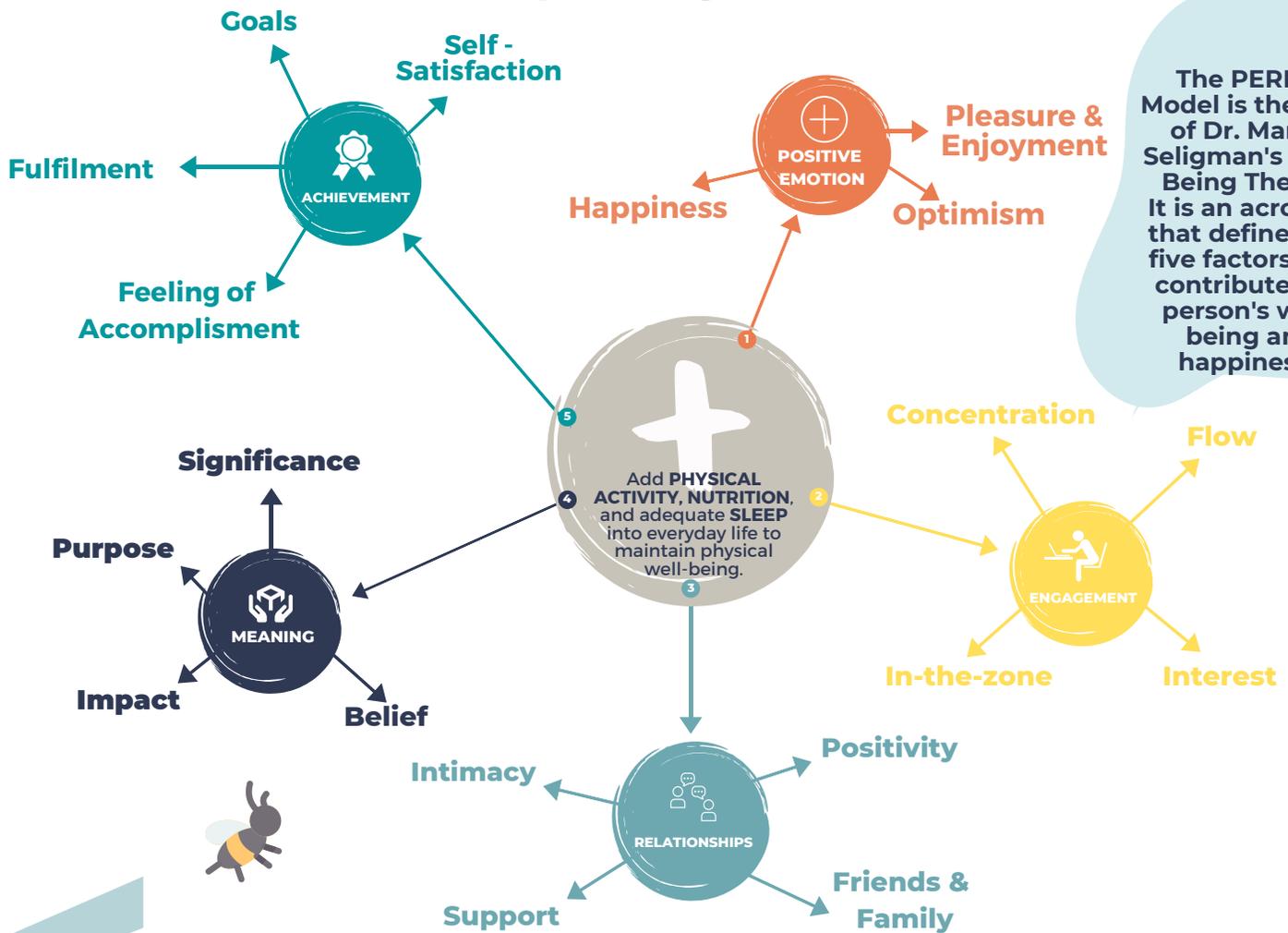


PERMA Enhancing Practices

with corresponding PERMA Elements



The PERMA Model is the core of Dr. Martin Seligman's Well-Being Theory. It is an acronym that defines the five factors that contribute to a person's well-being and happiness.

1. Kindness (P, M)

Kindness practices include everyday acts of kindness that do not require money or skill. Participants will learn research-backed benefits of kindness and gain ideas for incorporating kindness into everyday life.

2. Gratitude (P, R)

Having gratitude can be as effective as medication for improving a person's mood and can last longer! You will learn the benefits and how to practice gratitude. You can change your life in less than 10 minutes a week, What is there to lose?

3. Finding your Flow (E, A)

Have you ever lost track of time when doing something you enjoy that brings you happiness and makes you feel energized? If so, you may have experienced something called "Flow," which is essential for well-being. During this practice period, you will learn about flow and how to achieve more of it in your life.

4. Connection (R, E)

We are wired for connection: we need others to survive and to thrive. In a world filled with online communication, it is important to be reminded of why connection is vital. You will learn how simple acts of connection and small changes in relationships can improve your well-being and help you live longer.

5. Values (M, A)

How do you know what is most important, which battles to choose and if you did the right thing? Having a sense of your values is vital in answering these questions and finding more meaning in life. This practice will help you discover your personal values, put them into place, and identify the thoughts and behaviors that let you know you are on the right track.

TOGETHER WE CAN *build a better future!*