



The **PERMA** model was developed by an American psychologist named Martin Seligman on the topic of positive psychology, and what those things are that contribute to mental health and wellbeing.

Positive emotion is the ability to access positive emotion. We need joy, gratitude, and connectedness. These things correlate directly with our feeling of wellness.

Engagement looks different depending on what age you are. For a child, engagement is playing with your friends or doing what interests you. As an adult, oftentimes it relates to our whole identity, am I a professional, am I a grandparent, am I a parent, or what is my role, what do I engage with? Am I doing things, am I volunteering in the community?

Relationships have a direct effect on our wellbeing. The more we have positive quality relationships, the more it strengthens our sense of wellbeing in our life.

Meaning is something that carries with us throughout our life. It's especially true in our childhood. Children are aware of whether or not they matter, they mean something to you. Adults want to have a sense of meaning, of having purpose and importance.

Accomplishment is a sense of accomplishment that the things that we do are turning out well. We add value and succeed.

Mental Illness

Functional impairment is how clinicians determine whether something is within the normal range of emotions or at abnormal levels requiring intervention. ADHD, behavioral problems, anxiety, and depression are the top four diagnoses in youth.