



The PERMA Model

Positive Psychology suggests that happiness is achievable. It is the natural result of building up our well-being and satisfaction with life. According to Dr Martin Seligman there are five essential components to human well-being:

Positive Emotion

- Spending time with friends and family, engaging in hobbies, exercising, getting out in nature, or eating great food
- Cultivating positive emotions makes it easier to experience them naturally. Don't expect the worst, see the downside or avoid taking risks
- Hope for the best, see the upside, and learn to take great opportunities when they come along.

Engagement

- Identify and cultivate, personal strengths, virtues and talents
- Consciously engage in work and activities that make us feel most confident, productive and valuable
- Learn skills for cultivating joy and focus on the present
- Use mindfulness to develop a full and clear awareness of the present, physically and mentally.

Relationships

- Build and maintain relationships with the people in your life
- Recognise the difference between a healthy relationship and a damaging one
- Don't take each other for granted, make time for each other and communicate
- Listen and share, maintain connections and make them stronger.

Meaning

- Work out what you value most - Family, learning, your faith , helping disadvantaged children, protecting the environment
- Find some like-minded people and work together to achieve the things you care about
- Find meaning in your professional and personal life, if you see a meaning in your work, you can apply yourself in this service.

Accomplishment

- Set achievable goals, and keep your eye on them
- Identify your ambitions and cultivate your strengths
- Obtain regular counselling to keep focused on milestones and goals
- Cultivate resilience against failure and setbacks, don't give up when adversity strikes.

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