



The PERMAH model is an evidence-based wellbeing framework developed by positive psychologist Martin Seligman.

It focuses on six elements that contribute to our overall wellbeing and aligns with the CSO Wellbeing Framework.

P

Positive Emotions

- Promote positivity
- Tune in to emotions
- Show gratitude and empathy
- Practise self-care

E

Engagement

- Participate
- Value learning
- Develop concentration skills
- Demonstrate self-regulation

R

Relationships

- Develop social and emotional skills
- Form connections
- Feel valued

M

Meaning

- Have a sense of purpose
- Engage in faith formation and spirituality
- Broaden perspectives

A

Accomplishment

- Set goals
- Problem-solve
- Celebrate successes
- Adopt a growth mindset

H

Health

- Maximise mental and physical wellbeing
- Eat well
- Maintain a healthy sleep routine