

Positive Psychology: Learn How to Flourish

Positive psychology is the scientific study of what makes life worth living. It focuses on our strengths, building on what works and what is good in our life. It gives us the tools to flourish. When we feel positive, we are more likely to be successful at work, and we are better able to think creatively and solve complex problems. Positive emotions even help us live longer! And when we flourish and feel happy, those around us often feel happier too.



HELPFUL TIPS:

PERMAH

Professor Martin Seligman, one of the founders of positive psychology, developed a model of psychological wellbeing and happiness covering 5 core dimensions. The evidenced based model he developed is known as PERMA (Positive Emotions, Engagement, Relationships, Meaning & Achievement), and can be applied to the workplace. Recent research by Australian-based Michelle McQuaid has added a new dimension H for Health to make the PERMAH model.

Taking the PERMAH wellbeing survey is a great place to start to learn more about what you can do to help you flourish. It's free, and you can access it from permahsurvey.com

- ▶ P in PERMAH stands for **Positive Emotion**. This is about making time to do the things that bring you joy, inspiration and love. Enjoy yourself in the moment, rather than always planning to enjoy yourself later.
- ▶ E stands for **Engagement**. Focus on what really engages you – when you do it; time just flies past. This is sometimes called being in 'flow', and we are much more likely to experience it when we use our existing strengths. Using our strengths contributes to our physical and mental wellbeing.

- ▶ R – **Relationships**. Relationships and social connections are crucial for creating a meaningful, happy, and psychologically healthy life. In older age, these social relationships help protect against cognitive decline and contribute to better overall health.
- ▶ M – **Meaning**. A sense of meaning comes from serving a cause larger than ourselves or feeling that we belong to something important. We can involve ourselves in religion, family, politics, work organisations, justice, community and social causes. A sense of meaning contributes positively to life satisfaction.
- ▶ A – **Accomplishment**. Having goals and ambition can help us achieve things that, in turn, give us a sense of accomplishment. Master a skill, achieve a goal, win a competition. A sense of accomplishment enhances our wellbeing.
- ▶ H – **Health**. There is a strong correlation between physical health and mental health. Consider your physical health when thinking about your overall wellbeing.

What are two or three 'quick wins' you could achieve that would make a positive impact on your life?

All through the year we bring people together to help build : BETTER **CONNECTIONS**

