

# BACKGROUND



The Polk County  
Wellness Coalition



The Norman-Mahnomen  
IMPACT Coalition

This toolkit is intended to work toward the improvement of health and wellness in the Northwest Minnesota region.

Achieving and maintaining mental and physical health can be challenging. It is critical to nurture both as one affects the other.

To promote mental well-being, **Be Well** was launched as a community-based initiative to:



- 1 support health through happiness and meaning via proven resiliency tools;
- 2 aim for a community that flourishes by practicing **Positive emotion, Engagement, Relationships, Meaning, and Accomplishments (PERMA)**



This toolkit is developed to be used at

HOME, WORK, SCHOOL, FAITH-BASED COMMUNITIES, AND/OR SOCIAL CLUBS.

It is filled with encouragement and simple ideas to use and is rooted in concepts of Positive Psychology and the work of Dr. Martin Seligman, Dr. Corey Keyes, and Dr. Brené Brown.

**Dr. Martin E. P. "Marty" Seligman:** American psychologist, educator, and author of self-help books. Known as the founder of Positive Psychology and a strong promoter within the scientific community of his theories of positive psychology and well-being.

**Dr. Corey Keyes:** American sociologist and psychologist known for work with positive psychology.

**Dr. Brené Brown:** Research professor and author of five #1 New York Times bestsellers who has spent decades studying courage, vulnerability, shame, and empathy.

## WHAT IS POSITIVE PSYCHOLOGY?

The study of human strengths that enable communities and individuals to thrive and build on the principle that people want to lead meaningful lives, cultivate what is best within themselves, and enhance their experiences of love, work, learning, worship, and play.

**TOGETHER WE CAN** *build a better future!*