





The background features a large, irregular yellow shape on the left side, with a white outline. To the right, there are several abstract lines: a solid green line that curves downwards from the top right, and two dotted lines, one orange and one yellow, that also curve downwards from the top right. The overall aesthetic is clean and modern, with a focus on organic shapes and a warm color palette.

you
are part of a
caring
campus
community

Psychology

psychologist Martin Seligman's PERMA model of well-being

Positive Psychology: The Science of Well-Being

PERMA is an acronym for the five elements of well-being: Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment.

PERMA is a model of well-being that focuses on the positive aspects of life. It is based on the idea that well-being is not just about feeling good, but about living a meaningful and purposeful life.

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What is Seligman's PERMA Model?

Dr. Martin Seligman's PERMA model is a theory of well-being that focuses on five key elements: Positive Emotion, Engagement, Relationships, Meaning, and Achievement. These elements are interconnected and work together to create a sense of purpose and fulfillment in life.

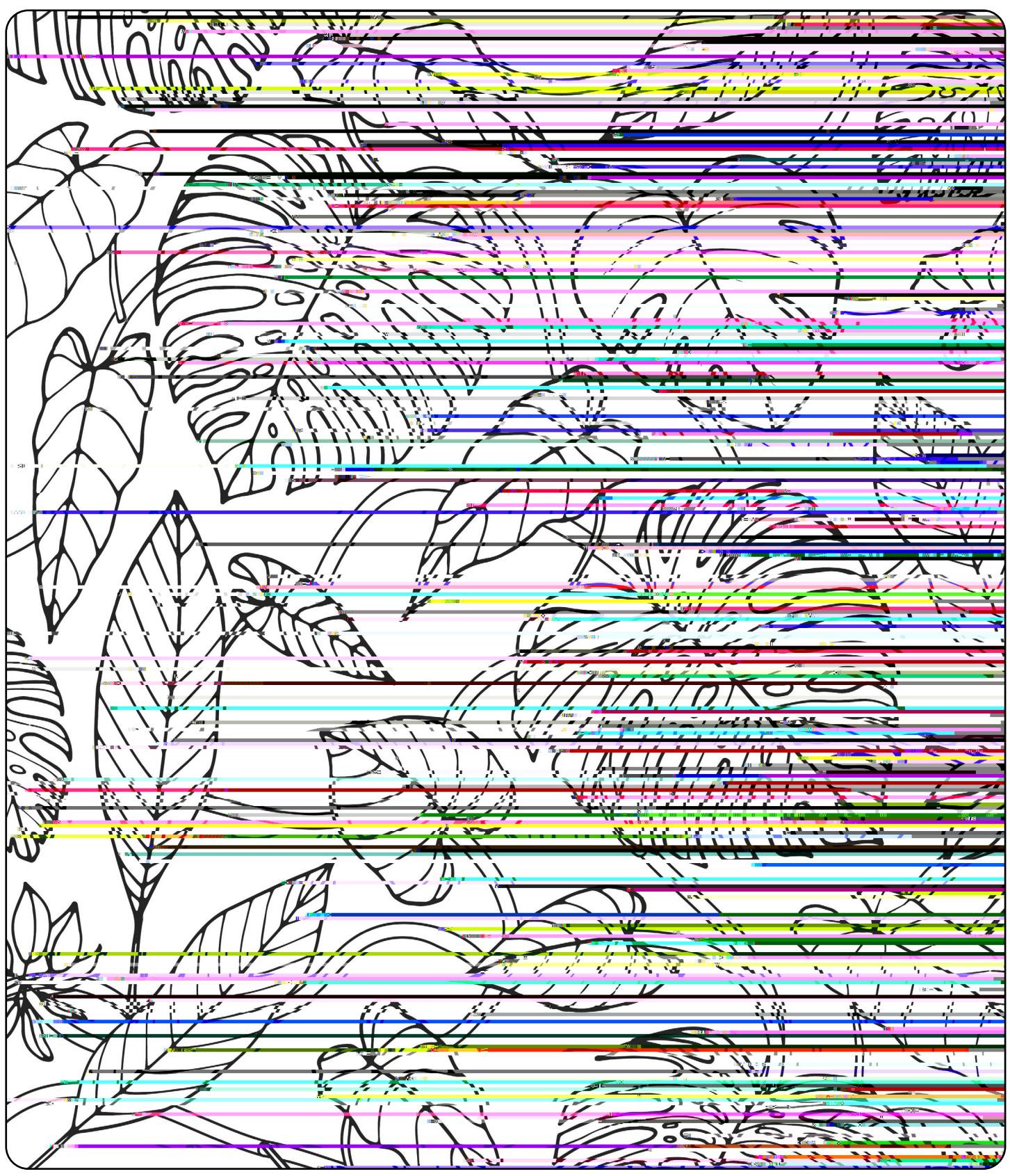
Think about how you might support yourself or others in each area.

Positive emotion	Examples	Fill in your own
Feeling joy, hope and contentment	<ul style="list-style-type: none"> • Go for a walk • Put on a favourite song or album 	
Engagement	Examples	Fill in your own
Feeling attached, involved and able to concentrate on activities	<ul style="list-style-type: none"> • Cook a favourite meal • Attend a group fitness activity 	
Relationships	Examples	Fill in your own
Feeling connected, supported and cared about	<ul style="list-style-type: none"> • Catch up with a good friend • Show gratitude to a peer or colleague 	
Meaning	Examples	Fill in your own
Feeling valued and connected to something greater than oneself	<ul style="list-style-type: none"> • Engage in a volunteer activity • Send a care package to a loved one who might need it 	
Achievement	Examples	Fill in your own
Progressing towards goals, feeling capable and experiencing a sense of accomplishment	<ul style="list-style-type: none"> • Make a to-do list and prioritize the tasks • Set an exercise or fitness target 	



Notebook colouring pages

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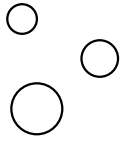
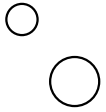


Developing a self-care plan

Developing a self-care plan involves identifying your needs and creating a plan to meet them. This plan should be tailored to your individual needs and preferences. It should include activities that promote physical, mental, and emotional well-being. The plan should be flexible and adaptable to changes in your life. It should also be a priority in your daily routine. Self-care is not a luxury; it is a necessity for maintaining good health and well-being. **Body, Mind and Spirit**

Self-care can also involve what you *don't* do.

Self-care can also involve what you *don't* do. This means setting boundaries and saying no to activities that drain your energy or cause stress. It also means taking breaks and not overworking yourself. Self-care is about taking care of yourself, not just doing things for yourself.



Gratitude reflection

Gratitude is a powerful emotion that can help you feel more positive and fulfilled. It's a way of looking at the world and recognizing the good things in it. Gratitude is a feeling of thankfulness or appreciation for what you have. It's a way of looking at the world and recognizing the good things in it. (M. 1.1.1)

Utilize the prompts below to identify what you're grateful for.

The best part of my day today was:

I'm grateful for my body because:

I'm grateful for my family and/or friends because:

The thing I like most about myself is:

I'm grateful for my past because:

The resources I'm grateful to have access to are:

My favourite local public place to spend time at is:

Goal-setting

Goal setting is a process that involves setting specific, measurable, achievable, relevant, and time-bound goals. The acronym SMART is used to remember the key elements of goal setting.

1. Fill in the blank with the correct word from the list below.

2. Adjust the goal to make it SMART.

a. I want to be a professional athlete.

b. I want to be a professional athlete.

c. I want to be a professional athlete.

d. I want to be a professional athlete.

Now make it SMART

Specific	Get specific with what your goal is e.g., Run a half/Ct3Se5g., Run a half/Ct3Se5g., Run a hm(Ge) 1(k) 0 mee 2 0 0 11at a hT0.3 0 B03hcu) 0 Ge) 1(k) 0 Da hble	

Identifying connections

People I can talk to:

e.g., Specific friends or family members

e.g., Mentor or community leader

Where I might go to build my connections:

e.g., Volunteer at an organization based around my interests or values

e.g., Group exercise

What I need from my community:

e.g., Support with grief

e.g., Help with a physical task

What I can provide my community:

e.g., Homecooked meal for a new parent

e.g., Text check-in with a long-distance friend

