

Well-being Booster

Reflection exercises designed for positive campus life



*“ There is no
excellent beauty
that hath not
some strangeness
in the proportion.”*

-Francis Bacon



ABOUT THIS GUIDE

It is

To increase well-being and prevent mental health issues, the field of positive psychology researches what makes humans flourish in life. After decades of researching the flaws and deficiencies of the human mind, the psychologist Martin Seligman began to research what makes us happy in the 90's. In his research on well-being, Seligman (2011) summarised five pillars of well-being in the acronym PERMA. In this guide you will discover these five pillars and reflect on where you are at.

It does

"Where are you at"- Enhancing your well-being by reflecting on the PERMA element you are strong at or you can improve on.

"PERMA Booster"-Brainstorm how to improve your well being with small steps.

You need

- ♦ Delicate 1 hour to focus on doing the "Where are you at" test and reflection;
- ♦ About 10min to reflect on each "PERMA booster" element.
- ♦ Laptop
- ♦ (Pen & paper)



Scan to read article:

"Where are you at? Use insights from positive psychology to improve your wellbeing."

(URL link: <https://www.centre4innovation.org/stories/where-are-you-at-use-insights-from-positive-psychology-to-improve-your-wellbeing>)

Where are you at?

Build your well-being profile

BEFORE YOU START

Let's first take some time to see where you are at on each of the elements. Take the **PERMA PROFILER TEST** first, then go to the next card to start reflecting.

www.purposeplus.com/survey/perma-profiler/

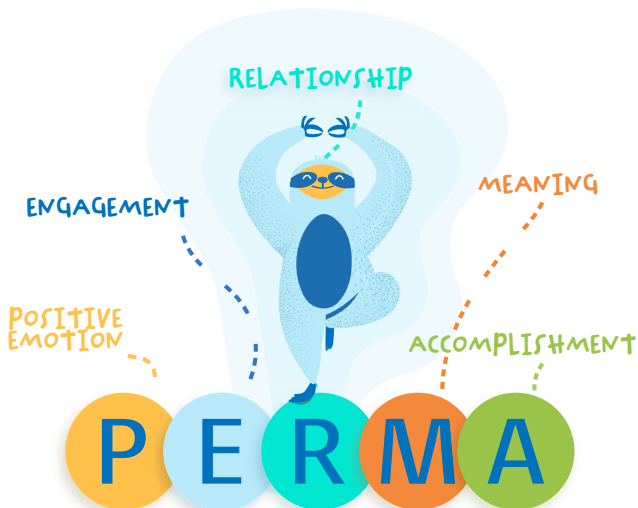
Fill in your PERMA score here:

P.____ E.____ R.____ M.____ A.____

Optional step:

Come back to this test in 8 weeks, notice if there is any change:

P.____ E.____ R.____ M.____ A.____



REFLECTION I

Take 15 minutes to reflect on your sources of positive emotion, engagement, positive relationships, meaning and accomplishment.

Positive Emotions

What brings you positive emotion?

Engagement

What activities do you get completely absorbed in?

Positive Relationship

What relationships bring you joy and support? What do you do to nurture them?

REFLECTION I

Take 15 minutes to reflect on your sources of positive emotion, engagement, positive relationships, meaning and accomplishment.

Meaning

What larger purpose or cause do you feel drawn to or connected to?

Accomplishments

What are some things you have accomplished in the last month?



REFLECTION II

Take the next 15 minutes to take a step back and read what you have written down. When you have finished reading your responses move on to the questions below:

What areas are your strongest?

What elements could use more attention?

What is a monthly activity you can organise that would support your well-being?

What is something you can do daily to experience more joy in your learning activities?

P.E.R.M.A. Booster!

Small steps toward feeling fulfilment

BEFORE YOU START

Now you know where you are at you can start thinking of ways to increase your well being on some of the pillars. Under each pillar there are some suggestions of activities. Since what works for us might not work for you it is best to come up with your own activities. Spend some time brainstorming activities for each pillar.

If you have come up with some good ideas and want some help putting them into practice, here is a link to [how to reach your goals by creating a new habit.](#)

Additional reading-How to form new habits through reflection:
<https://www.centre4innovation.org/stories/how-to-form-new-habits-through-reflection/>



PERMA BOOSTER

Positive Emotions

What makes you happy?

- ♦ Write down everything that makes you laugh this week
- ♦ Watch a show by your favourite comedian
- ♦ Go for a walk with a friend

List your own positive emotion boosters here...



hope, interest, joy, love, compassion, pride, amusement, gratitude

PERMA BOOSTER

Engagement

What makes you lose track of time?

- Yoga
- Take care of our plants
- Create a photo album of your last trip

List your own positive emotion boosters here...



flow state, in the zone, focus, full involvement

PERMA BOOSTER

Relationship

When do you feel connected to people around you?

- ♦ Call someone to catch up
- ♦ Create a collaborative play-list with friends and family
- ♦ Cook dinner with a friend

List your own positive emotion boosters here...



family, friends, acquaintances, partners, mentors, community

PERMA BOOSTER

Meaning

When do you feel connected to something greater than yourself?

- Volunteer at an animal shelter
- Share your knowledge on something you are passionate about
- Reflect on why certain activities make you lose track of time

List your own positive emotion boosters here...



purpose, mission, value, belief, life satisfaction

PERMA BOOSTER

Accomplishment

What are your goals?

- Every morning to write down three things you want to do today
- Follow a schedule to be able to run 5 km in one month
- Learn something new by listening to podcast or following a course

List your own positive emotion boosters here...



goal setting, measure success, time management, reward

PERMA BOOSTER

One last step...

- Can you think of moments in the future when you might need a boost?
- Write down all the moments and set reminders in your calendar to check where you are at in these time.



List the upcoming moments when you might need an well-being booster booster...



Stay tuned for more mindfulness exercises!