

## The PERMAH Model

PERMAH stands for **P**ositive Emotions, **E**ngagement, **R**elationships, **M**eaning, **A**ccomplishment, and **H**ealth.

The PERMAH model is a wellbeing framework developed by positive psychologist Martin Seligman. It focuses on six elements that contribute to overall wellbeing.

### Positive Emotions:

- Positive emotions are feelings like joy, happiness, and excitement.
- They help us feel good and improve our overall well-being.
- Examples of positive emotions include laughter, gratitude, and contentment.

### Engagement:

- Engagement means being fully involved and focused on activities we enjoy.
- It could be playing a sport, drawing, reading a book, or solving puzzles.
- When we are engaged, time flies, and we feel a sense of accomplishment.

### Relationships:

- Relationships are connections we have with family, friends, and others.
- They provide us with love, support, and a sense of belonging.
- Building positive relationships helps us feel happier and more connected.

### Meaning:

- Meaning refers to having a sense of purpose and feeling that our lives matter.
- It could be doing things that are important to us, helping others, or making a difference.
- Finding meaning gives our lives a sense of direction and fulfillment.

### Accomplishment:

- Accomplishment is about setting goals and achieving them.
- It could be getting good grades, learning a new skill, or finishing a project.
- Accomplishments boost our confidence and give us a sense of pride.

### Health:

- Health refers to taking care of our physical and mental well-being.
- It includes eating nutritious food, getting enough sleep, and exercising regularly.
- When we prioritize our health, we feel better and have more energy.

### Important to note

It's an evidence-based framework that helps us understand the different elements that contribute to our overall wellbeing.

By being pro-active and learning strategies based on PERMAH, we can work towards leading happier and more fulfilling lives.

