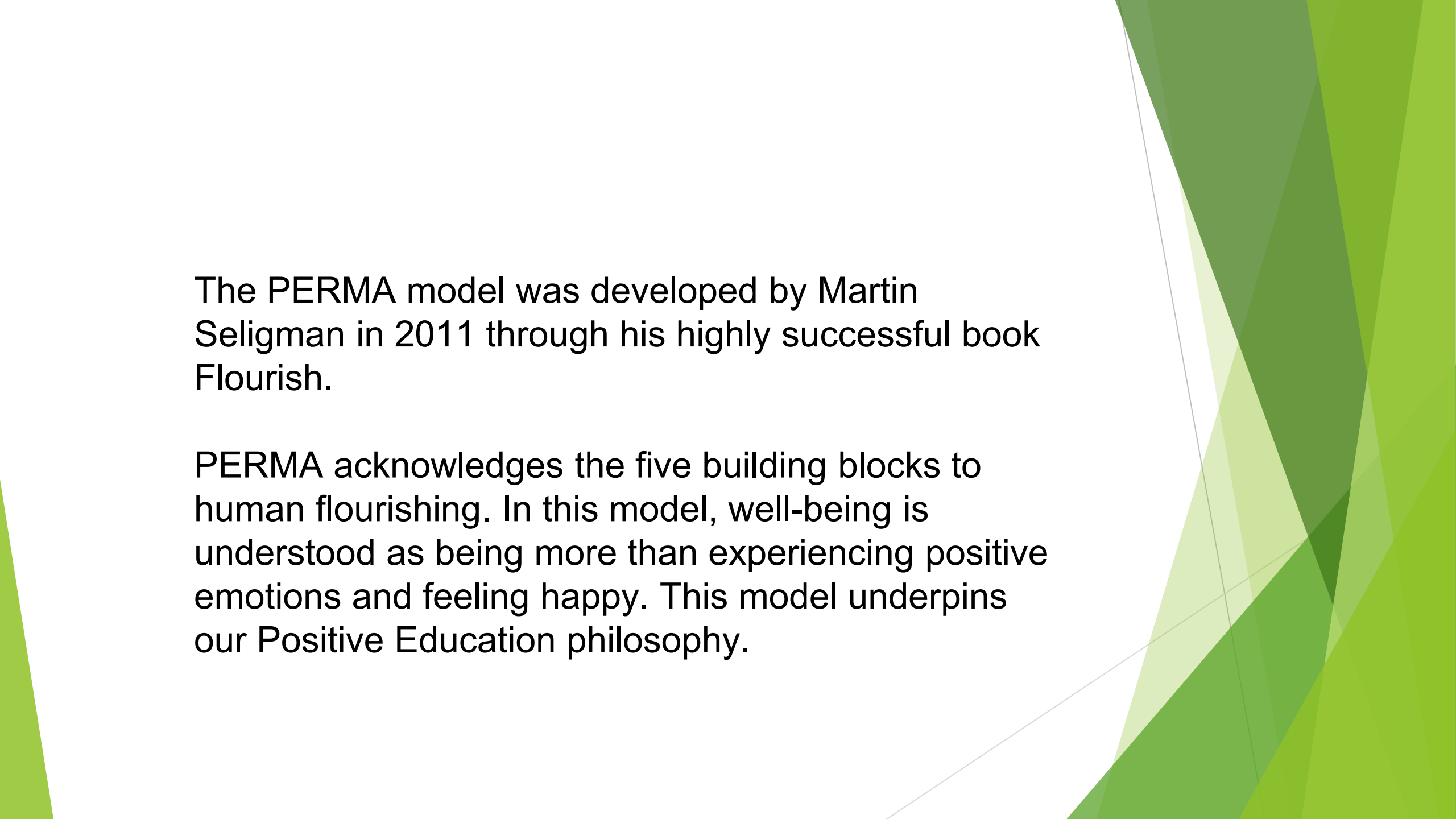


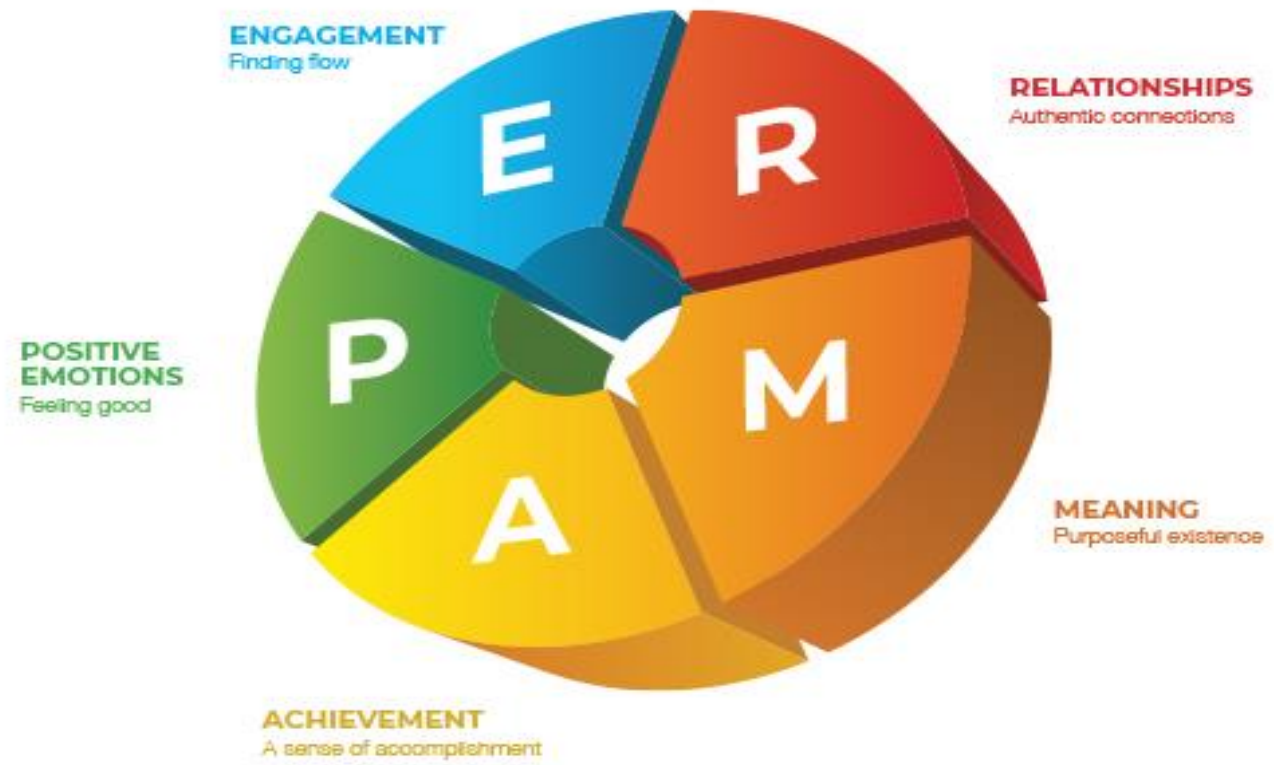
The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

PERMA Model of Wellness

The background of the slide features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, layered effect.

The PERMA model was developed by Martin Seligman in 2011 through his highly successful book Flourish.

PERMA acknowledges the five building blocks to human flourishing. In this model, well-being is understood as being more than experiencing positive emotions and feeling happy. This model underpins our Positive Education philosophy.



Positive Emotions

Feeling good

Feeling joy, hope and contentment: Reduce stressors, promote positive coping & resilience



Engagement

Finding Flow

Feeling attached, involved and an ability to concentrate on activities:
Create meaningful opportunities to draw on strengths & interests



Relationships

Authentic Connections

Feeling connected, supported and cared about: Promote opportunities for collaboration & interaction within & amongst teams



<https://ideas.ted.com/how-to-build-closer-relationships/>

Meaning

Purposeful Existence

Feeling valued and connected to something greater than self:
Connect to purpose & promote reflection



<https://www.lifehack.org/articles/lifestyle/3-practical-tips-how-live-fun-and-meaningful-life.html>

Achievement

A Sense of Accomplishment

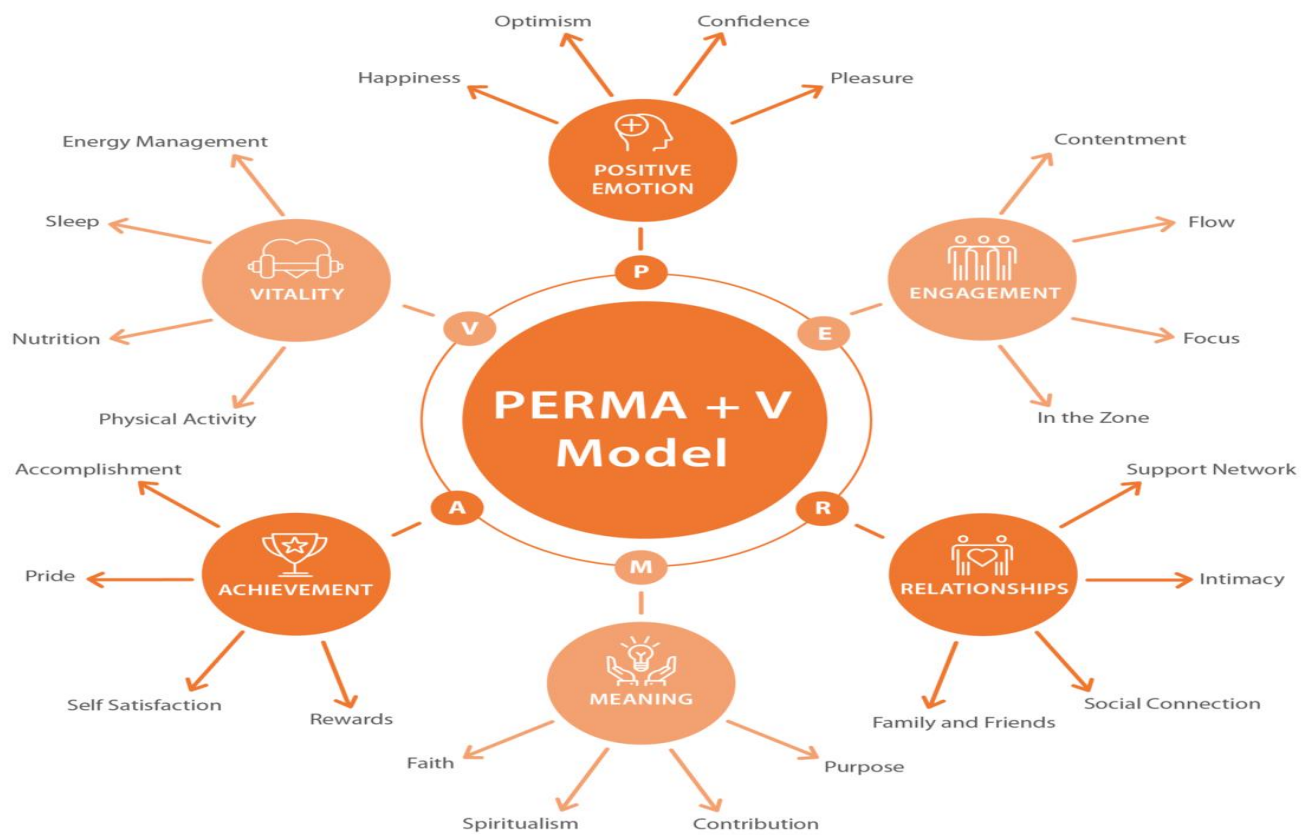


Progressing towards goals, feeling capable and a sense of accomplishment: Provide autonomy & celebrate success

V for Vitality (Physical Health and Wellness) has been added by Emiliya Zhivotovskaya and Louis Alloro in recent years, after vitality has been recognised as a beneficial and necessary ingredient for health, wellbeing and being able to flourish

V - Vitality

- Research shows us that vitality is integral to our wellbeing.
- Our ability to get a good nights sleep, get the right nutrition in our bodies.
- To exercise regularly has a significant impact on all other elements of well-being.
- Maintaining physical vitality and energy management is essential for building resilience and bouncing back through adversity and challenge.



Dr. Martin Sellgman University of Pennsylvania

Happiness Chemicals and how to hack them



FREE!
taster
sessions

DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



Look at well-being in a new light.

The awareness of PERMA can help you increase your well-being by focusing on combinations of feeling good, living meaningfully, establishing supportive and friendly relationships, accomplishing goals, and being fully engaged with life.

The Benefits of Well-Being

Research demonstrates that well-being is not only valuable because it feels good, but also because it has beneficial real-world consequences. Compared to people with low well-being, individuals with higher levels of well-being:

- Perform better at work
- Have more satisfying relationships
- Are more cooperative
- Have stronger immune systems
- Have better physical health
- Live longer
- Have reduced cardiovascular mortality
- Have fewer sleep problems
- Have lower levels of burnout
- Have greater self-control
- Have better self-regulation and coping abilities
- Are more prosocial

Research has identified optimism as one of the key contributors to well-being. Studies show that optimism brings many benefits compared to pessimism, including:

- Less depression and anxiety
- Better performance at school, sports, and work
- Reduced risk of dropping out of school
- Better physical health outcomes, including fewer reported illnesses, less coronary heart disease, lower mortality risk, and faster recovery from surgery.

Winning Behaviours and Attitudes



Further Reading

Flourish: A Visionary New Understanding of Happiness and Well-being - Martin Seligman

Learned Optimism: How to Change Your Mind and Your Life - Martin Seligman

The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles - Martin Seligman

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment - Martin Seligman

Resources

<https://www.itsmental.co.uk/PERMA-V-MODEL>

<https://www.positivemindfulleader.com/perma-and-its-workplace-application>

<https://www.littleleague.org/news/calm-emotions-positive-feelings-two-keys-to-stay-healthy-during-self-isolation/>

<https://empmonitor.com/blog/measure-employee-engagement/>

<https://www.linkedin.com/pulse/why-achievement-so-important-alan-woolf>

<https://mtceurope.co.uk/tag/positive-psychology/>

<https://ppc.sas.upenn.edu/learn-more/perma-theory-well-being-and-perma-workshops>

<https://mtceurope.co.uk/tag/positive-psychology/>

<https://positivepsychology.com/perma-model/>