

Engagement Exercise

Engagement is also known as Flow. It refers to the well-being you get from being totally absorbed in the task in hand, so much so that you lose track of time and feel completely at one with what you're doing. When sportspeople talk about 'being in the zone', they're referring to their experience of flow.

In order to experience flow from the activity you're involved in, it has to have the following distinct characteristics:

- ✓ What you're doing is a challenge for you but you feel able to meet it
- ✓ Your goals are clear and you get immediate feedback on how you're doing
- ✓ You feel completely absorbed by what you're doing
- ✓ You feel completely at one with what you're doing
- ✓ You feel in control and you're not concerned about failing
- ✓ You lose track of time (it feels like time passes much more quickly or more slowly than you'd expect)
- ✓ You don't feel self-conscious
- ✓ What you're doing is intrinsically rewarding - you want to do it.

Find a quiet place to sit for 5 minutes. In your well-being journal make a list of all the activities you've done in the past few days. These might include:

- Work,
- Socializing,
- Housework
- Hobbies,
- Volunteering
- and so on.

Bearing in mind the criteria listed above, which one these activities gives you a flow experience? Think carefully, the answer may not be what you are expecting!

Now set aside some time in the next week to repeat some of your favorite flow activities. Make a note of how you feel afterwards.