



PERMA Model of Well-Being

MEDITERRA'S WELL-BEING WEBINAR

Types of Well-Being

Authentic Happiness Model

Meaningful Life

Service to something higher than the self. Positive social functioning.

Eudaimonia
(psychological well-being)

Engaged Life

Flow, mental engagement, absorption, and cognitive well-being.

Hedonia
(subjective well-being)

Pleasant Life

High levels of positive emotions + low levels of negative, satisfaction with life.

Which is Your Natural Emphasis?

Authentic Happiness Model

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Flow, mental engagement, absorption, and cognitive well-being.

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Positive Emotions

Subjective measure of positive emotions and personal sense of satisfaction with life.

Engagement

Wonderfully absorbed in the task, only later realizing time, self, and enjoyment of it.

Relationships

Positive connections to others, which contribute to well-being.

Meaning

Belonging to and serving something that you believe to be greater than the self.

Achievement

Goal-orientation – the pursuit of success, accomplishment, winning, mastery – for its own sake.

Your Emphasis? Your Opportunity?

Positive Emotions

Engagement

Relationships

Meaning

Achievement

References

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