Reflections on... Positive Psychology
What gives you joy?

Turn to the person next to you and tell each other one thing that gives you joy.
Positive psychology - the heart of it

“Positive psychology is the study of what constitutes the pleasant life, the engaged life, and the meaningful life.”

Positive psychology

A theory of wellbeing “PERMA”

Increasing our positive thoughts

Working to our strengths
**PERMA — (Theory of Wellbeing)**

- **Positive emotion**
  - Feeling good

- **Engagement**
  - Finding flow

- **Relationships**
  - Authentic connections

- **Meaning**
  - Purposeful existence

- **Accomplishment**
  - A sense of accomplishment and achievement

Martin Seligman 2011
To experience well-being, we need positive emotion in our lives. Positive emotions like connectedness, happiness, hopefulness, love and peacefulness renew our energy and rejuvenate us. This element of the model has one of the most obvious connections to happiness.
This is about finding activities we enjoy that have our full attention. We experience engagement – we are absorbed in the present moment. We are in a state of ‘flow’ – time seems to fly and we concentrate intensely on the present. These times are important for us to learn, grow and nurture our personal happiness.
Relationships and social connections are incredibly important aspects of life. We humans are social creatures that thrive on connection, love, intimacy, and strong emotional and physical interactions with others.
Having a purpose and meaning to why each of us is on this earth is important to living a life of happiness and fulfilment. Meaning comes from serving a cause or focusing on something bigger than ourselves. Most of us want to believe that we’re working and living with a greater purpose.
PERMA

ACCOMPLISHMENTS

Having goals in life, even small ones, and making the effort to achieve them, are important to well-being and happiness. Achievement helps to build self-esteem and provides a sense of accomplishment.
Wellbeing = applying PERMA moves us from ‘surviving’ to ‘thriving’ more than feeling good has depth not one single ‘thing’ or experience involves the 5 aspects of PERMA
Three Good Things

Write down three good and positive things that have happened to you recently or are a part of your life currently.

These can be simple things (nice meal, a walk on the beach) or more exciting things (new baby in the family, friend returning from overseas).

Think in detail about each thing you write down – what made it good and positive?

What were you thinking and feeling?
Strengths – our values in action!
Know your strengths!

Get to know - and use - your signature strengths!

Values in Action (VIA) survey
**Play to your strengths**

- Enhance happiness
- Strengthen relationships
- Manage problems
- Boost confidence
- Reduce stress
- Accomplish goals

Use the qualities that come most naturally to you to enhance your life and begin thriving – try and use one of your signature strengths in a new way, every day for a week.
From the heart...

“I do not believe that you should devote overly much effort to correcting your weaknesses. Rather, I believe that the highest success in living and the deepest emotional satisfaction comes from building and using your signature strengths.”  Martin Seligman

“The only real voyage of discovery exists, not in seeing new landscapes, but in having new eyes”. Marcel Proust