

The PERMA model for wellbeing

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P = Positive Emotions

To nurture our wellbeing, we need to experience a ratio of 3 positive emotions for every negative.

E = Engagement

You need to engage in activities that you enjoy and are good at. Moments of Flow or the feeling that you're lost in the moment is a good indicator that you are engaged. Just feeling busy isn't.

R = Relationships

In the age of Facebook, many of our young (and adults too!) are getting a distorted idea of what a relationship constitutes. We need to nurture strong, robust relationships in order to have a base of support.

M = Meaning

Humans are constantly searching for meaning. Whether you derive a sense of meaning and purpose through your faith, your work, or just from helping others; meaning is a key element in enhancing your wellbeing.

A = Accomplishment

Humans need to know they are doing something, i.e. that they are improving or making a difference.

Many schools are tapping into the idea of Positive Education that looks to embed these ideas into the school curriculum. How does your school address each of these five concepts?

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