

Maintaining your Wellbeing

It is always important to make sure that you are looking after your own wellbeing (and can assist those around you)

PERMA+ serves as the building
blocks for wellbeing

PERMA+

Positive Emotion

Engagement

Relationships

Meaning

Accomplishment

+ Optimism, Physical Activity, Nutrition and Sleep

Positive Emotion

There are a range of positive emotions, including amusement, hope, interest, joy, love, compassion, gratitude, and pride

- Positive emotions can undo the effects of negative emotions and promote resilience
- Positive emotions are an indicator of flourishing, and they can be cultivated to improve wellbeing over time

Positive Emotion

1. List three things that you are grateful for in your life and how you contribute to these situations
2. List 3 activities that you enjoy doing? (that can still be completed during social distancing)
3. If you were to create a 'feel-good' playlist, what would be the first 3 songs?

Engagement

When we are engaged in things that we love doing, we lose track of time. We are living in the present moment and entirely focused on the task at hand

- The use of character strengths contributes positively to both physical and mental wellbeing
- People who are engaged are significantly happier, and have lower levels of stress

Engagement

1. List two activities that you love doing, where you lose track of time
2. List your top three character strengths (look on the Google Classroom for the spreadsheet). Name one way you could use each of these (feel free to google these if you are still unsure of what they mean)
3. Go onto Youtube and find a <5 minute clip on meditation/yoga/tai chi that you enjoy. Post the link here, and aim to practice this daily

Relationships

Relationships refer to the many different interactions you have with others. This refers to feeling loved, supported, and valued by others

- Happiness is contagious - people who are surrounded by happy people are more likely to be happy

Relationships

1. **With social distancing, how can you still spend time with people that you care about? (think - friends, close family, family that live away)**
2. **If you were feeling lonely or anxious, name three people that you would feel comfortable in contacting**
3. **Take the time now, to let three other people know that you are there for them if they need someone to talk to**

Meaning

To have a sense of meaning, we need to feel that what we do is valuable and worthwhile

- People who are more optimistic are more likely to experience personal growth following adversity
- People who have purpose in their lives have greater longevity and life satisfaction and fewer health problems

Meaning

1. **What is a cause, organisation or simply some *thing* that matters or is important to you?**
2. **What are three subjects in school that you feel good at? What is it about those subjects that makes you feel positive?**
3. **In uncertain times, helping your family members can be an extremely meaningful exercise. List three activities per week that you could help with (cleaning, dinner, chores, contacting elderly relatives, etc.)**

Accomplishment

Having a sense of accomplishment means that we have worked towards and reached our goals, achieved mastery over an endeavour, and had the self-motivation to complete what we set out to do.

- Albert Einstein, whose parents and teachers thought he had an intellectual disability
- J.K Rowling, the author of the Harry Potter books, was a divorced, single mother living in public housing before becoming one of the greatest publishing success stories.
- Michael Jordan, the NBA basketball star, who was kicked off his high school team for lacking talent. He has been quoted as saying “I have failed over and over and over again in my life. And that is why I succeed.”

Accomplishment

1. **SMART goals (specific, measurable, achievable, realistic and timebound) are important to feel a sense of accomplishment. Create 3 SMART goals for this week.**
2. **List three ways that you are able to celebrate your achievements this week.**

Optimism, Physical Activity, Nutrition and Sleep

- **Optimism** is a form of positive emotion and is critical to building resilience.
- It is important to remember that some **physical activity** is better than none, and more is better than a little (between 150-300 minutes of physical activity is recommended. Long periods of sitting or lying down should be avoided
- Research has found that the behavioural risk factor most consistently associated with poor mental health was low fruit and vegetable consumption
- Lack of **sleep** is associated with disruptions in mood, thinking, concentration, memory, learning, vigilance and reaction times. Adolescents should aim for 8-10 hours of sleep per night.

Optimism, Physical Activity, Nutrition and Sleep

1. Optimism - take a moment to focus on what is good in your life. Too quickly do people focus on the worst possible outcomes for situations. Picture yourself in 6 months. What is your best possible outcome?
2. Rate your current level of exercise out of 5. List 3 ways that you could improve your daily amount of exercise.
3. How many days this week have you eaten the recommended level of fruit and vegetables? (2 serves of fruit and 5 serves of vegetable). Create a meal plan for tomorrow that can boost your servings.
4. How many hours of sleep did you get last night? The night before? How often do you look at a screen within the last 30 minutes before bed?