Appreciating *Common Room* for Your Wellbeing

A theatre experience shouldn't be limited to just the space that you watched it in – least of all a play that's literally titled ***Common Room***. After watching the show, continue exploring the themes and story of ***Common Room*** through this handout.

Character Strengths

Review *You* and *Third's* behaviour.

- What are some **character strengths** that you can spot in them?
- How were those character strengths **expressed**?
- Do you have **similar character strengths**? How have you used them in your daily life?

	You	Third
Character Strength		
Expression		
Your Own Character Strengths		

Examples of Character Strengths

- Appreciation of Beauty and Excellence
- Bravery
- Creativity
- Curiosity
- Fairness
- Forgiveness
- Gratitude
- Honesty
- Hope
- Humility
- Humour
- Judgment
- Kindness
- Leadership
- Love
- Love of Learning
- Perseverance
- Perspective
- Prudence
- Self-Regulation
- Social Intelligence
- Spirituality
- Teamwork
- Zest

Resilience and Reframing

Throughout the play, You and Third face many challenges – yet they manage to overcome them through resilience.

Resilience is not about toughing it out or being invulnerable to damage. Resilience is actually about the **bounce back after adversity** – about how quickly we can **recover after setbacks**.

We do that through reframing: altering our **perception** of a situation, which then leads to a change in our **emotions** and then our **actions**.

What are some instances when You and Third reframed a situation, which resulted in resilience? This could be about their relationships to their family members, how they view their own identity, or even their work lives.

Original Situation	
Changed Perception	
Changed Emotions	
Changed Actions	

Identity and Meaning

A central theme of the play is what it means to be different from the majority. In the context of *Common Room*, it explores what it means to be queer in a relatively conservative country. However, this can also be applied to other types of identities, such as:

- Our roles in the family
- Our roles at work
- Our roles with our friends
- Our preferences
- Our hobbies

It is not easy to be in the minority. What helps us through this is to find meaning in our identity. This means:

- What that identity means
- Why it is important to you

Think about an identity you have and explore what it means to you, and why it is important to you.

Identity	
What it means to be of this identity	
Why this identity is important to you	

No part of this document may be reproduced without written permission from Happiness for Busy People.

Hope

You and Third face challenging circumstances, yet they continue to carry on – because of hope.

Hope isn't merely wishful thinking or "hoping for the best". Hope actually combines **willpower** (your mindset and thoughts) and **waypower** (your actions and decisions) to achieve one's **goals** (the target of that hope).

How do You and Third have hope for their future?

Goal	
Willpower (the thoughts and mindset they have)	
Waypower (the decisions and actions they do)	

Now think about your own future. What goals do you have, and how will you work towards then? By learning from You and Third, how do you intend to have hope?

Goal	
Willpower (the thoughts and mindset you have)	
Waypower (the decisions and actions you do)	

No part of this document may be reproduced without written permission from Happiness for Busy People.