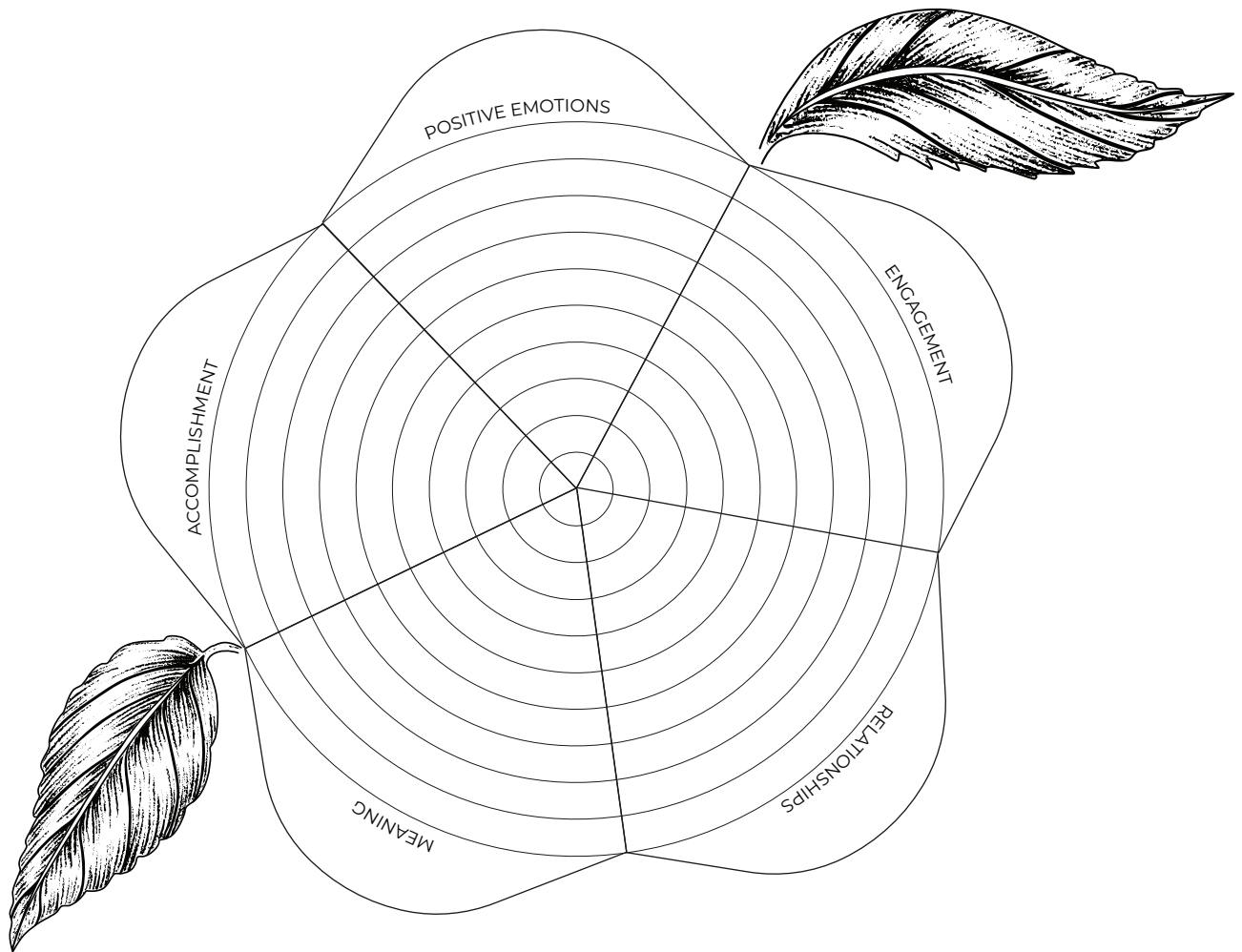


FLOURISH

the power of positive psychology

Life is not about surviving, we deserve to thrive and flourish! The science of well-being can teach us about where to put our resources for maximal benefit and overall growth. Fill in the following chart according to how you feel in each PERMA area today. Choose one at a time to focus on and strengthen.



Each category in the PERMA model of well-being is something that may be pursued for its own sake, and can increase life satisfaction regardless of the demographics of the participant. Learn more about each category on the following pages.



POSITIVE EMOTIONS

Positive emotions encompass feelings like joy, gratitude, and serenity. They contribute to overall well-being, fostering resilience and enhancing mental and physical health. These emotions broaden our perspective, build social connections, and fuel our motivation to engage with the world in meaningful ways.

REFLECT: WHAT ARE SOME WAYS YOU CAN PRIORITIZE POSITIVE EMOTIONS INTO YOUR EVERYDAY LIFE?

ENGAGEMENT

Engagement refers to a state of total immersion and absorption in an activity, where time seems to fly and actions feel effortless. It's characterized by deep concentration, intense focus, and a sense of being completely involved and energized by the task at hand. This flow state is brought about by a well-matched balance of challenge and skill.

REFLECT: WHEN DO YOU EXPERIENCE FLOW?

RELATIONSHIPS

The R in PERMA emphasizes the quality of connections and social interactions with others. Relationships encompass supportive, authentic, and meaningful connections that foster trust, empathy, and mutual respect. Strong relationships not only provide a sense of belonging and emotional support, but contribute to our overall sense of well-being.

REFLECT: HOW ARE YOU BUILDING YOUR RELATIONSHIPS AND CONNECTIONS?



MEANING

Meaning refers to a sense of purpose and significance in life, where individuals feel their actions and existence have value and contribute to something larger than themselves. It involves pursuing goals that align with personal values, leading to a sense of fulfillment and direction.

REFLECT: WHAT BRINGS MEANING INTO YOUR LIFE? WHAT RITUALS CONNECT YOU TO THAT LARGER PURPOSE?

ACCOMPLISHMENT

Accomplishment encapsulates the sense of achieving goals or milestones that are *personally* significant. It involves the realization of one's capabilities and competence, fostering feelings of pride, satisfaction, and confidence. Accomplishments, whether big or small, contribute to a sense of progress and motivation in life.

REFLECT: WHAT ACCOMPLISHMENT ARE YOU MOST PROUD OF? WHAT ARE YOU PURSUING RIGHT NOW THAT FEELS FULFILLING?

FLOURISHING

REFLECT: WHICH CATEGORY FEELS MOST INTERESTING TO FOCUS ON RIGHT NOW?
Choose one action you will take to intentionally grow your well-being and life satisfaction this week.

COLORING FOR STRESS RELIEF

Research has found that coloring for as little as 20 minutes can reduce your heartrate, slow your breathing, decrease feelings of stress and overwhelm as well as increase an overall sense of well-being.

Coloring!

It may not be the best activity for you personally, but also could be worth a try for those benefits.

Enjoy!

