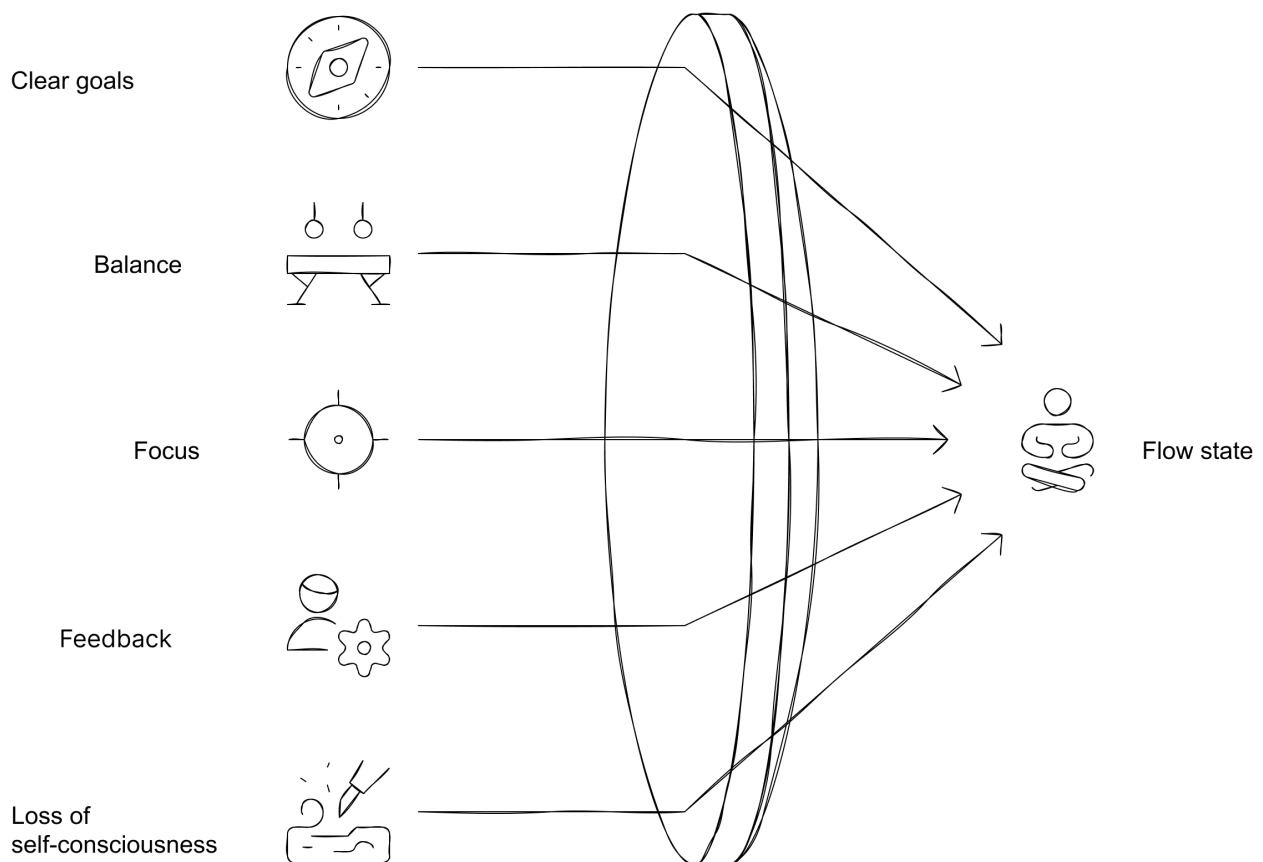


Flow Activities Handout

What is a flow activity?

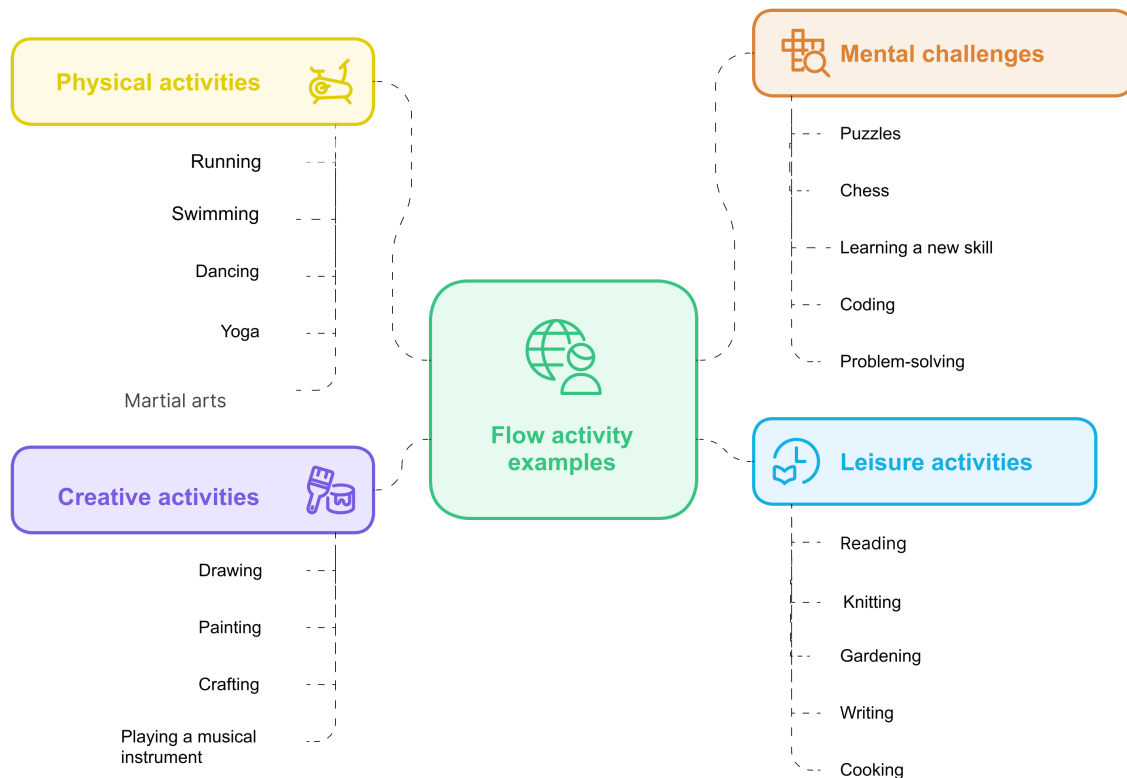
A flow activity challenges your abilities but isn't so hard that it becomes frustrating. It allows you to stay focused and engaged, bringing you a sense of accomplishment. Examples include playing an instrument, drawing, solving puzzles, playing sports, or even reading.

The components of flow



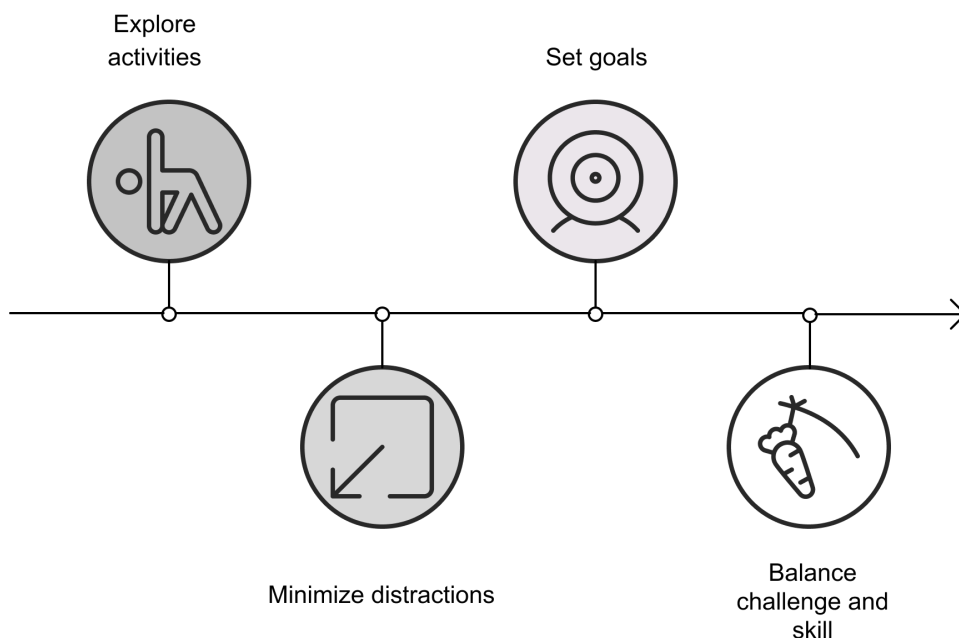
1. **Clear goals:** You know what you're trying to achieve, and the steps to get there are well-defined.
2. **Balance between challenge and skill:** The activity matches your skill level, providing enough challenge to keep you engaged but not overwhelmed.
3. **Complete focus:** You're fully concentrated on the task, with no distractions pulling your attention away.
4. **Immediate feedback:** You can tell how well you're doing in real-time and adjust your approach as needed.
5. **Loss of self-consciousness:** You're so engaged in the activity that you're not thinking about yourself or external worries.

Examples of flow activities



Flow activities can vary based on the person doing them; one person may not get a flow state with another person's favorite. Try out different things to see what sticks!

How to find your flow



- 1. Explore different activities:** Try new hobbies, sports, or creative outlets. Experiment until you find something that fits.
- 2. Minimize distractions:** Create an environment where you can focus on the task at hand.
- 3. Set clear, attainable goals:** Ensure you have a clear direction and something to strive for.
- 4. Balance challenge and skill:** Gradually increase the difficulty of your tasks to keep yourself engaged.