

# PERMA FOR GOOD MENTAL HEALTH



## HARNESSING POSITIVE PSYCHOLOGY

While it's not uncommon to think of a psychologist as someone you might go to when something is wrong in your life, not everyone is aware that there is a branch of psychology that focuses on enhancing **what is right in your life**.

The concept of Positive Psychology emerged out of the work of psychologist, Martin Seligman, who was interested in the hallmarks of human wellbeing. Positive Psychology focuses on a person's strengths and aims to increase an individual's wellbeing through the application of practical skills to reach wellbeing goals. Below are the five elements of Positive Psychology that contribute to wellbeing.

## WHAT IS PERMA?

**P**

### Positive Emotions

Pleasant feelings (e.g. gratitude, hope, love), which are appreciated in the present moment.

**E**

### Engagement

Experiencing a feeling of flow and intense focus. It can be experienced during a variety of tasks or situations.

**R**

### Relationships

Devoting time to enjoying and strengthening meaningful, positive relationships with family, friends & colleagues.

**M**

### Meaning

Serving a cause bigger than the self. It may relate to spirituality or a cause (e.g., global warming). It can be of personal or professional nature.

**A**

### Accomplishment

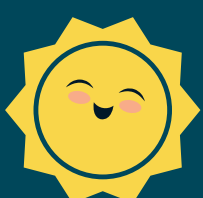
Enjoying a sense of bettering the self, from achieving a task to reaching a valuable goal.

Whether through wellbeing coaching or as a complementary approach to a range of existing psychological approaches, Positive Psychology aims to identify where we already find these elements in our lives and discover where we can introduce (or re-introduce) each PERMA element to build and enhance our wellbeing.

This not only helps guide us towards a life of increased enjoyment, engagement, meaning and belonging, but increasing evidence also points towards the impact that introducing PERMA elements into our lives plays in building our sense of resilience and ability to get through tough times.

## TIPS FOR BRINGING PERMA INTO YOUR LIFE

### POSITIVE EMOTIONS



- Keep a gratitude journal
- Introduce humour into daily activities
- Undertake random acts of kindness

### ENGAGEMENT



- Re-engage in activities you love and happily lose yourself within
- Utilise mindfulness techniques for daily activities

### RELATIONSHIPS



- Set goals to increase quality time with loved ones
- Develop goals around creating new relationships
- Random acts of kindness with family and colleagues

### MEANING



- List all the reasons why you enjoy your work
- Volunteer or help out with a cause or institution that does work you care about

### ACCOMPLISHMENT



- List and recognise what you have already achieved
- Develop goals regarding the next steps in your career and personal growth

