

Ways to Thrive



We want to live happy, fulfilling lives but how can we thrive despite the daily challenges of life?

There are many ways of thinking about wellbeing and happiness. One of the co-founders of the discipline of positive psychology, Professor Martin Seligman, suggests that there are five pillars that underpin flourishing – **Positive emotion, Engagement, positive Relationships, having a sense of Meaning, and Accomplishment (PERMA).**

Engagement

Being interested and involved in life.

Positive Emotions

Experiencing positive feelings such as joy, calmness and satisfaction.

Accomplishment

The belief and ability to do things that matter most to us, achieving goals, and having a sense of mastery.



Relationships

Feeling loved, valued, and connected with others.

Meaning

Having a sense of direction, feeling that our lives are valuable and worthwhile, and connecting to something bigger than ourselves.

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PERMA provides a way to think about how you're going in life. Do you generally have more positive or negative emotions? Are you engaged and interested in life, or bored and detached? Do you have positive social relationships or feel lonely? Do you have a sense of meaning and purpose, or does life seem rather meaningless? Do you feel competent and able to accomplish what you'd like? By taking small steps each day, you can improve your wellbeing, in these five areas and beyond.

Here are a few tips to get you started:

Nurture Positive Emotions

Create more moments of heartfelt positivity in your day – spend time in nature, find a reason to laugh, go for a walk, share time with a friend, or do other simple things that you enjoy.

Build Engagement

Use your strengths – things that you're good at and enjoy doing – to help you feel more confident, energised and engaged.

Invest in Relationships

Make the time to genuinely connect with other people – express gratitude, show kindness, actively listen, and show a genuine interest in their life. Disconnect from technology and connect in person.

Cultivate Meaning

Understand that what you do each day can have a positive impact on others. Connect with your values, and let them be your guiding compass.

Grow Accomplishments

Embrace a learning mindset. Set specific achievable goals, track your progress, and celebrate successes.

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When to seek professional help

There are many ways you can improve your wellbeing and increase your satisfaction with life.

However, there may be a time when professional help from a psychologist is required. A psychologist can help you identify behaviours or thought-patterns that are impacting your wellbeing and help you make changes that will help you to thrive.

To talk to an APS psychologist, speak to your GP about a referral or contact the APS 'Find A Psychologist' service on

1800 333 497 or visit findapsychologist.org.au.

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APS

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