



# CMK

## Supporting Your Wellbeing Through Positive Psychology



# Who are CMK?

CMK (Changing Minds Kent) CIC is a passion-led, not-for-profit organisation, transforming lives through innovative and engaging wellness and wellbeing projects and programmes with local communities and workplaces.

We are a small team with a big heart, and we are delighted to be working with Life Skills Manor through your Parent & Carer Coffee Morning programme and your staff CPD.



# Wellbeing check in

How are you feeling today? Why is that?



# What factors impact our wellbeing?



It's a complex balancing act!



# Why is wellbeing important?



Wellbeing is not just the absence of illness, but a resource for our daily lives.

Being aware of what wellbeing means to each of us as individuals is important if we are to maintain and enhance our health, happiness and life satisfaction in order to thrive.

Positive psychology research has revealed what really boosts well-being.



## So, what is 'positive psychology'?

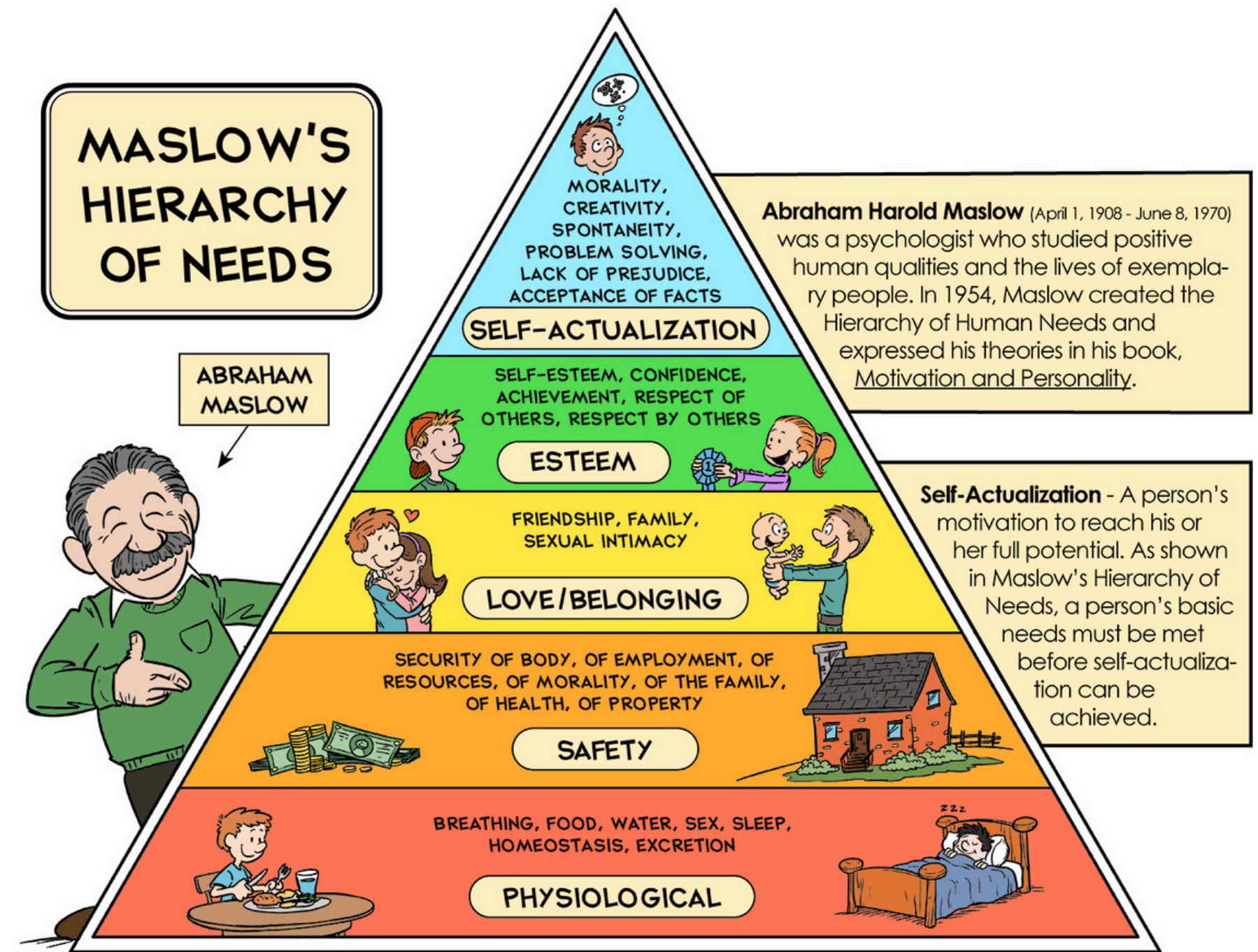
*Positive psychology is a scientific approach to studying human thoughts, feelings, and behavior, with a focus on strengths instead of weaknesses, building the good in life instead of repairing the bad, and taking the lives of average people up to "great" instead of focusing solely on moving those who are struggling up to "normal"*  
(Peterson, 2008).



# Positive psychology and wellbeing

Abraham Maslow (1962) was one of the first in the field of psychology to describe “wellbeing,” with his characteristics of a self-actualised person.

In 1998, Dr Martin Seligman (renowned American psychologist, educator, and author of many self-help books) used his inaugural address as the incoming president of the American Psychological Association to shift the focus from mental illness and pathology to studying what is good and positive in life – “positive psychology”.



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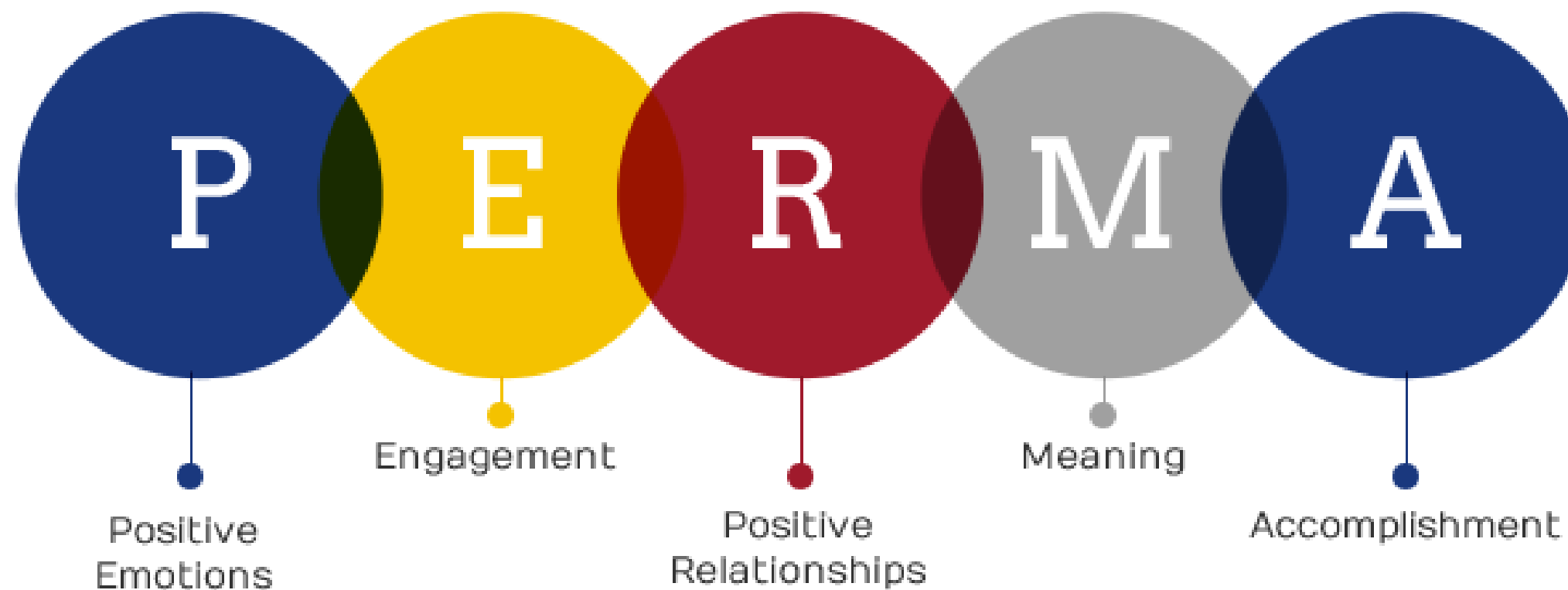


Maslow, A. (1962). *Toward a psychology of being*. D. van Nostrand.

# The PERMA model

In 2012, Dr Seligman produced his theory on positive psychology, which selected five components that people pursue because they are intrinsically motivating and they contribute to wellbeing, making life worth living and helping people to flourish.

## Introducing a New Theory of Well-Being



Research\* has also shown significant positive associations between each of the PERMA components and physical health, vitality, job satisfaction, life satisfaction, and commitment within organisations.

Source - <https://www.authentic happiness.sas.upenn.edu/zh-hans/learn>



Seligman, M. E. (2012). *Flourish: A visionary new understanding of happiness and well-being*. Atria Paperback.



Kern, M., Waters, L., Alder, A., & White, M. (2014). Assessing employee wellbeing in schools using a multifaceted approach: Associations with physical health, life satisfaction and professional thriving. *Psychology*, 5(6), 500-513.



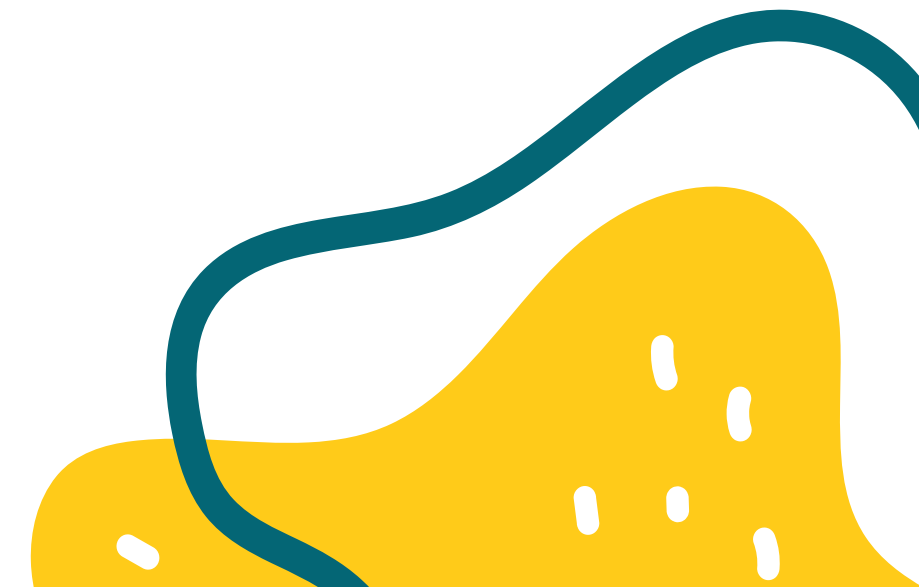
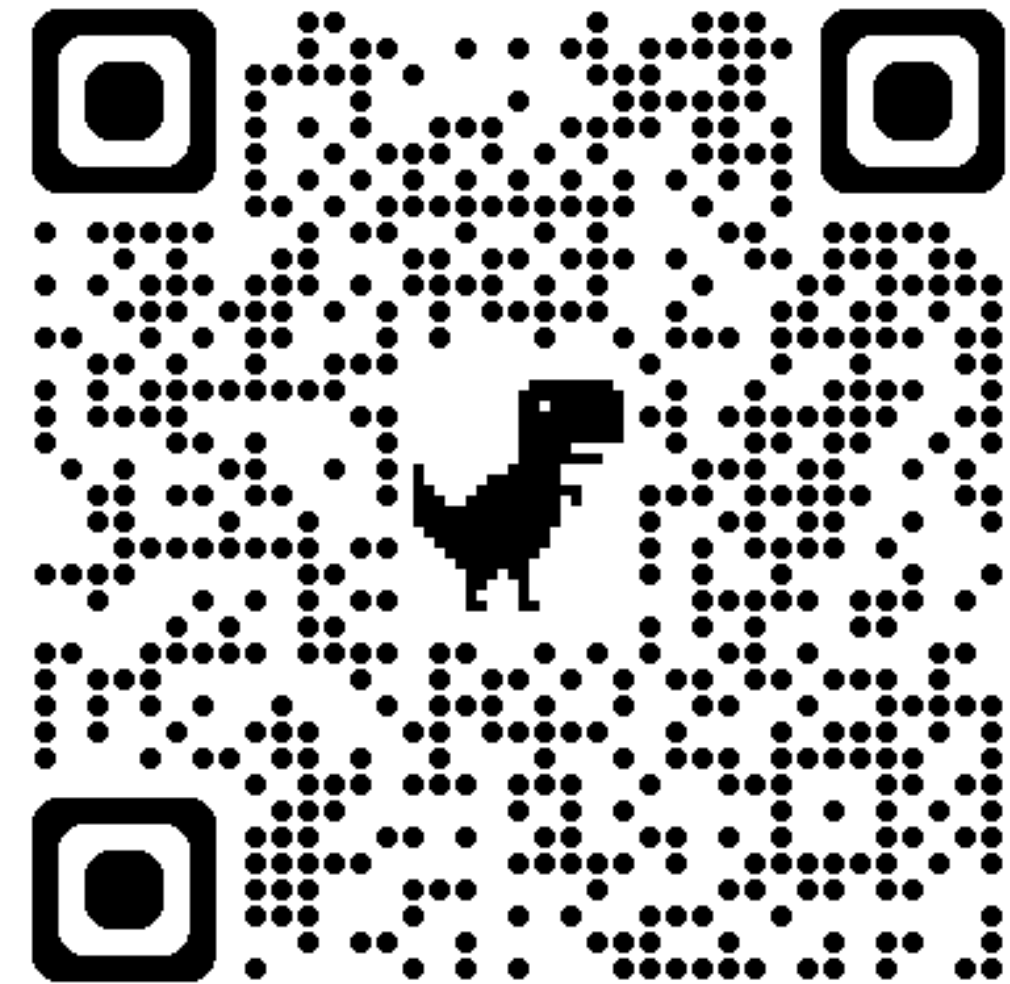
# What's your PERMA score?



Scan the QR code if you would like to complete the PERMA survey and evaluate your own personal wellbeing.

You will be invited to provide your email address before beginning the survey. This will enable us to email you with your personal results. The survey will take approximately 5 minutes to complete.

You will be asked questions relating to all 5 components of PERMA. Try to be as honest as possible in your responses and don't over-think them!





# Applying PERMA to our lives



## Positive Emotion

- Spend time with people you care about
- Do hobbies and creative activities that you enjoy
- Listen to uplifting music
- Reflect on things you are grateful for or things that are going well in your life
- Cultivate an optimistic outlook and growth mindset

## Engagement

- Allow yourself to lose track of time doing things you really love
- Practice mindfulness - living in the moment
- Spend time in nature, watching, listening, and observing what happens around you
- Identify your strengths and do things that you excel at

## Relationships

- Dedicate time to building positive friendships
- Join a class or group that interests you
- Get in touch with someone you have not seen or heard from in a while
- Smile and the people you meet - build positive connections in your everyday

## Meaning

- Try new activities to find things you connect with
- Think about how you can use your passions to help others
- Spend quality time with people you care about
- Get involved in a cause that matters to you

## Accomplishment

- Set yourself SMART goals
- Reflect on past successes
- Visualise future achievements
- Celebrate all the little wins and small steps you take towards your goals

