

A T I M E T O T H R I V I N G

# Successful Student Transitions

**Fundamentals for Well-being**  
*Dynamics for THRIVING*  
*through change*

**Episode 22 Well-being**  
**Foundations**

# Welcome to Successful Student Transitions – A Time to Thrive

This podcast series is for you if you are:

- A student leaving full-time education and moving into the world of work.
- A student moving to university or some form of higher education.
- An educator, parent or counsellor supporting students as they take the next steps in their journey from school/college/sixth form into the world of further education or work.

**For many students this represents the first big life transition. It can be an exciting and challenging time.**

This podcast series provides strategies to develop self-awareness, understanding and the ability to thrive through times of transition.

**This episode is part of Series Three: Fundamentals for Well-being – Dynamics for thriving through change and transition.**

This is the full transcript with links to associated episodes.

You can also access the show notes, resources and worksheets mentioned in the podcast by registering [HERE](#).

## About Your Hosts

### Elizabeth Gillies

**Elizabeth is an Education Psychologist based in London who has worked in schools as a psychologist at the individual, group and systems level for over 30 years.**

She has been fortunate to live, work and raise her family in America, Japan, and Australia so, unsurprisingly, she is interested in the challenges and opportunities of transitions.



Elizabeth is a CBT (Cognitive Behaviour Therapy) and ACT (Acceptance and Commitment Therapy) specialist. She works in schools, on-line and, near her home base in South London, incorporating walking with talking therapy in green spaces.

At the crunch points at the beginning and end of the school year, Elizabeth runs workshops for young people, teachers, and parents to help them understand common patterns of transition and how to use this knowledge to help themselves during this time and future changes.

Together with a great group of professionals in London, Elizabeth is growing a multi professional support service called Special Networks and can be found [HERE](#)

Elizabeth is a member of FIGT (Families in Global Transition) and with Louise and another FIGT member, is a co-chair of the FIGT UK affiliate. Link to FIGT. Connect via LinkedIn [HERE](#)

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## About Louise Wiles

**Louise Wiles is a well-being, change and transition consultant, trainer and coach and the parent of two teens.**

Alarmed by the recent explosion of well-being challenges amongst children and teens, especially during exam years and through times of change and transition. Louise believes we should be better preparing young people for life beyond school and university so that they can thrive through the natural highs and lows of life.



Louise combines her professional background in organisational psychology (MSc) and coaching, with her expertise as a wellbeing, positive change and strengths practitioner and her personal experience of life on the move, to develop training courses and coaching programmes that help her clients prepare for, and thrive, through the challenge of change and transition.

You can connect with Louise on LinkedIn [HERE](#)

Website [HERE](#) and contact Louise [HERE](#)

Louise is also the author of ***Thriving Abroad: The Definitive Guide to Professional and Personal Relocation Success***

## Transcript: Introduction

*“And I think it's also important to note that when we're talking about well-being, we're not talking about the elimination of all struggle. Life is full of ups and downs, highs and lows, as the quote by Felicia Huppert suggests. And so it's about learning to cope with the struggles and actually it is possible to thrive and have a sense of thriving even though there are areas that you're struggling in.”*

*“What can I say about this world of emotions, our emotions, I often think our emotions are signals for us, they're signals telling us an important thing, so the signal of sadness, when you're feeling an emotion, like sadness, is often that you've lost something or something's missing or gone, it's really important signal for us.”*

You're facing a big life change, moving to university, a year abroad, a work placement or out into the world of work. Times of change like these can be both exciting and challenging. Our aim is to support you as you step up and find your new gear. We will show you what it takes to thrive in times of change and transition.

Using the latest from research in this field we will be suggesting ideas from evidence-based practice to help you enhance your well-being. Our mission - to help you settle well and thrive in this next stage of your life.

### **Louise Wiles 00:18**

Hello, and welcome to episode 22 of the Successful Student Transitions Podcast. I'm Louise Wiles, and I'm excited to be here to tell you a little bit about the framework and tools for well-being that we're going to use as a foundation for our future sessions, which we described in Episode 21, which are all going to be about well-being, and how you can develop your own personal recipe for developing your sense of well-being. As you work through the change that you're you're working through right now, whether that's a change to university or move to university, a move to a year abroad, a move to a new job or move through different years in school and college. So I'm here together with Elizabeth. And together today we're going to talk about, as I said, the foundations and the basic framework for thinking about well-being. So in our previous episodes, we talked about a definition for well-being, and we defined well-being as the “ability to feel good and the function effectively through the ups and downs of life. And that's a definition from Professor Felicia Huppert. Okay, so when we, when we talk about well-being, we're not talking just about physical health. And I just want to make that clear here, because some of the conversations and content you'll see online relates to physical health and nutrition to well-being, and of course, that those are important parts of well-being. But we're also thinking here about your social well-being, your emotional well-being, your cognitive well-being, and also your spiritual well-being. When I say spiritual, I don't just necessarily mean religious well-being and that might be part of it, it might not be part of it. That's an individual thing. We're talking about the meaning you attribute to your life, and a very broad sense where that fits to you. And then of course, also physical well-being. So there are five elements there. So, I wanted to start with a broad question to you today to ask you to rate your level of well-being as you're sitting listening to us today. So how do you rate your ability to feel good and function well today? So please answer this question. And I want you to just choose one option for me. I'll give you four suggestions. And you just choose the one that springs or resonates most with you, don't give it too much thought, just respond and say first, second, third, fourth. So the

first one if I ask the question: Taking all things together, do you feel you are? First option really struggling? Second option on top of the world? Third, living well despite struggles? and Fourth, not feeling terrible, just getting by. Write down your answer to that, I'll give them to you again. Number one, really struggling, number two, on top of the world. number three, living well despite struggles and number four, not feeling terrible, just getting by. I'll tell you what mine is today, I think I'm pretty much living well, despite struggles, what about your Elizabeth?

(Questions: take from The Permah Survey – [www.permahsurvey.com](http://www.permahsurvey.com) from Dr Michelle McQuaid & Dr Peggy Kern and colleagues.)

**Elizabeth Gillies** 04:22

I think I am four today

**Louise Wiles** 04:24

You're four - for not feeling terrible, just getting by.

**Elizabeth Gillies** 04:27

I'm getting by, kind of, we're recording this towards the end of one week. And, you know, I feel kind of I've noticed I've had a really busy week. So I'm glad it's Friday today for us. So I'm a four.

**Louise Wiles** 04:43

Okay. And the reason for asking those questions. And the point to make also is that this is not a definition or sort of a decision you're making that reflects your well-being for life. This is just in the moment, how you're feeling right now. And it will vary over time. So if you were to do it next week after a great day, then you might rate it differently. I think the important thing to say about it, though, is if you've rated yourself as really struggling, my question to you about that would be how long have you been feeling like this? And what does that relate to. So if there's been an event, something that has been, you know, had a negative impact on you, something sad that's perhaps happened, or something has gone wrong, and it's making you feel like you're having to really work hard to keep going, then you know, it's probably something that is going to pass relatively quickly. And if you start to use some of the techniques that we're going to talk to you over the coming weeks, and months, you'll be able to manage your well-being and enhance it, you'll be able to look after yourself. But if you feel you have been struggling for a long periods of time for weeks, and nothing has changed, and you just wake up every day thinking everything is a big struggle, I don't feel good. And you know, you've tried some things and they haven't worked. And perhaps this does relate to a traumatic event, something sad has happened to you in your life and you're really not coping, then we would really recommend that at this point, you seek some professional help. And so I want to underline this, we did underline it in the first episode, but I really want to underline that again today. Do not continue to struggle alone, there are people out there who can help you. Your first port of call is probably your GP. If you're at university, go to the well-being services to your GP, speak to your friends, your family, choose somebody to confide in and start the process of talking to people and searching for some support. This programme will hopefully be helpful as well. But perhaps in combination with some professional support. I don't know if you've got anything else you want to add to that, Elizabeth?

**Elizabeth Gillies 06:59**

No, I think that's a that's a really important thing to say, Louise and also relates back to a previous podcasts, I can't remember off the top of my head about asking for help. What a skill that is and knowing the timing for you and how to do it and where to go. It's one of the common things when people, before we were talking just particularly about going off to university, they often don't know where to go and ask for help or who to ask. So in those early stages of that transition, it's important thing to think, 'Oh, if I do need help, this is where I need to go.' So it's a great skill to have, and shouldn't be necessarily viewed as a weakness.

Podcast Episode 6 – Asking for Help.

**Louise Wiles 07:47**

Great. And I think it's also important to note that when we're talking about well-being, we're not talking about the elimination of all struggle. Life is full of ups and downs, highs and lows, as the quote by Felicia Huppert suggests. And so it's about learning to cope with the struggles and actually it is possible to thrive and have a sense of thriving even though there are areas that you're struggling in. And that's the third option, which was 'living well despite struggles'. So when I sit here thinking about this, I've got things that are worrying me and things that I yeah, I'm not feeling brilliant about. But actually, overall, I would say I'm living well. And the research has shown that struggle is part of life. Yes. And learning to recognise when that struggle is happening is a really important part of caring for your well-being. And then knowing what you can do to cope with that is the next step. And so that's having well-being strategies that you know, you can use, your playbook if you like of well-being strategies that you can apply to your life, your own recipe, it's not going to be the same for everybody. But you know, I'll give you one example for me, sleep. I had a bad night's sleep last night and I know why I did. I went to bed far too late, I had a glass of wine that I really should not have had. And it affects my sleep every time and I do not learn. I woke up halfway through the night, couldn't get back to sleep. So sleep for me is a fundamental. It's different for everybody. But for me, sleep is really important. And I know how I disrupt my sleep. And that has an impact on how I feel. Now I could choose today to feel really negative about life because I'm not feeling brilliant, not feeling tip top at all. But I also know what I did to contribute to that, so I kind of have to sort of rationalise that in my mind and recognise I contributed to that. So I have to live through it. And so you'll know things like that about yourself and it's about being honest, noticing those things first and then being honest with yourself about them too. So really important to recognise that struggle is part of life and part of your well-being. And that what we're doing in this course is helping you to identify the ways in which you can enhance your well-being. I call that your way power, it's the power that you have to find a way to enhance your well-being. You also need willpower. So you need also to recognise that it's not an easy thing, necessarily, that you need to make the choice or decision to make changes and then create new habits. And at some point we will talk about habits. We're not going to do that right now. But it takes time to change habits, so recognising that, being gentle on yourself about that as well. Important. So moving on to the subject of today we're going to talk about a framework for well-being. Now this comes from, who I call the father of positive psychology, a guy called Martin Seligman, you might have heard of him. And positive psychology has been developed in the last part of the 20th century. And it looks at the psychology of well-being rather than the

psychology of disease, which a lot of psychology was about up until that point, the two coexist and they have both have an important role to play in our health and well-being so not negating at all clinical psychology and support for pathology, if you like, of well-being, so anxiety, depression, and all those kinds of how health challenges. But here we're going to be talking about Martin Seligman and positive psychology and look at what it takes to sort of enhance ourselves from kind of midpoint, you know, where we're feeling ok, but not feeling brilliant. Yeah, how can we move ourselves to a higher level of well-being? So Martin Seligman developed this well-being theory, and his well-being theory is based on PERMA, which is an acronym, acronym of five elements of his well-being theory. So I'm going to introduce you to those here. And then throughout the next future sessions we'll refer back to them and I encourage you to think about them as the real foundations for well-being. And research has shown that there is significant positive correlations between this PERMA framework and PERMA components, and physical health, vitality, job and life satisfaction, so plenty of reasons for thinking about it and applying it to your life.

As I take you through the five elements, listen to the questions at the end of each description and take time to answer them for yourself. Perhaps write your thoughts and ideas down so you can reflect on them later.

So the first element is a P, and it stands for Positive emotions. So we all experience a range of positive emotion through our daily lives. Some are positive emotions, such as joy, hope, interest, love, compassion, pride, amusement, and gratitude. And it has been shown through research by Barbara Fredrickson, is the person who's done a lot of research on this, that the higher our ratio of positive emotions to negative, the higher chance we will have of having a higher level of well-being. So people with high levels of well-being demonstrate a higher percentage of positive emotions to negative emotions, and that we can cultivate and learn to improve those positive emotions. But it's really important to note that we all have negative emotions as well. And we're not saying in any way that you need to cancel those, ignore them. Absolutely not. In fact, it's really important that we do acknowledge our negative emotions. And I think it is a bit of a function of modern life, adult modern life, actually, probably in the Western world, particularly. We're brought up to not express our emotions, particularly. And I was just thinking about whenever people ask me, How are you today? You know, I'll just go 'yep fine'. There's a whole story behind that 'fine'. But I very rarely share it with people. And I think that's because, okay, yeah, who wants to hear my life story? In answer to a very short question. And also, we just have a tendency not to share those negative emotions. And the problem with that is, if we suppress our negative emotions over a long time, it can have significant impacts on our mental health. So it's important to acknowledge our negative emotions, as well. And the other reason for acknowledging them is when we acknowledge them, so I'm feeling angry, I'm feeling sad. Or as I said, you know, I'm feeling a bit down, not brilliant today, because I went to bed too late. We then have a choice to make about how we handle that emotion. So yeah, I'm feeling a bit frustrated and annoyed with myself. But yeah, I know the reason why so, 'Louise, you're gonna get on with the day and not let it ruin things.' If you're angry, why are you feeling angry? Take time to reflect on that anger, and make a choice about how to handle it and move forward, so it doesn't colour and affect your entire day. And the outcome. So really important, we're not whitewashing negative emotions by talking about positive. And I just want to really emphasise that. But the important thing about positive emotions is that we can create opportunities to develop them and to experience them. So one of the things I regularly do is go for a

walk with my dog, or I go to the gym, I love exercise. And I know that always has a very positive effect on my, how I feel about the day and my emotions. So looking for opportunities, and it will be different for everyone to enhance their emotions, looking for an opportunity to laugh, to experience joy, to connect with others, to show interest in others, and then perhaps the work we're doing. So as you listen and think about how you're feeling from an emotional perspective, today, my question to you is, know, what positive emotions have you felt so far today? What positive emotion or what events or things could you do today that would enhance those positive emotions or create a positive emotion in yourself, so then look for opportunities in your daily life to build those. And one area is gratitude, there's been a lot of research into gratitude, you've probably already heard all of this. But expressing gratitude can have a very positive effect on emotions. And there's lots of evidence, research based evidence to back that up. A simple thing you can do each day is to write down at the end of the day, five things you're grateful for. It doesn't have to be massive things, it could just be, I'm grateful for that lovely cup of tea I had at four o'clock or whatever, or that nice drink I had with a friends this evening. Writing those down, and just acknowledging them can have a really beneficial effect over time, in terms of our sense of our feelings, our positive emotions. Elizabeth, what do you think? How does that resonate with you?

**Elizabeth Gillies 17:13**

Very well. What can I say about this world of emotions, our emotions, I often think our emotions are signals for us, they're signals telling us an important thing, so the signal of sadness, when you're feeling an emotion, like sadness, is often that you've lost something or something's missing or gone, it's really important signal for us. Or the signal of anger is usually about something unjust has happened, something's, you know, unfair. It's, really important. And, you know, the pleasant emotion of happiness is telling you, or joy, telling you, you have to do this again, this is really good fun. So I think kind of try and view them as a signal to say, 'Oh, well, what's this emotion about? And what choices can I have have about it?' So, going into pleasant and unpleasant emotions? We're thinking about, you know, what's the meaning in this for me? And what can I do about it? And to look at both of them equally in that way. So they're all signals. They're all signals for our survival. Really? That's why we've got emotions. Very powerful, don't ignore them, lean in to them.

**Louise Wiles 18:54**

Yeah. And I think particularly at times of change, like we're situating all of this within this issue, or this question about how best to thrive through change. And then this one being the transition you're personally going through. There will always be this oscillation, if you like, between, you know, getting excited about this new opportunity, but also being a bit perhaps worried, unsure, uncertain, overwhelmed at times and so recognising that that is absolutely normal. And acknowledging that you're experiencing that is good.

**Elizabeth Gillies 19:37**

People often talk about their emotions can sometimes compete against each other so they you can have that if you're going to somewhere a new job or university. You can be really excited about it and anxious at the same time. So we very rarely have single emotions. They usually come in bunch. So you might be thinking it can be confusing, how come I'm excited and nervous about this, or how come I'm worried, but also looking forward to something? So some of our emotions can be quite confusing for us.



**Louise Wiles 20:19**

Absolutely great. And so the key thing there then is to, in relation to well-being, think about opportunities to enhance those positive emotions, and to build on those. So moving on to the E in permit Engagement. So this is all about how you engage in activities and the focus that you might have for an activity that ultimately, hopefully, if there's the meaning, and the interest in it, becomes the state of flow that you perhaps have heard people talk about before. Flow is when we lose a sense of time, we're so involved in what we're doing, we lose our sense self consciousness. At that point, we just get totally absorbed in what we're doing, and focused on the outcome of the task in hand, and it can lead to our best work. We're living in the moment. So it's very mindful in that sense, very present focused. And we tend to draw on and utilise our strengths. So if we were to step back and think about what we were doing in that moment, we probably notice that we are doing the things that others would say were our strengths, but that we realise are our strengths, too, because we enjoy what we're doing. We feel comfortable, we know that we're doing our best work, which are good indicators that we're using our strengths. So my question to you is, when are you really engaged in what you're doing? And I'm not just talking about academic work here, or work in your organisation, if you're working for a company, I'm also talking about sports, and talking about when you're at your best with your friends, and then feeling most comfortable where that you lose all sense of time? And what are those activities that generate that in you and that level of engagement. Because when we are engaged in this way, we are performing at our best. And it's it's just a great feeling to have an obviously one that contributes to our sense of well-being. Anything to add to that Elizabeth?

**Elizabeth Gillies 22:32**

I think it's something that you and I've talked about, is that when we're engaged in something, that's when motivation comes. Sometimes people say, Oh, well, I'll wait till I'm motivated to do something. But when you get involved in something, and you're, you know, you're in that flow of it, and you're really kind of deeply invested in things and you lose all sense of time, then that's when people feel motivation. Yeah. So yeah. The more you engage in things, the more you'll feel motivated.

**Louise Wiles 23:10**

Yes. So it's kind of this this circle, isn't it of interest? Yeah. Leads to engagement, motivation, and so on round around. And, I'll come on to talk about perseverance and all of that, in the A in PERMA. So we'll move on to the next element of PERMA is relationships. So I think there's one thing that came out of the pandemic, if I dare mention that name again, but it really did emphasise for us all the importance of connection and positive relationships and belonging and being part of communities. And, you know, relationships include the concept of relationship in this respect. We're talking about relationships with friends, with partners, with families, colleagues, bosses, communities, so at every level, every opportunity there is to make that connection. We're social beings. And so we need that connection to, to survive, really, and there's a lot of research around that which we won't go into now, but we will do in future weeks. We all want to feel loved. We want to feel valued and supported by others. So it's looking for opportunities to demonstrate that love and support to others. But then also hopefully, getting that reciprocated and feeling that love and support from others yourself. Social connections contribute to better psychological and physical well-being, there's loads of evidence there. And obviously, when you're making a big life changes as you are making right now, your relationships, some of them perhaps are changing because you have moved away from people that you love and you've had long

connections with, and you're developing new ones, and new friendships don't happen overnight, they take time. So in a way, it's recognising the importance of relationships. But for right now giving yourself the grace to know that it's going to take a little while to develop those new relationships. But it's worth the effort, it really is. And putting in the effort. Now we have a whole episode already on relationships. So you might want to go back and look at that. Episodes one to 10 cover quite a lot of this content. So go back and have a look there. I can't remember which episode relationships is, but I'll put it at the end. In the Summary. Anything to add on is on relationships Elizabeth?

**Elizabeth Gillies 25:50**

when we talked about before, and I think it's a good idea to go back and listen to, especially when we're talking about the transition cycle, when you go from settled, having your relationships and friendships to having to make them all over again. Sometimes people forget to do it. And we're going to talk about that when the when the relationship bit comes up in this in this sort of series. So it's almost like just reminding people of skills that they have, or sometimes developing different skills for making different relationships at different times of their lives.

**Louise Wiles 26:29**

Yeah, yeah. And I suppose I'll finish with this one question to you. I have one suggestion for you as just to bring relationships to a close, as you're in a new situation. And that is to ask, what opportunities are you creating for yourself to start and begin to create new relationships? So have a think about that? Okay, so the next element of perma is M. So, we've done P, E, R, and we're now on M, which stands for meaning and feeling that we matter. So what matters to you, and why, having a sense of meaning and purpose in life is important because it provides that internal intrinsic motivation for doing things. It's kind of our why. So this change that you've just made to wherever you are now, university, new job, whatever - what is your why behind that? You know, why are you doing it? Why does it matter to you have a real think about that. And you can go as deep as you like with this. And just as a thought around University, it's not just about why you're doing a course, why you're doing a course is important, but there are other reasons for going to university as well. So think broadly about that. And come up with some thoughts about why it's all important to you and why it matters to you. And once again, understanding our meaning and what matters to us, is really positive, it impacts on our health, and our like level of life satisfaction, and therefore our well-being Research has indicated and shown that. And also, when we think about our meaning, we're also thinking about why things are important. We're thinking also about our values, what's important to us in life? So take time to ask yourself that question, what really matters to me. And you might break it down into different areas of your life. For example, we just talked about relationships. So you're developing new relationships. So why are relationships important to you? And what do you need to have in relationships for them to be meaningful for you, we will all have different answers to that. So have a think about that, and how that relates to you. And then on a more practical level, when you're doing your daily tasks, perhaps you have an essay to do or you're working and you have a report to write. Before we even get into it, obviously you've been asked to do it by somebody, either by your course, or by your boss, that often isn't enough of a motivation a motivator in itself. So take some time to think about why it's important to you to do this and do it to a certain level, what interests you, why it matters to you. And that will help you then to develop your intrinsic motivation around getting that task done. Elizabeth, anything you would like to add to to meaning?

**Elizabeth Gillies 29:39**

I think I agree with you. I think it's really important to know, the stuff that matters to us, that's important to us. And to know that whatever is really important to you. That's the thing that's going to bring you your challenges. Those two things to come together and Sometimes people call it the double sided coin. You know, it's one coin and on one side, it's the stuff that's important and matters to you. And on the other side, it's the challenge that, that brings. So, if we use the thing that we're talking about, about relationships, for instance. If what's really important to you is you have a really good group of friends, people you can rely on, people that rely on you and that nice reciprocal relationship. But if there's any issues in your friendships, that's going to be the biggest challenge to you, you know, not if you can't get your shopping done or something. So that's, you know, be ready for those two things coming together. What matters. And, you know, on one side of the coin, it's the good stuff and the other side of the challenging stuff.

**Louise Wiles 30:48**

Yeah, absolutely. Love that. Yeah, really good point. Okay, so finally, the A in PERMA stands for accomplishment. So this is all about achievement, mastery and competence. And I think the big thing to underline about accomplishment is that it takes time to accomplish things. I think often we, the day and age that we live in, we expect things to happen overnight, we expect things to be quick, often, and not take huge amounts of effort. And that's just not the case. As Elizabeth has just said, in relations, meaning to the other side is challenge. And in relation to accomplishments, there's a great book written by Angela Duckworth, which is all about what she calls GRIT, she says in achieving anything of meaning to us, there are two sides, there's the passion, which comes from the interest and the meaning that something holds for us. But then on the other side is the perseverance it takes to then achieve what we want to achieve in relation to something that is so meaningful for us. So in relation to university and a degree, you know, we all know it's going to take three years of hard work, it's a long haul in that respect. So accomplishment is not going to be overnight for the long-term end, if you like, it's a long way away. But having said that, you're going to accomplish a lot along the way. And so that brings me to the other point about accomplishment, and that is recognising our accomplishments regularly, not leaving it to the end of that one goal and saying I haven't achieved anything until I get there. It's about everyday recognising the small little steps you've taken to get you towards that goal. So related also to this and accomplishment is goals and sort of having a dream and aspiration, about something that you want to achieve and a goal for that. And then you know, the pathway to achieving that. And how you work through that recognising there will be obstacles, challenges along the way that you will need to work round, over, through to reach the end, it's not all easy. But that's what makes the sense of accomplishment so great once you get there as well. So the pathway is hopefully enjoyable. And that's I think the really important thing too. If it's not, then there are some questions, you need to be asking some questions. So I'd finish by saying in relation to accomplishment, you know, what are your longer term goals for what you're doing? And what's the motivation, your reason for wanting to achieve those, that's meaning? And then how are you recognising your progress along the way? One way of doing this is gratitude, which you talked about earlier, at the end of the day, writing down three or five things that you're grateful for. You could also add to that list three, or five things you've achieved in the day, and they don't have to be great things like, you know, handing an assignment, it can be the smaller steps towards achieving that assignment that you write down as an achievement or the fact that you went to

the gym or that you met a friend and have a nice time with them ,went for a walk. Anything that is contributing that you see as positive contribution to your well-being is an accomplishment in relation to well-being. So I think that's all I wanted to say on accomplishment Have I missed anything? No. Do you think? No,

**Elizabeth Gillies 34:20**

I think you're right. In that part of the answer is baby steps. I am somebody that likes kind of writing myself lists and ticking them off for if I've got a project to do or something I don't just write in the finished projects, I'll do my reading or you know, make a draft or kind of write the end paragraph or something so I'll break, I'll chunk it down so that it's not one big goal. It's more kind of doable, manageable things.

**Louise Wiles 34:55**

Yeah. Brilliant. Yeah. Great. I think that's a brilliant way of doing it. Okay, so PERMA whilst each of the pillars of this framework are individual, as we've talked about, they will also interconnect. So for example, we are just talking about their the achievement of a meaningful goal. So the goal we've talked about meaning was in relation to this goal and creating meaning. And you achieve that through the engagement of your strengths. So in the engagement pillar, and focus, which has hopefully lead to data flow at some point, which has helped with the achievements and accomplishments, and that whole accomplishment and feeling good about stuff then enhances your positive emotions. So there is sort of a dynamic relationship between each of these pillars, they will feed and contribute to each other. So we're going to come back to this we're going to say that PERMA is this kind of foundation, if you like, for all that we're talking about in the coming weeks. And so we'll come back, perhaps not every week, but quite frequently to say, well, how can we relate PERMA to what we're talking about today? And how can you use it to help you think through the content of each session and how it might relate and benefit your well-being? So that's all for today. Thank you very much for listening.

**Thank you for listening.**

Here are a few references if you are interested in discovering more about PERMA and the work of Professor Martin Seligman and Dr Michelle McQuaid and colleagues.

Learn more about Professor Marting Seligman's work at his website: [www.pursuit-of-happiness.org](http://www.pursuit-of-happiness.org)  
Read: Flourish: A new understanding of happiness and wellbeing: The practical guide to using positive psychology to make your happier.

Learn more about the PERMAH assessment at [www.permahsurvey.com](http://www.permahsurvey.com) or email Louise and [HERE](#)  
Learn more about the work from Dr Michelle McQuaid at [www.michellemcquaid.com](http://www.michellemcquaid.com)

We will be back next week with epsidoe 23 when we will be talking about the well-being bucket and asking how full are our well-being buckets right now?

Meanwhile, we wish you a great week.

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