

# Flourishing in stressful times: Ideas for self-care using Martin Seligman's PERMA model



## Positive Emotions

What makes you feel good?

- ✓ Favourite TV, movies and music which make you smile, laugh & relax.
- ✓ Playing games with family, friends and work colleagues.
- ✓ Physical exercise and breathing techniques.
- ✓ Getting out in nature and paying attention to the sensations around you.
- ✓ Reflecting on "Three Good Things" or "What Went Well" each day.
- ✓ Keeping a gratitude diary of the things you cherish.
- ✓ Making plans for the near and distant future.



## Engagement

What "flow" activities make you lose track of time?

- Puzzles or board games.
- Musical instruments.
- Yoga or meditation.
- Writing a story, poem or a blog.
- Indulging in creative tasks such as drawing, painting or cross-stitching.
- Taking part in individual or team sports.
- Working on a new display in the garden.
- Practising a new cooking or baking recipe.
- Making a photo collage or video of a recent trip.



## Relationships

Who brings you joy, peace and support?

- ❖ Catch-ups & get-togethers in person or online.
- ❖ Showing your appreciation for work colleagues.
- ❖ Sharing photos or souvenirs with others, to remind you of good times.
- ❖ Spending a few minutes chatting to a stranger.
- ❖ Using active listening & empathy when helping someone with a problem.
- ❖ Sending a thank you card or a message that shows "I'm thinking of you".
- ❖ Reminding someone that you love them.



## Meaning

What causes and pursuits do you find important and worthwhile?

- Engaging in spiritual activities.
- Making a donation to charity.
- Sending a care package to a family or friend in need.
- Fundraising through an individual or group challenge.
- Volunteering your time in a community project.
- Sharing knowledge and teaching others about a special interest.
- Commemorating a loved one's memory.



## Accomplishment

What are your goals? How can they be achieved?

- Making a "To do" list and prioritise the tasks.
- Keeping goals S.M.A.R.T.
- Taking on new jobs and responsibilities - a different role at work.
- Starting a long-term project – some DIY at home.
- Learning something new - webinars and podcasts.
- Setting an exercise target – schedule the activities in a way which makes them rewarding and sustainable.
- Changing your work-life balance – use a planner to organise your time better.