

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

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 Members

- 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 my members cultivate positive emotions, even in hard or stressful circumstances?
- How can I help our members find opportunities to learn new skills, use their strengths, etc.?
- Where in the community can members feel connected or feel a sense of belonging?
- What are my member's personal values?
- What are my member'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](#)