

The background is a light yellow color with several realistic water droplets of various sizes scattered across it. In the center, there is a faint, light-colored circular graphic that resembles a stylized globe or a network of connections.

WELL BEING THROUGH *PERMA*

DR. BIDITA DAS
DEPT. OF PSYCHOLOGY
HANDIQUE GIRLS' COLLEGE

POSITIVE PSYCHOLOGY

- TRADITIONALLY, A MAJOR FOCUS OF PSYCHOLOGY HAS BEEN TO RELIEVE HUMAN SUFFERING.
- HUMAN STRENGTHS IS AS AUTHENTIC AS HUMAN PAIN.
- REMOVAL OF PAIN OR DISABLING CONDITIONS DOES NOT IMPLY THAT LIFE IS FULL OF ENABLING CONDITIONS.
- SUFFERING AND WELL-BEING ARE BOTH PART OF THE HUMAN CONDITION AND PSYCHOLOGY SHOULD CARE ABOUT EACH.

HAPPINESS

- HAPPINESS SHARES A COMMON MEANING WITH THE TERM SUBJECTIVE WELL-BEING (SWB)
- 'SUBJECTIVE' MEANING FROM THE POINT OF VIEW OF THE CONCERNED INDIVIDUAL.
- FOR MOST OF US, A GOOD LIFE IS PARTICULARLY THE ONE WHERE PLEASANT EXPERIENCES OUTNUMBER BAD EXPERIENCES WHICH IS THOUGHT TO BE A HAPPY LIFE.
- BUT SWB IS DEFINED AS LIFE SATISFACTION, PRESENCE OF POSITIVE AFFECT AND RELATIVE ABSENCE OF NEGATIVE AFFECT.

- HAPPINESS IS EVERYTHING OR IS IT?
- ARE HAPPY PEOPLE ALSO MENTALLY HEALTHY PEOPLE?
- IT IS HARD TO IMAGINE PEOPLE WITH DEPRESSION AND ANXIETY TO BE HAPPY.
- AT THE SAME TIME, PEOPLE WITH DELUSIONS OF GRANDEUR OR PEOPLE WHO DERIVE PLEASURE IN OTHERS' PAIN ARE HAPPY, BUT ARE THEY MENTALLY HEALTHY?
- THEREFORE THE CONCEPT OF HAPPINESS OR SWB HAS SOMETHING WHICH IS *MISSING*.



WELL-BEING

- WELL-BEING IS DESCRIBED AS GLOBAL COMBINATION OF EMOTIONAL WELL-BEING, PSYCHOLOGICAL WELL-BEING AND SOCIAL WELL-BEING.
- IT IS A BROADER AS WELL AS AN INCLUSIVE CONCEPT THAN SWB.
- THEREFORE THIS THREE DIMENSIONAL MODEL OF WELL-BEING HAS BEEN ACCEPTED AS A VALID UNDERSTANDING OF THE CONCEPT OF A 'WHOLE LIFE' BY POSITIVE PSYCHOLOGY THEORISTS.

EXERCISE

THE FOLLOWING SLIDE HAS 8 STATEMENTS WITH WHICH YOU MAY AGREE OR DISAGREE. USING THE 1–7 SCALE BELOW, INDICATE YOUR AGREEMENT WITH EACH ITEM BY INDICATING THAT RESPONSE FOR EACH STATEMENT.

- 7 - STRONGLY AGREE
- 6 - AGREE
- 5 - SLIGHTLY AGREE
- 4 - NEITHER AGREE NOR DISAGREE
- 3 - SLIGHTLY DISAGREE
- 2 - DISAGREE
- 1 - STRONGLY DISAGREE

- I LEAD A PURPOSEFUL AND MEANINGFUL LIFE
- MY SOCIAL RELATIONSHIPS ARE SUPPORTIVE AND REWARDING
- I AM ENGAGED AND INTERESTED IN MY DAILY ACTIVITIES
- I ACTIVELY CONTRIBUTE TO THE HAPPINESS AND WELL-BEING OF OTHERS
- I AM COMPETENT AND CAPABLE IN THE ACTIVITIES THAT ARE IMPORTANT TO ME
- I AM A GOOD PERSON AND LIVE A GOOD LIFE
- I AM OPTIMISTIC ABOUT MY FUTURE
- PEOPLE RESPECT ME

CALCULATE TOTAL SCORE

EMOTIONAL WELL-BEING

- POSITIVE AFFECT : EXPERIENCE OF POSITIVE EMOTIONS LIKE JOY AND HAPPINESS
- NEGATIVE AFFECT : ABSENCE OF EMOTIONS SUGGESTING LIFE IS UNPLEASANT
- LIFE SATISFACTION : SENSE OF CONTENTMENT WITH LIFE
- HAPPINESS : HAVING A GENERAL FEELING AND EXPERIENCE OF CONTENTMENT AND JOY.

PSYCHOLOGICAL WELL-BEING

- SELF ACCEPTANCE: POSITIVE ATTITUDE TOWARDS SELF, ACCEPTING ONE'S PAST AND ITS VARIED ASPECTS.
- PERSONAL GROWTH: FEELING OF CONTINUED DEVELOPMENT AND EFFECTIVENESS, OPEN TO NEW EXPERIENCES.
- PURPOSE IN LIFE: HAVING GOALS AND BELIEFS THAT GIVE DIRECTION TO LIFE
- ENVIRONMENTAL MASTERY: FEELING OF COMPETENCY TO MANAGE COMPLEX ENVIRONMENT, CREATING PERSONALLY SUITABLE LIVING CONDITIONS.

- AUTONOMY : FEEL COMFORTABLE WITH SELF DIRECTION, POSSESS INTERNAL STANDARDS AND RESIST NEGATIVE PRESSURES FROM OTHERS.
- POSITIVE RELATIONS WITH OTHERS : WARM, SATISFYING AND TRUSTING RELATIONSHIP WITH OTHERS, CAPABLE OF EMPATHY AND INTIMACY.

SOCIAL WELL-BEING

- SOCIAL ACCEPTANCE: HOLDING POSITIVE ATTITUDE TOWARDS OTHERS WHILE UNDERSTANDING THEIR COMPLEXITIES.
- SOCIAL ACTUALIZATION: CARES ABOUT OTHERS AND BELIEF IN OTHERS' POTENTIAL; SOCIETY CAN EVOLVE IN POSITIVE DIRECTION.
- SOCIAL CONTRIBUTION: FEELING THAT ONE'S LIFE IS USEFUL TO OTHERS AND VALUED BY OTHERS.

- SOCIAL COHERENCE : HAS INTEREST IN SOCIETY AND BELIEVES IT IS SOMEWHAT LOGICAL, PREDICTABLE AND MEANINGFUL.
- SOCIAL INTEGRATION : FEELS A SENSE OF BELONGING TO A COMMUNITY, FEELS COMFORT AND SUPPORT FROM COMMUNITY.

AUTHENTIC HAPPINESS

- PLEASANT LIFE
- GOOD LIFE
- MEANINGFUL LIFE

AUTHENTIC HAPPINESS IS A COMBINATION OF ALL THESE THREE LIVES.

FLOURISHING

- POSITIVE PSYCHOLOGY IS MORE THAN "HAPPIOLOGY" OF CHEERFUL MOOD.
- THE NEED IS TO SHIFT FOCUS TO WELL-BEING.
- THE GOLD STANDARD FOR MEASURING WELL-BEING IS FLOURISHING, AND THAT THE GOAL OF POSITIVE PSYCHOLOGY IS TO INCREASE FLOURISHING.
- IN THIS NEW WELL-BEING THEORY, HUMAN FLOURISHING RESTS ON FIVE PILLARS, DENOTED BY THE HANDY TERM PERMA.



POSITIVE EMOTION

ENGAGEMENT

RELATIONSHIP

MEANING

ACCOMPLISHMENT

P – POSITIVE EMOTION

- FOCUSING ON POSITIVE EMOTIONS IS MORE THAN SMILING: IT IS THE ABILITY TO REMAIN **OPTIMISTIC** AND VIEW ONE'S PAST, PRESENT, AND FUTURE FROM A CONSTRUCTIVE PERSPECTIVE.
- HOW DO WE DISTINGUISH BETWEEN PLEASURE AND ENJOYMENT FOR THIS?
- PLEASURE IS CONNECTED TO SATISFYING BODILY NEEDS FOR SURVIVAL, SUCH AS THIRST, HUNGER, AND SLEEP. WHEREAS ENJOYMENT COMES FROM INTELLECTUAL STIMULATION AND CREATIVITY.
- MICRO-MOMENTS OF JOY.

WHEN A CHILD COMPLETES A COMPLEX LEGO BLOCKS THAT REQUIRES THEIR CONCENTRATION, THEY MIGHT BEAM WITH JOY AND SATISFACTION FROM THEIR WORK.

- THIS TYPE OF POSITIVE EMOTION IS CRUCIAL. (MICRO MOMENTS)
- IT CAN HELP PEOPLE ENJOY THE DAILY TASKS IN THEIR LIVES AND PERSEVERE WITH CHALLENGES THEY WILL FACE BY REMAINING OPTIMISTIC ABOUT EVENTUAL OUTCOMES.



E-ENGAGEMENT

- ACTIVITIES FLOOD THE BODY WITH POSITIVE ENERGY THAT ELEVATE ONE'S SENSE OF WELL-BEING.
- THIS ENGAGEMENT HELPS TO FIND CALM, FOCUS, AND JOY.
- WHEN TIME TRULY “FLIES BY” DURING AN ACTIVITY, IT IS LIKELY BECAUSE THE PEOPLE INVOLVED WERE EXPERIENCING THIS SENSE OF ENGAGEMENT.
- WE ALL NEED SOMETHING IN OUR LIVES THAT ABSORBS US INTO THE CURRENT MOMENT, CREATING A '**FLOW**' OF BLISSFUL IMMERSION INTO THE TASK OR ACTIVITY.
- THIS TYPE OF 'FLOW' OF ENGAGEMENT STRETCHES OUR INTELLIGENCE, SKILLS, AND EMOTIONAL CAPABILITIES.

PEOPLE FIND ENJOYMENT
IN DIFFERENT THINGS,
WHETHER IT'S PLAYING AN
INSTRUMENT, PLAYING A
SPORT, DANCING,
WORKING ON AN
INTERESTING PROJECT AT
WORK OR EVEN JUST A
HOBBY LIKE COOKING.



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R-RELATIONSHIPS

- RELATIONSHIPS AND SOCIAL CONNECTIONS ARE CRUCIAL TO MEANINGFUL LIVES.
- WE ARE SOCIAL ANIMALS WHO ARE HARD-WIRED TO BOND AND DEPEND ON OTHER HUMANS. HENCE, THE BASIC NEED FOR HEALTHY RELATIONSHIPS.
- WE THRIVE ON CONNECTIONS THAT PROMOTE LOVE, INTIMACY, AND A STRONG EMOTIONAL AND PHYSICAL INTERACTION WITH OTHER HUMANS.
- STRONG RELATIONSHIPS ALSO PROVIDE SUPPORT IN DIFFICULT TIMES THAT REQUIRE RESILIENCE.
- FROM AN EVOLUTIONARY PERSPECTIVE, ISOLATION IS THE WORSE THING WE COULD DO FOR SURVIVAL.

POSITIVE
RELATIONSHIPS
WITH ONE'S
PARENTS, SIBLINGS,
PEERS, CO-
WORKERS, AND
FRIENDS IS A KEY
INGREDIENT TO
OVERALL JOY.



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M-MEANING

- HAVING AN ANSWER AS TO “WHY ARE WE ON THIS EARTH?” IS A KEY INGREDIENT THAT CAN DRIVE US TOWARDS FULFILMENT.
- WHILE WE DO NEED MONEY TO PAY FOR BASIC NEEDS, ONCE THOSE BASIC NEEDS ARE MET AND FINANCIAL STRESS IS NOT AN ISSUE, MONEY IS NOT WHAT PROVIDES PEOPLE WITH HAPPINESS.
- UNDERSTANDING THE IMPACT OF YOUR WORK AND WHY YOU CHOSE TO “SHOW UP AT THE OFFICE” MAY HELP YOU ENJOY THE TASKS AND BECOME MORE SATISFIED WITH WHAT YOU DO.
- WHETHER YOU WORK IN AN OFFICE OR NOT, THINK OF WHAT YOU SPEND MOST OF YOUR TIME DOING. WHAT DOES THAT ACTIVITY PROVIDE YOU WITH?

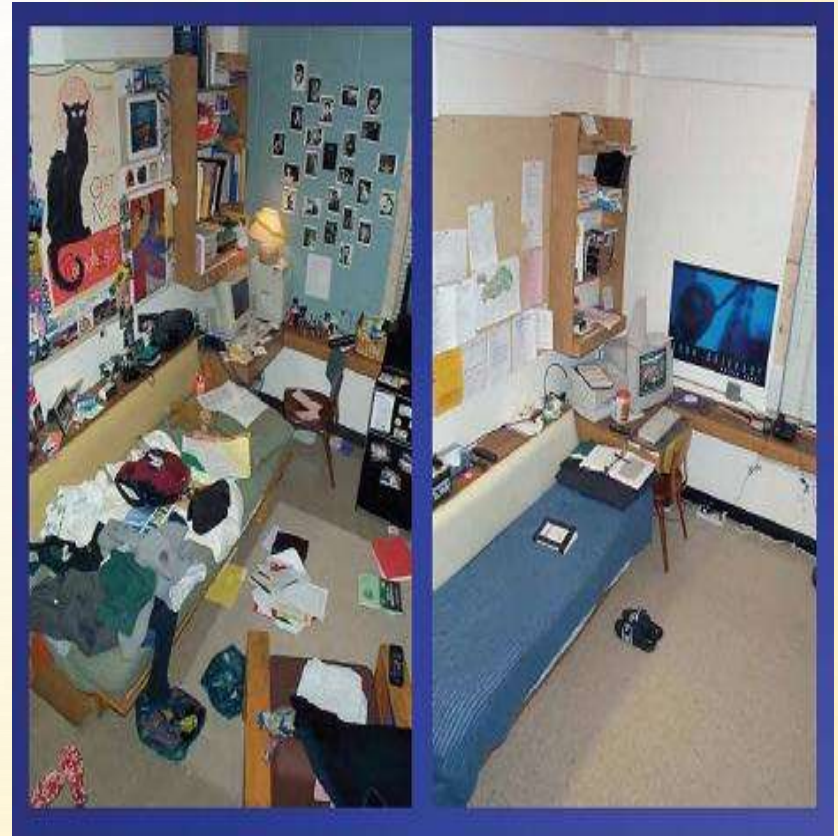
RELIGION
AND SPIRITUALITY PRO-
VIDE MANY PEOPLE
WITH MEANING, AS
CAN WORKING FOR A
GOOD COMPANY,
RAISING CHILDREN,
VOLUNTEERING FOR A
GREATER CAUSE, AND
EXPRESSING OURSELVES
CREATIVELY.



A-ACCOMPLISHMENT

- HAVING GOALS AND AMBITION IN LIFE CAN HELP US TO ACHIEVE THINGS THAT CAN GIVE US A SENSE OF ACCOMPLISHMENT.
- MAKING REALISTIC GOALS THAT CAN BE MET AND JUST PUTTING IN THE EFFORT TO ACHIEVING THOSE GOALS CAN ALREADY GIVE ONE A SENSE OF SATISFACTION.
- WHEN ONE FINALLY ACHIEVES THOSE GOALS A SENSE OF PRIDE AND FULFILMENT IS REACHED.
- HAVING ACCOMPLISHMENTS IN LIFE IS IMPORTANT TO PUSH OURSELVES TO THRIVE AND FLOURISH.

HAVING SMALLER ACCOMPLISHMENTS LIKE CLEANING THE HOUSE, ARRANGING THE STUDY TABLE, FINISHING WORK BEFORE DEADLINE CAN GIVE A SENSE OF ACCOMPLISHMENT AND BRING CONTENTMENT.



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SCORING OF FLOURISHING SCALE

- ADD THE RESPONSES, VARYING FROM 1 TO 7, FOR ALL EIGHT ITEMS. THE POSSIBLE RANGE OF SCORES IS FROM 8 (LOWEST POSSIBLE) TO 56 (HIGHEST POSSIBLE).
- A HIGH SCORE REPRESENTS A PERSON WITH MANY PSYCHOLOGICAL RESOURCES AND STRENGTHS.



THANK YOU