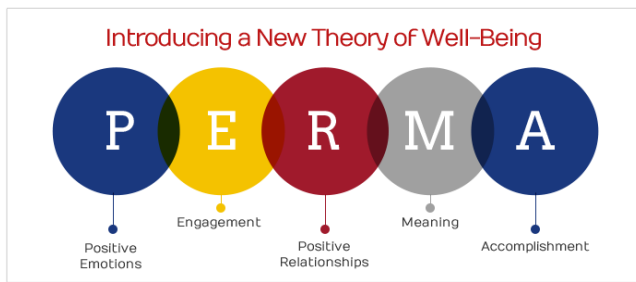


## Chaplain's Spot

### P.E.R.M.A.



**Martin Seligman** is a psychologist, educator, and author. Since the late 1990s, he has been an avid promoter for the field of positive psychology. His books include 'The optimistic Child', 'Authentic Happiness' and 'Flourishing'. His Wellbeing Theory states there are 5 essential elements of what he calls 'flourishing', having a life of wellbeing and happiness.

[P] Positive Emotion - For us to experience well-being, we need positive emotion in our lives.

[E] Engagement - When we're truly engaged, we experience a state of flow: time seems to stop, and we concentrate intensely on the present.

[R] Positive Relationships - As humans, we are "social beings," and good relationships are core to our well-being. Relationships really do matter!

[M] Meaning - Meaning comes from serving a cause bigger than ourselves. We all need meaning in life to have a sense of well-being.

[A] Accomplishment - Many of us strive to better ourselves in some way - accomplishment is also important in contributing to our ability to flourish.

Check out the VIA Character Strengths survey on [authentichappiness.org](http://authentichappiness.org)

**One-liner of the week:** I alone cannot change the world, but I can cast a stone across the water to create many ripples. —Mother Teresa

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Pastoral care for our community, Tuesdays, Thursdays & Fridays.

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