

FIVE PILLARS TO WELLBEING

Martin Seligman, a Professor in Positive Psychology believes there are five pillars of **Wellbeing** that can help all of us flourish in life:

P – POSITIVE EMOTION

WE TAKE RESPONSIBILITY FOR OUR FEELINGS, CULTIVATING HAPPINESS AND GRATITUDE.

E – ENGAGEMENT

WHERE WE LOSE TRACK OF TIME AND EFFORT (EXPERIENCE FLOW) AND WE ARE ABSORBED AND CONNECTED TO ACTIVITIES

R – POSITIVE RELATIONSHIPS

WE CONNECT TO OTHER PEOPLE AND RELATIONSHIPS THAT PROVIDE SUPPORT, MEANING AND PURPOSE IN LIFE. POSITIVE RELATIONSHIPS HAVE AN ENORMOUS INFLUENCE ON OUR WELLBEING.

M – MEANING AND PURPOSE

WORKING ON SOMETHING GREATER THAN OURSELVES TO GIVE US MEANING AND PUPOSE

A - ACCOMPLISHMENT

WORKING TOWARDS SOMETHING TO ATTAIN MASTERY IN A VARIETY OF AREAS OF LIFE

We can apply **PERMA** to all aspects of our lives. Here is a link about how **PERMA** can help us with positive parenting:

<http://www.stritascps.qld.edu.au/wp-content/uploads/2014/08/2014-t3-w8-happy-parents.pdf>