



PERMA Profiler

Fact Sheet

Why is Meaning Making Important?

Meaning Making is the process of how we interpret, understand, or make sense of life events, relationships, and ourselves. Experts in Positive Psychology believe you can discover meaning through doing a good deed, experiencing a value, learning new skills, and even experiencing suffering.

Meaning Making is important because it helps us cope with things that happen throughout our lives – both positive and negative. It helps us study thoughts, feelings and behaviors, with a focus on our strengths to build up the good in life. Basically, having a sense of purpose is associated with both physical and mental well-being.

By pursuing meaning in your life, you can get a sense of fulfillment and the belief that you are living well. Research shows there is a strong connection between happiness and meaning. What is the largest benefit of Meaning Making? It can help change your perspective of life from unfortunate to fortunate.

By focusing on meaning, you may see a decrease in anxiety, depression, hopelessness, and physical symptom distress. You may also see an improvement in your quality of life and emotional well-being.

What can I expect from my care team?

- **Balance:** Identifying positive and negative experiences across your life to help distinguish the valuable moments that give purpose to your life.
- **Collaboration:** We are here to support you and to do that, we must understand you and your experiences. We'll talk about successes, barriers, set goals, and have tough conversations. We'll do it together with you and those that are closest to you.
- **Care:** Free from judgment, even if we don't agree with you.
- **Honor:** We respect individual goals, even if they're different from what we hope for you.
- **Flexibility:** We aren't directive. We won't tell you what to do, but we will recommend or advise.
- **Value:** Your values represent what is important to you. We will make recommendations that align with your values.
- **Dignity:** We will work to preserve your self-respect and self-esteem while helping you see where you have demonstrated meaning.

What is PERMA?

There are five key areas to feeling fulfilled and satisfied with yourself and within your community. These are referred to as PERMA, and it is the foundation for helping you focus on what's good and working in your life.

| P | E | R | M | A |
|--|---|--|---|---|
| Positive Emotion | Engagement | Relationships | Meaning | Achievement |
| Experiencing joy, satisfaction, cheerfulness Learned optimism | Meaningful activities Experience of flow Strengths based Mindfulness | Authentic connections Feeling connected to and valued by others | Feeling purposeful Personal values Altruism | Sense of accomplishment, pride and mastery Strengthens self-esteem |