

POSITIVE PSYCHOLOGY

TWO MODELS TO CONSIDER

1. The PERMA model designed by Martin Seligman with five core elements that he believes can help people reach a life of fulfilment, happiness and meaning.

P - Positive Emotion - the ability to be optimistic; being able to distinguish between pleasure (bodily needs met) and enjoyment (satisfaction from intellectual stimulation).

E - Engagement - finding 'flow' and absorption

R - Relationships - authentic social connections

M - Meaning - purposeful existence

A - Accomplishments - achievement of goals leading to satisfaction

2. TED Talk by Emily Esfahani Smith

FOUR PILLARS OF MEANING

(happiness comes and goes)

(i) Belonging - Love

(ii) Purpose - using your strengths to serve others

(iii) Transcendence - through Art, Music...

(iv) Story telling - Narrative of the events of life, recognising losses, gains and insights