

# Additional Resources

Positive Psychology

## Exercise: Write these five things down and describe how you felt

**P**

Something you experienced recently that was related to fun, amusement, joy or pleasure.

**E**

Something you experienced where your attention was particularly focused and you were not aware of your surroundings.

**R**

A recent positive experience with others.

**M**

Something you experienced recently that was personally significant and meaningful.

**A**

Something you experienced recently where you were successful or you felt you did something really well.

# Tips to Implementing PERMA

Positive Emotion	Engagement	Relationships	Meaning	Achievement
<ul style="list-style-type: none"> <li>• Write three good things that went well. Reflect, why did they go well?</li> <li>• Call a friend that makes you laugh or smile</li> <li>• Share highlights of the day/week/month</li> <li>• Listen to uplifting music</li> </ul>	<ul style="list-style-type: none"> <li>• Be here now</li> <li>• Concentrate/focus on task (being in the zone or in “flow”)               <ul style="list-style-type: none"> <li>➤ “flow” - become one with the activity, lose a sense of time</li> </ul> </li> <li>• Use your signature strengths and talents to meet your highest challenges</li> <li>• Read a book, play an instrument, work in the garden, solve a puzzle, engage in a captivating conversation</li> </ul>	<ul style="list-style-type: none"> <li>• Be an attentive listener and make eye contact</li> <li>• Support someone during a difficult time</li> <li>• Dedicate time each day to authentically connect with someone.</li> <li>• Reflect on positive experiences with others</li> </ul>	<ul style="list-style-type: none"> <li>• Help a neighbor or family member in need</li> <li>• Volunteer or provide service in your community</li> <li>• Join a club or organization that aligns with your values</li> <li>• Nurture a pet, child, or plant</li> <li>• Use <a href="http://volunteermatch.org">volunteermatch.org</a> to find local opportunities to give back</li> </ul>	<ul style="list-style-type: none"> <li>• Set SMART goals</li> <li>• Practice something until you feel a sense of mastery</li> <li>• Complete a challenging puzzle</li> <li>• Grow produce in your garden</li> <li>• Participate in a competition</li> <li>• Care for a child or pet</li> </ul>

# Ideas for Meaningful Activities

- Go for a walk
- Play a sport
- Ride the bus
- Go to a library
- Go to a free concert
- Watch a movie or play
- Go to a social or support group
- Read a sacred or meaningful text
- Study a sacred text with others
- Go out with friends
- Call a friend or family member
- Clean your room or apartment
- Organize one area of your living space
- Go shopping
- Have a picnic
- Go to the park
- Go to a museum
- Do yoga
- Exercise/Work out
- Teach someone something
- Cook your favorite meal
- Make your favorite dessert
- Read a magazine or newspaper
- Write a letter to a friend/family member
- Listen to the radio
- Read a book
- Listen to an audiobook/podcast
- Read a magazine/newspaper
- Sing a song
- Play an instrument
- Listen to music
- Dance to your favorite song
- Draw or paint a picture
- Take a nap
- Do a puzzle
- Play a board game
- Write a story
- Sudoku/Crossword Puzzles
- Play a card game
- Go swimming
- Gardening
- Write down the best thing that happened today
- Write a journal entry
- Style your hair/do your makeup
- Play with an animal
- Volunteer at an organization that has helped you in the past
- Learn something new

# Helpful Questions to Ask

- What are you grateful for today?
- What went well today/this week/this month? Why did it go well? What strengths/skills did you use?
- When is the last time you were so absorbed in something that you lost track of time?
- Where do you feel safe and supported (with certain people, in a certain place)?
- What are you proud of?

# Helpful Questions to Ask Yourself

- How do I help individuals cultivate positive emotions, even in hard or stressful circumstances?
- How can I help individuals find opportunities to learn new skills, use their strengths, etc.?
- Where in the community can individuals feel connected or feel a sense of belonging?
- What are the person's personal values?
- What are the person's hopes and dreams for the future?

## Take the Strengths Finder Questionnaire:

- [VIA Character Strengths Survey](#)

## Learn more about Positive Psychology and PERMA:

- Ted Talk with Martin Seligman – [\*The New Era of Positive Psychology\*](#)
- University of Pennsylvania - [Positive Psychology Center](#)
- University of Pennsylvania - [Authentic Happiness Website](#)