

# A PERSONAL WELLBEING BLUEPRINT - PERMA

Wellbeing is not static but dynamic. It requires small actions repeated often to build healthy habits. Martin Seligman, the founder of Positive Psychology, has identified five areas that when cultivated lead to people feeling good and functioning well. The five areas are often described as pillars of wellbeing known as PERMA.



## **POSITIVE EMOTION**

Knowing what makes us happy

## **ENGAGEMENT**

knowing what we love doing

## **RELATIONSHIPS**

knowing how we connect with others

## **MEANING**

knowing what we are doing has meaning and purpose

## **ACCOMPLISHMENT**

Knowing and celebrating our achievements and goals

Teaching is an emotional vocation that relies heavily on the relationships we form with colleagues, parents and of course students. However, relationships are only one pillar and one pillar alone cannot hold up a house. In order to better 'hold ourselves up' and best model wellbeing to students, having specific strategies that address each of the five pillars, is a first step in developing our own wellbeing plan.

Here we use PERMA as a blueprint for helping you take positive action in each of the five pillars. By doing so, you are creating your own wellbeing plan. Have a go at answering these questions and then share your responses with colleagues. Which pillar did you find easiest to answer and which pillar was more difficult? Remember the key here is to take regular positive action so you can be your best self for students.

*"We cannot tell what may happen to us in the strange medley of life. But we can decide what happens in us —how we can take it, what we do with it — and that is what really counts in the end." Joseph Fort Newton*

## POSITIVE EMOTIONS

What positive emotions do you commonly experience at work?

How could you track the good stuff that happens each day or week at school?

## ENGAGEMENT

What are your strengths at school? How do you know?  
How do you use these strengths?

How could you better spot strengths in others?

## RELATIONSHIPS

Who supports you at work? How could you thank them more?  
(This can be big or small things)

How do you connect with others? How do you uplift and encourage others?  
How could you do this more often?

## MEANING

Describe a time you felt meaningful or purposeful at work? (eg an A-ha moment for a student, a successful event you organised, etc)  
What happened? How did you feel?

## ACCOMPLISHMENT

We often say we have been busy, what have you been busy accomplishing the past 2 months?

Name 2 big or small successes you have had at work this term? How could you celebrate them?