



## How to Apply the PERMA Model to Develop Resilience and Well-being

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### PERMA Model Components

#### Importance of PERMA Model

- The PERMA Model is a framework in positive psychology that employs five core elements to flourish and achieve long-lasting happiness.
- Application of PERMA can help us lead a life full of meaning, fulfillment and happiness.
- The five components of PERMA provide a framework in order to create a genuine and consistent state of contentment.
- When we feel positive emotions, we perform better, develop stronger relationships, and have better self-regulation.
- Finding flow is when our highest strengths meet our greatest challenges and we feel engaged in our activities.
- Achievement helps build self-esteem and provides a sense of accomplishment.

#### Resilience

- Resilience allows us to adapt well in the face of adversity, trauma, tragedy and sources of threat.
- Developing resilience allows us to respond to stress in a healthy and adaptive manner so that personal goals are achieved at minimum psychological and physical cost.
- Resilient physicians focus their energy on cultivating relationships with family and friends and spend their time doing enjoyable activities.

#### Positive Emotions

Feeling love, joy, and pleasure. This element encourages us to focus on optimism and view life with a constructive perspective. Rather than focusing on “the lows” in life, we should embrace positive emotions and be hopeful about future outcomes.

#### Engagement

Being in flow and focused on our activities. This element encourages us to be present during activities and attempt to find a state of “flow” or immersion into a task.

#### Relationships

Having healthy, supportive, and rewarding connections with others. We thrive on connections and intimacy and fostering these relationships is critical to finding happiness.

#### Meaning

Giving significance to the events in our lives. This can come in the form of religion, profession, raising children, volunteer work, etc. Considering the impact of our lives can help us live a life of fulfillment.

#### Accomplishments

Attaining goals that support our core values. Setting and reaching our goals can give us a sense of accomplishment. These achievements can give us a sense of fulfillment and pride when they have been reached.

#### References:

1. Seligman, M. E. P. *Flourish: A visionary new understanding of happiness and well-being*. Free Press, 2011.
2. Zwack J, Schweitzer J. If Every Fifth Physician Is Affected by Burnout, What About the Other Four? Resilience Strategies of Experienced Physicians. *Academic Medicine*, Vol. 88, No. 3, March 2013.