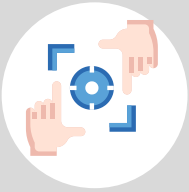


PERMA Plus – 5 Building-blocks that enable us to flourish



P = Positive emotions: Do things that induce hope, joy, love, compassion, fun, interest, empathy, amusement, gratitude. Positive emotions are a prime indicator of flourishing and improved wellbeing



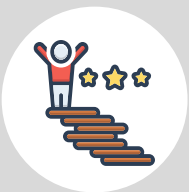
E = Engagement: Do things where you are completely absorbed in the activity, where you are living in the present moment and focused entirely on the task at hand. Do things every day that challenge you and allow you to use your skills and strengths



R = Relationships: Cultivate relationships where you feel supported, loved and valued. We are inherently social creatures and social connection is vital as we age. Be curious and discover new things about other people and show that you value them



M = Meaning: Find a purpose that gives your life coherence, contributes to sense making and helps you feel that life is worth living. We all need to have a sense of value and worth, of belonging and serving something outside of ourselves



A = Accomplishment: This is about experiencing a sense of achievement or mastery from working toward things that matter to us or mastering something that is important to us, perhaps it's finishing something that you care about. Accomplishment makes life more rewarding and helps us cultivate perseverance

And what of the Plus in PERMA? It's PERMA plus the following:



Optimism: Cultivate the belief that life will have more good outcomes

Physical activity: Get moving and do it often

Nutrition: Eat vegetables, fruits, legumes, nuts, beans and grains. Limit saturated fats, refined carbohydrates and processed foods

Sleep: Get 40-winks – a consistent 7-hours at roughly the same time each day is the goal

The PERMA Plus model is an evidence-based approach to improve your happiness and wellbeing (and decrease anxiety, depression and stress)