

# Applying Positive Psychology

The modern working world is an increasingly uncertain and complex place. More than ever, we are juggling a range of demands whilst also being constantly bombarded with information. Is it any wonder that we feel a little stressed at times? How do we tackle our increasingly busy world, to help us not only survive, but thrive in the workplace? One way to help us achieve our best is to apply the principles of positive psychology, which offer a science-based perspective on how we can create a well-lived, fulfilling life.



## What is Positive Psychology?

Positive psychology is the scientific study of flourishing and optimal functioning. It's a strength-based approach that shifts the focus from repairing the worst things in life, to strengthening the qualities that lead to optimal functioning. To put it simply, it's about what we can do to move from just surviving to thriving in life.

### Highlights:

- Positive Psychology is NOT about 'correcting' deficits
- Positive Psychology IS about encouraging positivity, leveraging strengths, finding happiness and enhancing wellbeing

One of the pioneer of the positive psychology movement is Professor Martin Seligman. Seligman spent many years researching and identifying the building blocks of wellbeing, which he termed the **PERMA** model. While there are many models of positive psychology, the PERMA model gives us a framework with five essential components that are important for optimal and long-lasting wellbeing.



# The PERMA Model

**P**

## **P is for Positive Emotions - Feeling Good**

Emotions play a significant role in our day to day lives. Frequent expression of positive emotion can improve our physical health, reduce stress and boost wellbeing. There are actions we can take to generate and tune in to positive emotions and micro-moments of happiness.

**E**

## **E is for Engagement - Finding Flow**

Engagement involves purposely partaking in activities that are important to us, to learn, grow and nurture our happiness. We all find different activities and tasks engaging. Because of this, it's important to find an interesting project or hobby in our lives that can entirely absorb us in the present moment, creating a state of 'flow'.

**R**

## **R is for Relationships - Build Authentic Connections**

Humans are social beings that thrive on meaningful connections with others. From an evolutionary standpoint, connection with our 'tribe' was not only nice to have, but essential for survival. Today, the importance of strong relationships remains, with significant research showing social support helps us to deal with stressful situations and increases wellbeing. Ask yourself, is there someone that you're missing in your life who you ought to connect with?

**M**

## **M is for Meaning - Purpose**

Finding meaning in what we do gives us a sense of direction and fulfilment in life. Understanding our greater purpose in life can help guide our actions and foster a sense of enjoyment, leading us to a greater sense of satisfaction and happiness.

**A**

## **A is for Achievement - A Sense of Accomplishment**

Achievement is the last part of the PERMA model that involves goal setting and having the intentions to accomplish something greater in life. Setting realistic goals that are attainable and align with our values is the first step. Once we have accomplished the goals we set, this can bring us a sense of satisfaction and fulfilment.



## **How might you apply the PERMA Model to your life?**



- Remember to adopt a positive perspective as often as you can
- Keep a gratitude diary. Take time each day to write down three things that went well and why
- Reflect on how you feel in your daily interactions - Write for 2 minutes a day describing one positive experience you had over the past 24 hours
- Practise 'being present' in everyday moments
- Seek out 'flow' experiences - try out a new hobby or engage in artistic activities
- Focus on finding ways to connect and reconnect with family and friends
- Take a walk in nature



### **Want to know more?**

Contact Assure Programs for more information on 1800 808 374 or [info@assureprograms.com.au](mailto:info@assureprograms.com.au)