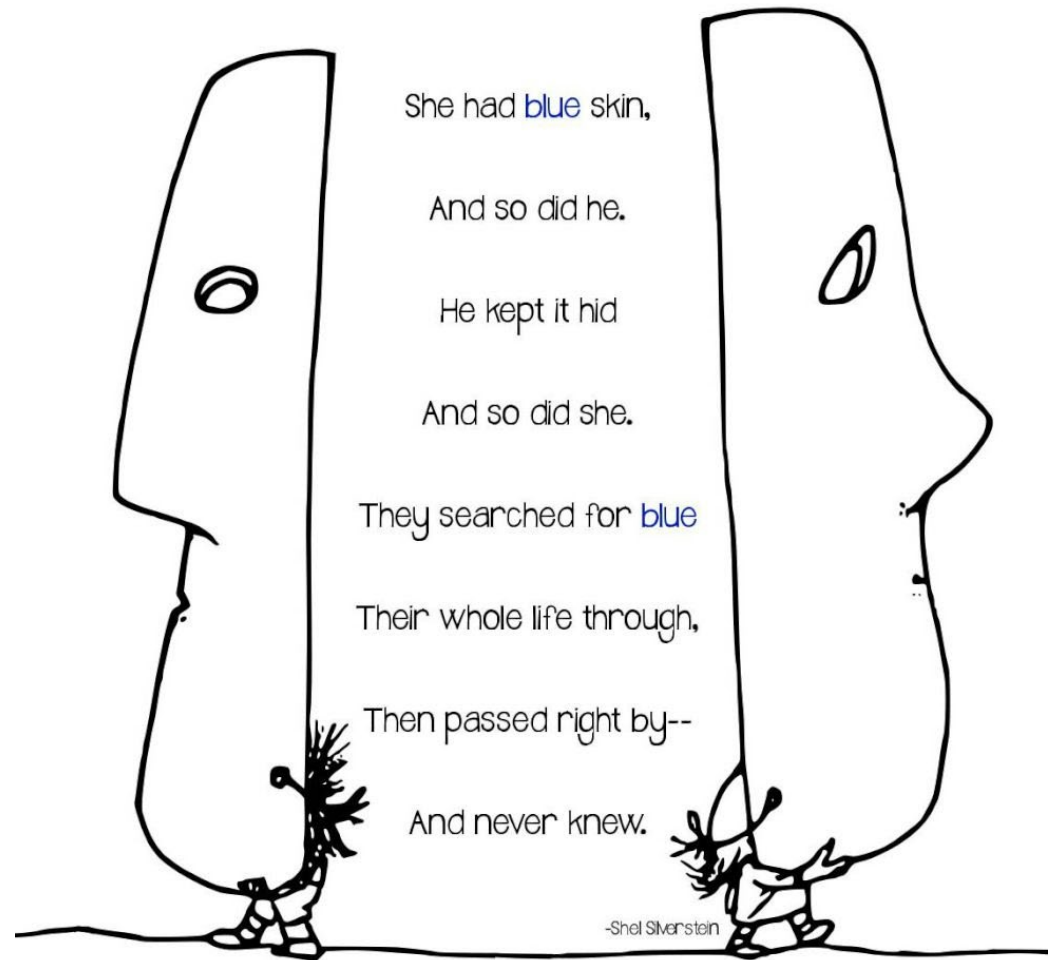
Increase in self-esteem and social support

Decrease in suicidal ideation

Strengthens your immune system



Have The Courage To Show Up And Be Seen!



She had blue skin,

And so did he.

He kept it hid

And so did she.

They searched for blue

Their whole life through,

Then passed right by--

And never knew.

-Shel Silverstein





“Connection is why we're here, it's what gives us meaning and purpose in life.”

—Brené Brown

Photo credit: Danny Clark



What Can You Do For Yourself

Take a long, hard look at
your *perceived*
connections

Build your relationships
by being authentically
who you are, not who
you want to be

Reach out to one person
you care about every
day

Do things in nature

Participate in rec sports

Take a vacation

Organize leisure
activities with people
you know

Take a class

Volunteer



What Can You Do In Your Community

Organize
or
promote

Organize or promote volunteer activity

Host

Host a social event

Reach
out

If you think someone you know might be lonely, reach out to them

Share

Share compliments

Talk

Talk to people who serve you and call them by name (barista, cashier at the store, etc.)



Purpose



Thought

We exist here on earth for an unknow length of time. While here we do many things...some will matter, some will not, some are important, and some are not. The important ones are the ones that make us happy, give us meaning, bring a smile to our face or to the face of others. All the other stuff us just wasting time.




**THE PURPOSE OF
LIFE IS TO LIVE A
LIFE OF PURPOSE.**

RICHARD LEIDER

So what is purpose?

- Purpose in life refers to a "feeling that there is meaning in one's present and past life."
- Something that is instantly meaningful
- Something that makes you come alive

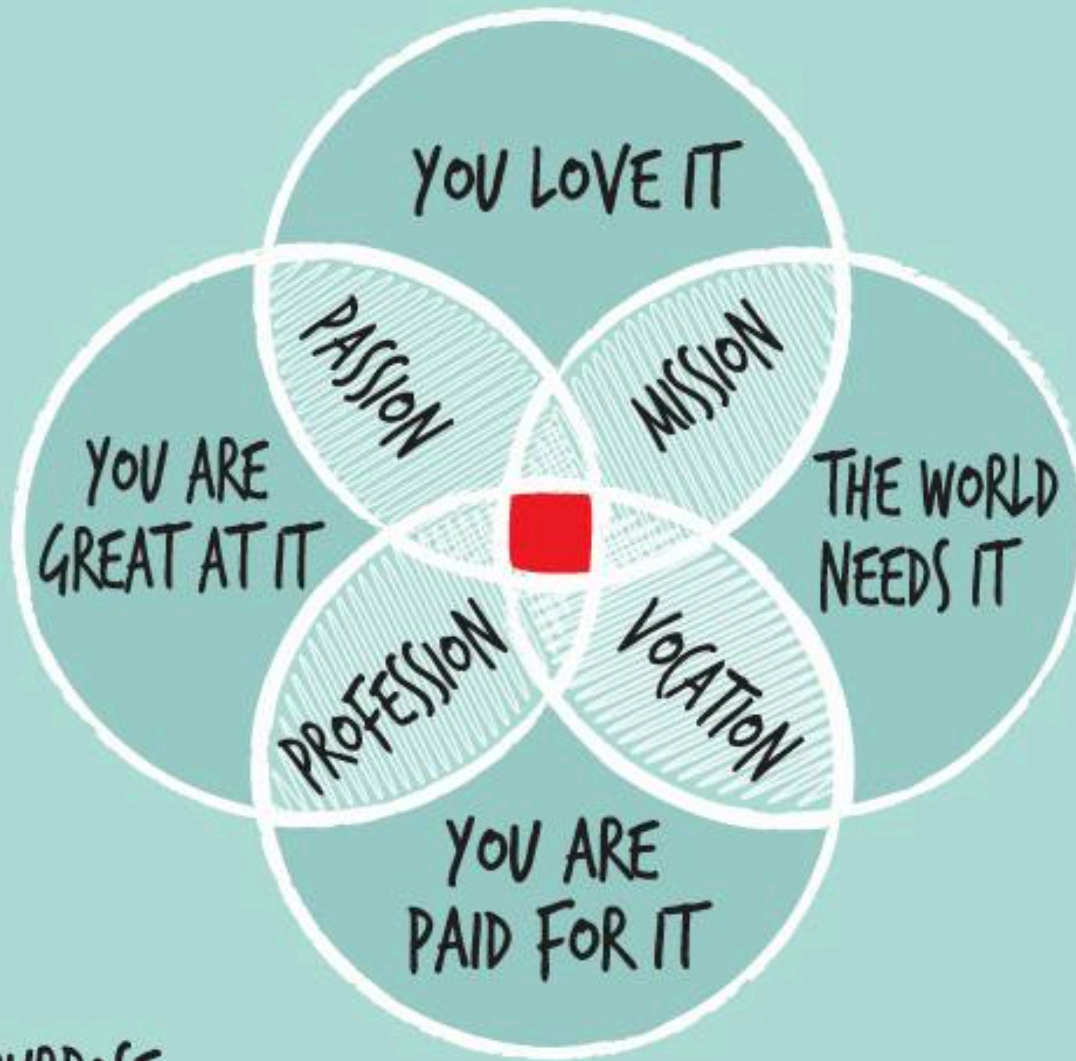




4 Key Components to Purpose

- Dedicated commitment
- Personal meaningfulness
- Goal directedness
- Vision larger than one's self



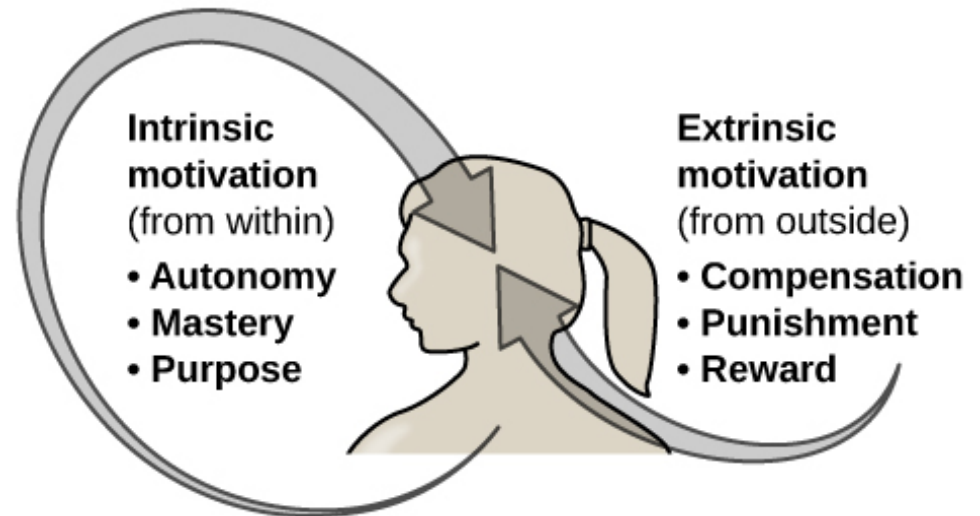


 -PURPOSE



WHY IS PURPOSE IMPORTANT?

- Rates of mental illness are increasing
- Decrease social connectedness
- Increased perception of environmental threat
- Increased emphasis extrinsic rather than intrinsic rewards
- Students and fatigued and bored



Just the facts

- 40% of Americans have NOT discovered a life purpose.
- 40% either do not think their lives have a clear sense of purpose or are neutral about whether their lives have purpose.
- 25% feel neutral or do not have a strong sense of what makes their lives meaningful

Research has shown that having purpose and meaning in life increases overall well-being and life satisfaction, improves mental and physical health, enhances resiliency, enhances self-esteem, and decreases the chances of depression.



How bad is it?



32% of ALL students reported suicidality, self-injury, or clinical levels of depression / anxiety before completing college

40% of students say they have been unable to function due to stress, depression and/or anxiety

12.4% of students reported adding some form of psychological distress while in college



Physiological Responses

- Heart “speak”
- Nervous system
- Changes to the involuntary
- body functions





There are two
great days in a
person's life - the
day we are born
and the day we
discover why.

-William Barclay



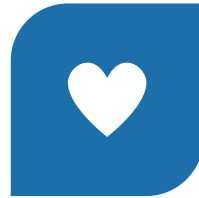
Positives of Purpose



ADD 2 YEARS TO YOUR
LIFE!!



REDUCE PAIN



CANCER REGRESSION



HELP DECREASE THINGS
THAT DISTRACT YOU



INCREASE YOUR
RESILIENCE



Research shows...

Development of purpose is necessary to develop ones identify

Research shows that teens and young adults that seek purpose report higher life satisfaction and levels of happiness.

New research even suggests that a feeling of purpose in young people is associated with better physical health.



Purpose Provides



Purpose Provides



A sense of something BIGGER!





Purpose Increases Acceptance

The Harvard's men's study found that those who reflect on their purpose had less negative feelings and discomfort with diversity.



Purpose Provides
Motivation
Focus
Resilience
Determination
Sense of Wellbeing
Positivity




PURPOSE FOR KIDS CAN ...



- Lessen depression
- Lessen binge drinking
- Lessen drug abuse





How can we find
the purpose?



Do you often wonder or think ...

What do I want to do with my life

I don't have a clue ...

What am I passionate about

Do you think you will know when you are 20,
30....50?



Things to get you thinking...

1. What makes you smile?

2. What activities make you lose track of time?

3. What makes you feel great about yourself?

4. Who inspires you most? Which qualities inspire you, in each person?

5. What are you naturally good at?

6. What are you good at giving or doing for others?

7. What are some challenges, difficulties and hardships you've overcome or are in the process of overcoming? How did you do it?



Values worksheet and reflection

- (In the presentation file)
- Pick your top FIVE values
- Pick your top ONE





What is Your Purpose in Life?



***Life should not be a journey to the grave
with the intention of arriving safely in
a pretty and well-preserved body,
but rather to skid in broadside in a cloud
of smoke, thoroughly used up, totally
worn out, and loudly proclaiming***

"Wow! What a Ride!"

Hunter S. Thompson



How do we find purpose?

" People
rarely
succeed
unless
they have
fun in what
they are
doing. "

Dale Carnegie

Get up and get out, experience as many new things as possible until you find something that is important to **you**.



Think About

What activity absorbs you to the point that you forget to eat?

If you knew you would not be here in 6 months or a yearwhat would you want to make sure you did? How would you want to be remembered?



DO ONE THING
everyDay



THAT MAKES YOU
HAPPY

Ask yourself ...

What would
make your
younger self sad
if you could talk
to them now?



Finding Purpose Can be Tough



Let's be honest, life is not always fun and games ... and the road gets rough, even when we are at our best.

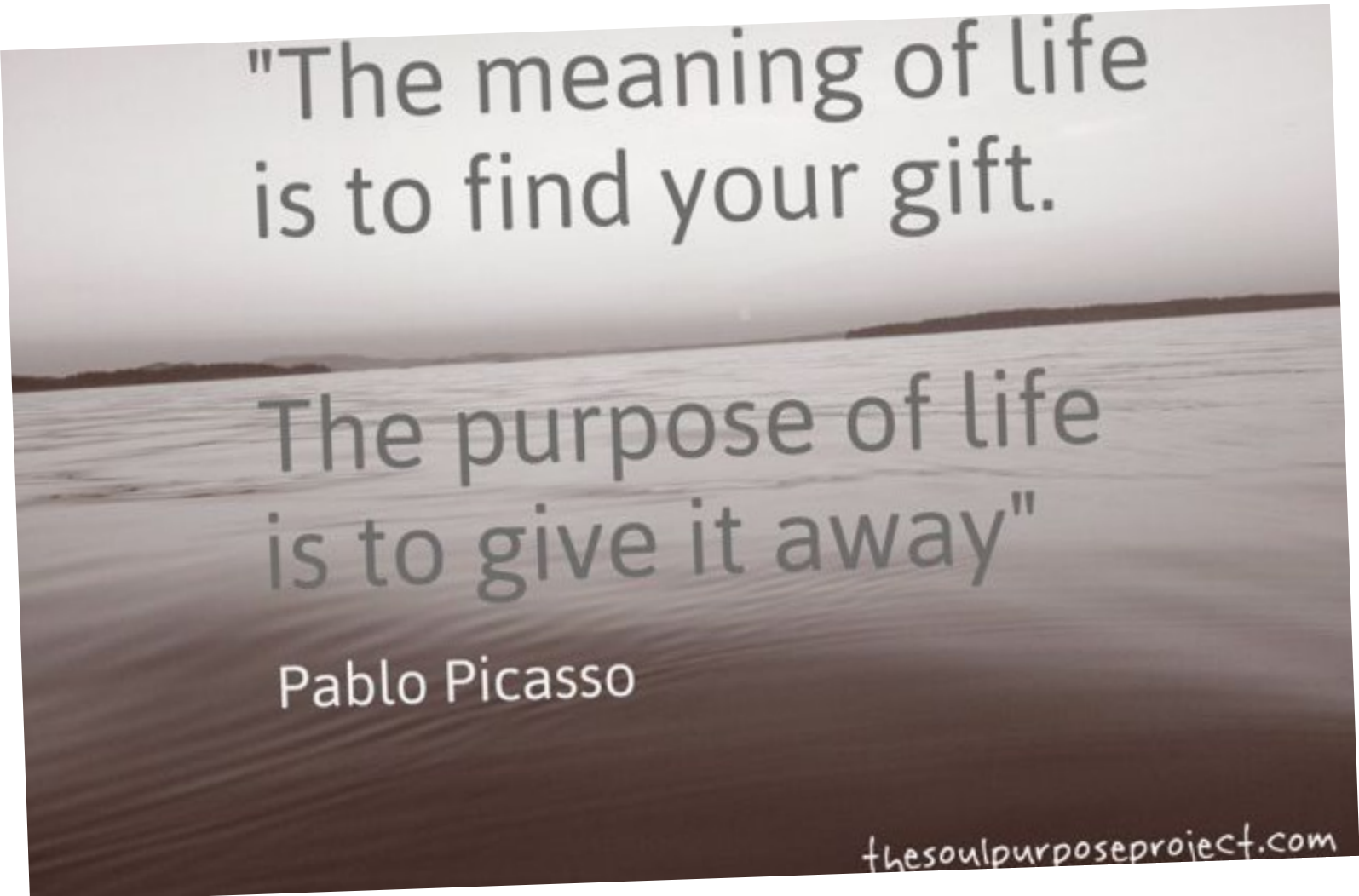


Failure IS NOT A dirty word

It's only a
failure
if you don't
learn
something

Failure is
success that
has not
happened yet





"The meaning of life
is to find your gift.

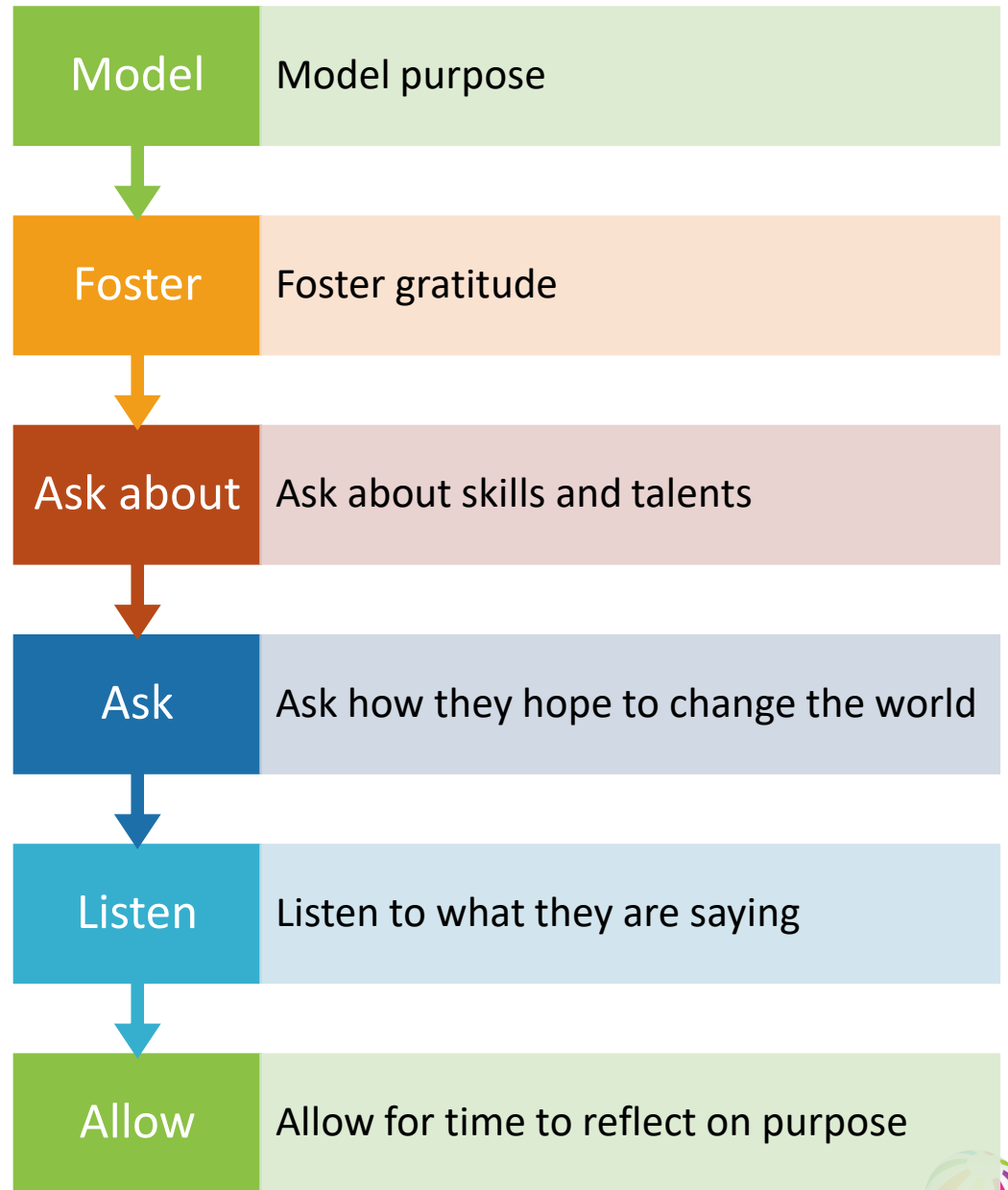
The purpose of life
is to give it away"

Pablo Picasso

thesoulpurposeproject.com

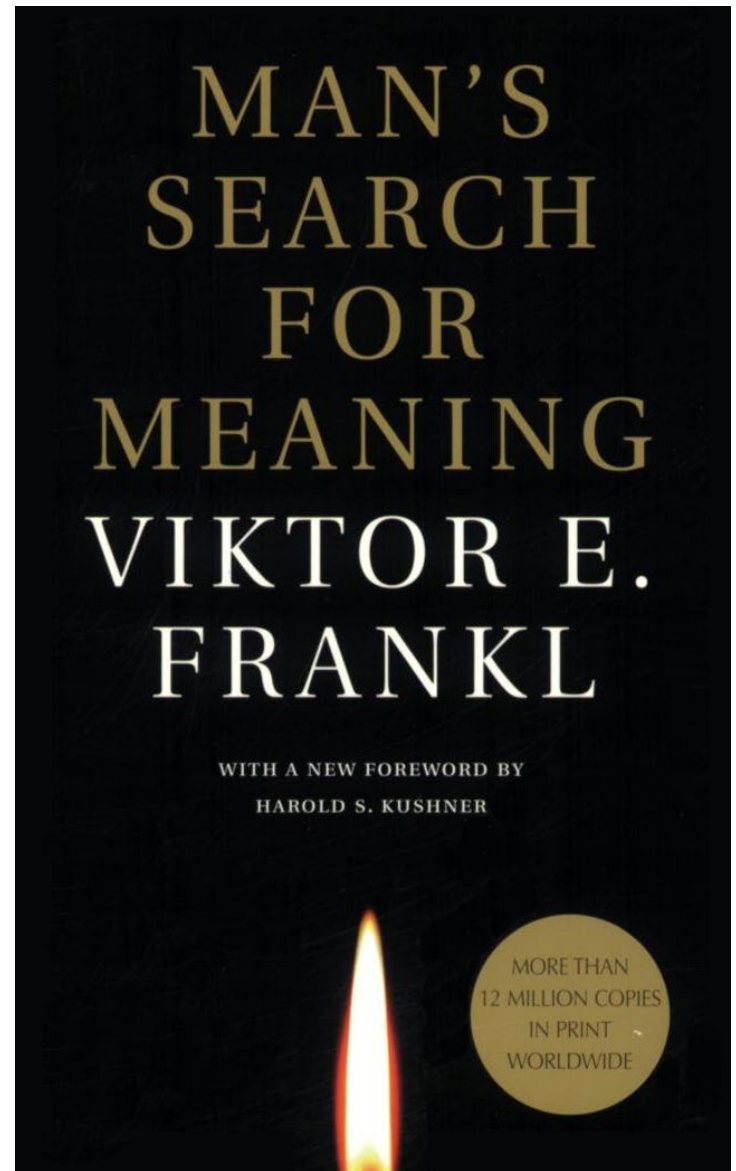


How to foster purpose



Happiness cannot be pursued: it must ensue. One must have a reason to be happy. Once the reason is found, however, one becomes happy atomically.

Victor Frankl



This Photo by Unknown author is licensed under [CC BY-ND](https://creativecommons.org/licenses/by-nd/4.0/).



IF "Plan A"
Didn't work.
The alphabet has
25 more letters!
Stay Cool.





*Tell me, what it is you plan to do with
your one wild and precious life?*

Mary Oliver



Free resources

Multiple intelligence and types:
<http://literacyworks.org/mi/assessment/findyourstrengths.html>

- 45 questions

Inventory of strengths:
<http://www.viacharacter.org/VIASurvey/tabid/55/Default.aspx>

- 120 questions

<https://www.fosterpurpose.org/new-page>

(Need to start at beginning can not jump to purpose)



Reference

Andrews, L. W. (2017). How a sense of purpose in life improves your health. *Psychology Today*. Retrieved from psychologytoday.com

Bounce Back project. (n.d.). bouncebackproject.org

Bronk, K. (2017). Cultivating a purpose in life among youth. Retrieved from <https://youthspecialties.com/blog/cultivating-purpose-life-among-youth/>

Cook-Deegan, P. (2016). Seven ways to help high schoolers find purpose. Retrieved from https://greatergood.berkeley.edu/article/item/seven_ways_to_help_high_schoolers_find_purpose

Fostering purpose project. (n.d.). Retrieved from <https://www.fosterpurpose.org/about/>

Manson, M. (2014). 7 strange questions that help you find your life's purpose. Retrieved from <https://markmanson.net/life-purpose>

National Association of County and City Health Officials. (2015). *Mobilizing for action through planning and partnerships (MAPP) users handbook*. Washington, DC: National Association of County and City Health Officials.

NRSG 820 syllabus. (2018). In C. Sortedahl, & D. Hofmann (Comp.), *NRSG 820 DNP seminar and practicum 1* (pp. 1-26). Eau Claire: University of Wisconsin.

Taylor, S. (2016). A model of purpose: From survival to transpersonal purpose. *Transpersonal Psychology Review*, 18(1). Retrieved from www.bps.org.uk/publications/transpersonal-psychology-review

White, K. W. (2017). Emerging roles for the DNP. In M. E. Zaccagnini & K. W. White (Eds.), *The Doctor of Nursing Practice Essentials* (3 ed., pp. 375-397). Burlington, MA: Jones & Bartlett Learning.

Whitlock, J. (n.d.). Cultivating a sense of purpose in youth. . Retrieved from <http://www.actforyouth.net/resources/pd/pd14-purpose.pdf>

Wright County Community Action. (2018). *2018 Community needs assessment* [Brief]. : Wright County Community Action.

Zaccagnini, M. E., & White, K. W. (Eds.). (2017). *The doctor of nursing practice essentials: A new model for advanced practice nursing* (3 ed.). Burlington, MA: Jones & Bartlett Learning.



Want to Become Part
of the Movement?



Text:

@bounce2017 to 81010

Like us on Facebook:
Bounce Back Project

Check out our web pages:
www.bouncebackproject.org

Sign up for newsletter:
<http://bit.ly/bbnewsltr>

