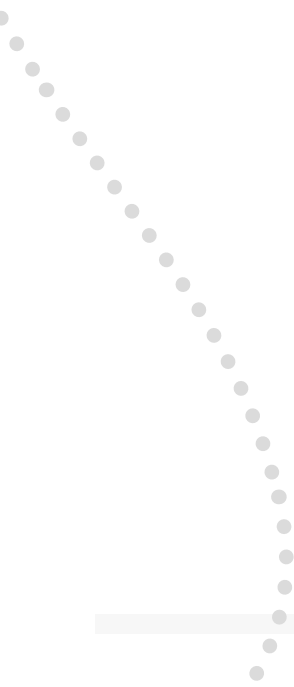


Presented by UCalgary's Community Mental Health and Well-Being Strategy, Student Wellness Services and Staff Wellness





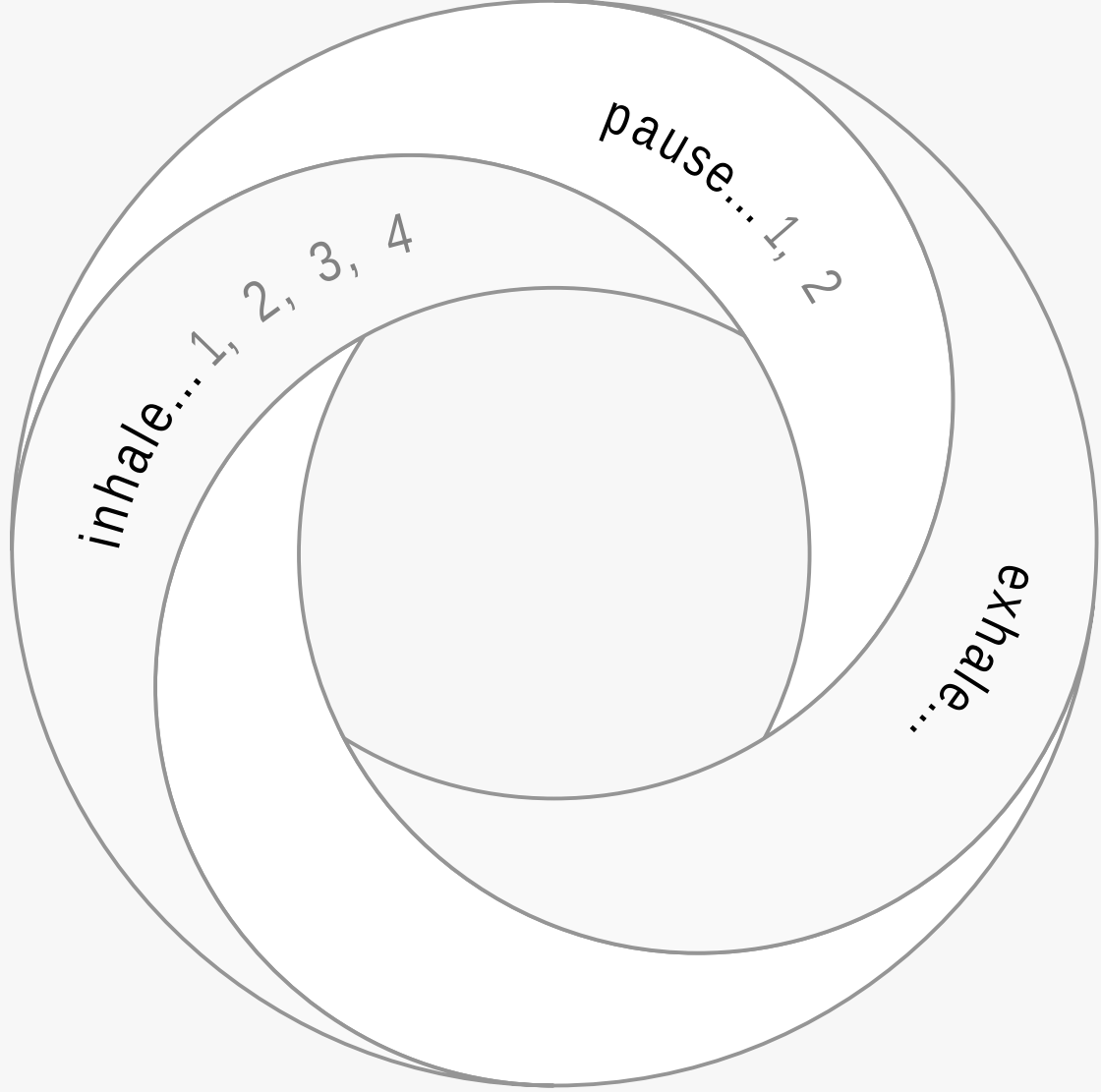


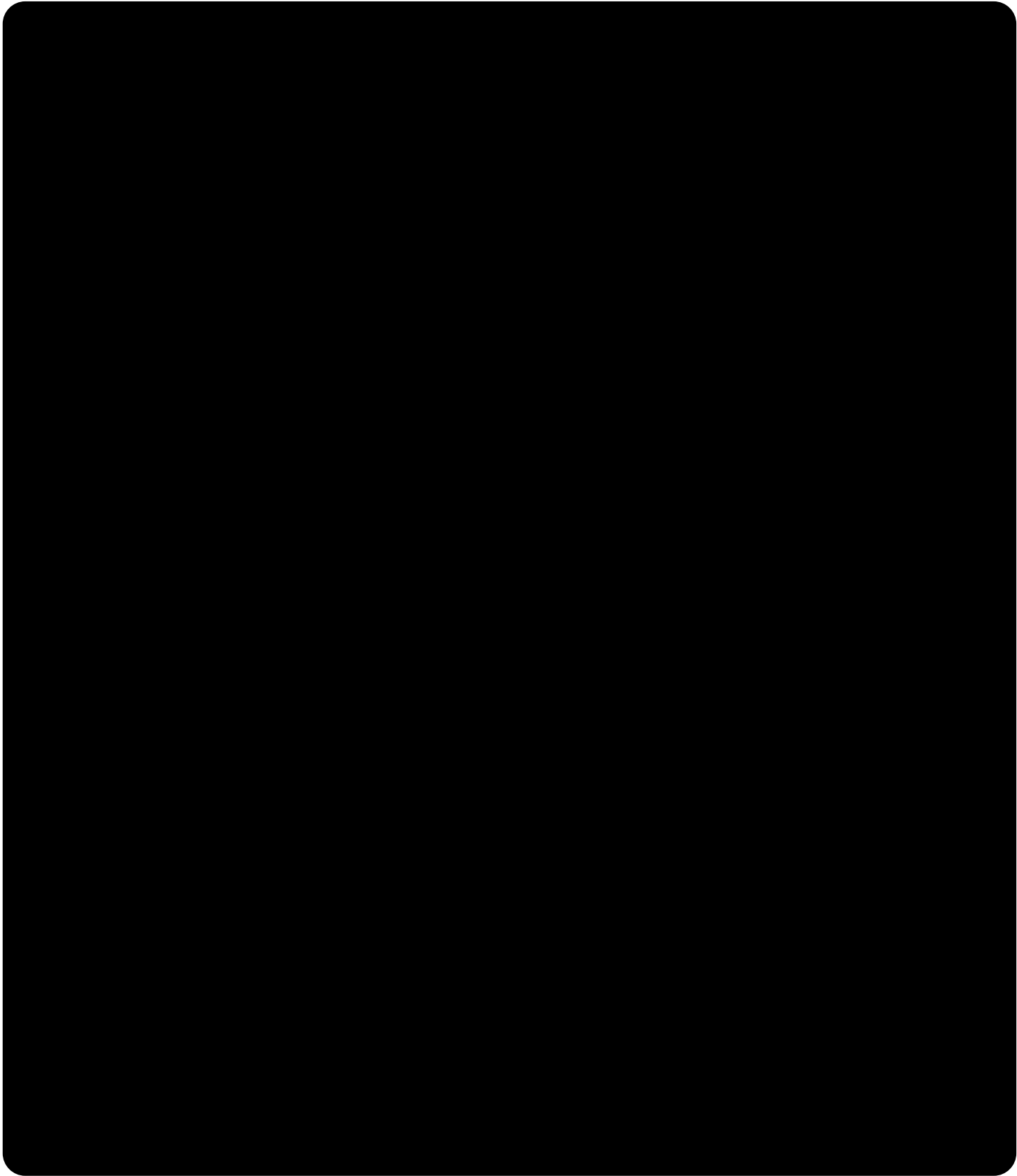
What is Seligman's PERMA Model?

Developed by psychologist Dr. Martin Seligman, the PERMA "flourishing" model uses five elements to understand well-being: **P**ositive emotion, **E**ngagement, **R**elationships, **M**eaning and **A**chievement/**A**ccomplishment.

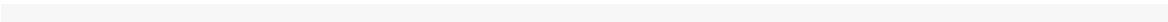
Let's explore a bit further. We've defined each element of the PERMA model and given an example.

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



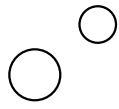
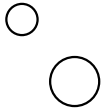


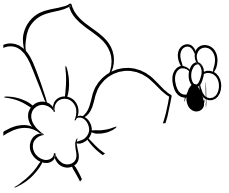
Strategies for stress



Developing a self-care plan

Self-care can look different for everyone, but it generally involves anything we do to take care of our health and well-being.





Storytelling with strengths

We all have beliefs about ourselves that can reinforce the way we feel, think and act.

For this activity, consider your strengths.

Select three words that fit the strengths you have or have possessed in the past. If you think of others, write them in the blank boxes. If you are

Goal-setting

Goals can help give us direction and move us towards positive change or achievement, helping us build resilience and a sense of accomplishment. In this activity, we'll set a goal that is SMART: **S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-bound.

The structure of a SMART goal helps us keep our goals achievable and within our abilities.

1. First, think of an area of focus to consider. This could be a regular review, limiting procrastination, preparing for exams or big presentations.

2. Ask yourself some questions about the focus area:

a. What would you like to achieve? _____

b. Why is it important to you? _____

c. What do you want to gain from reaching the goal? _____

d. What degree of control do you have over this goal? _____

Now make it SMART

Identifying connections

Strong social ties help us feel valued and supported, and can be strong protective factors to our well-being.

Relationships can encompass many connections we have with others, whether that be a romantic partner, a friend, a family member, a mentor, colleagues or other peers in our lives.

Think of the connections you have now that are important, ones you want to nurture, others you can actively build, what you might need from your connections and how you can support them.

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

Notes

A large rectangular area with rounded corners, containing 25 horizontal lines for writing notes. The lines are evenly spaced and extend across most of the width of the page.

Notes

A large, empty rectangular area with rounded corners, designed for taking notes. It contains 25 horizontal lines spaced evenly down the page.

