



Where there's a Will

WELLBEING WORKSHOP

QUOTE

The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life.

Martin Seligman

WELLBEING

Wellbeing is defined as the state of being comfortable, healthy, or happy. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and being able to manage stress.

More generally, wellbeing is **feeling good and functioning well**.

The science

POSITIVE PSYCHOLOGY

In 1998 Dr. Martin Seligman flipped the world of psychology on its head when instead of focusing primarily on curing mental illness, he encouraged researchers around the world to focus their efforts on building mental wellbeing and what makes life worth living.

This new approach is called positive psychology. Positive psychology builds on what is right about us. It does not ignore or suggest that we will not experience difficult and painful experiences, it teaches us the skills we need to support and manage mental health and wellbeing, assisting us ride the wellbeing wave.

Based on his research, Dr. Seligman proposed that the following elements can help elevate everyday life and provide balance:

PERMAH

POSITIVE EMOTIONS – moments of regular heartfelt positivity – spending time in nature, finding a reason to laugh, taking a break, practicing mindfulness – to fuel your resilience.

ENGAGEMENT – using your neurological strengths – the things you are good at and enjoy doing – to feel more confident, energized, and engaged.

RELATIONSHIPS – making time to genuinely connect with other people – expressing gratitude, showing kindness, being compassionate – and savouring the feelings of warmth and trust.

MEANING – understanding how what you do each day has a positive impact on others and feeling connected to something larger than yourself.

ACCOMPLISHMENT – embracing a learning mindset and challenging your fears to cultivate the grit you need to achieve what matters most.

HEALTH – eating well, moving regularly, taking time to recover and sleep deeply each day to ensure you have the energy to consistently thrive.

Each element of PERMAH helps us balance life but how much of each element depends on you and your genetic happiness set point.

Studies have found that just like muscle groups can change and strengthen with exercise, our thought patterns and habits can as well, this is called neuroplasticity.

Neuro = brain

Plasticity = changeable

Like all fitness plans, do not go too big, too fast. Research suggests when it comes to wellbeing **"tiny is mighty."**

What can I try?

- Listen to one of the podcasts or ted talks linked for greater understanding of positive psychology.
- Complete the [wellbeing wheel](#) – Rate your current levels of life satisfaction and contemplate taking the wellbeing journey with WTAW over the coming months to smooth out the bumps on your wheel.
- Please take the anonymous 5-minute survey, this survey will help WTAW capture a snapshot of our community's wellbeing literacy as we ride the waves together.
- Complete a mindful check in – Improve your self-awareness by taking time to check in with how you are feeling and rate it on the menti meter. If you are feeling uncomfortable, try and name the feeling, sit with it and breath slowly and deeply.



PODCASTS

All in the mind – **Positive psychology** – with Dr Martin Seligman

[Positive psychology—with Martin Seligman](#)

MPPW Michelle McQuaid and Peggy Kearne – **Do you have a wellbeing strategy?**

[Do You Have A Wellbeing Strategy? Podcast with Dr. Peggy Kern | Michelle McQuaid](#)

Professor Felicia Huppert - **The building blocks of wellbeing and living a good life.**

<https://www.abc.net.au/listen/programs/allinthemind/the-building-blocks-of-wellbeing/13563078>

UTUBE

TED TALK - **The new era of positive psychology | Martin Seligman**

<https://www.bing.com/videos/riverview/relatedvideo?q=%E2%80%A2%09Martin+Seligman:+The+New+Era+of+Positive+Psychology&mid=B8CC619C20789115BF8FB8CC619C20789115BF8F&FORM=VIRE>