



THRIVE

Wellbeing and study success

Presented by:
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Session 10: Wellbeing

What is this program all about?



No Recordings

Today's session will **NOT** be recorded for your privacy.



► Wellbeing

What does it mean?

► Wellbeing

A state of being comfortable, healthy, or happy.

► Wellbeing

Wellbeing doesn't just happen

- Direction
- Effort
- Knowledge

PERMA



- Positive Emotions
- Engagement
- Relationships
- Meaning
- Accomplishment

A large teal circle is positioned in the upper left, and a large pink circle is in the lower left. They overlap at the bottom left, where the Deakin University logo is located.

► Positive Emotion

What brings you joy?



► Engagement

Sometimes called flow

During which activities do you lose track of time?

► Relationships

- Positive, healthy interactions with those you care about
- Which relationships bring you joy and support?
- How can you build stronger relationships?

► Meaning

- A sense of purpose; an understanding of what is important in your life
- What purpose or cause are you drawn to?
- What activities help you feel connected to something larger than yourself?

► Achievement

- Successfully achieving a goal using skill and effort
- Mastery of experience – Bandura
- Goal setting

PERMA



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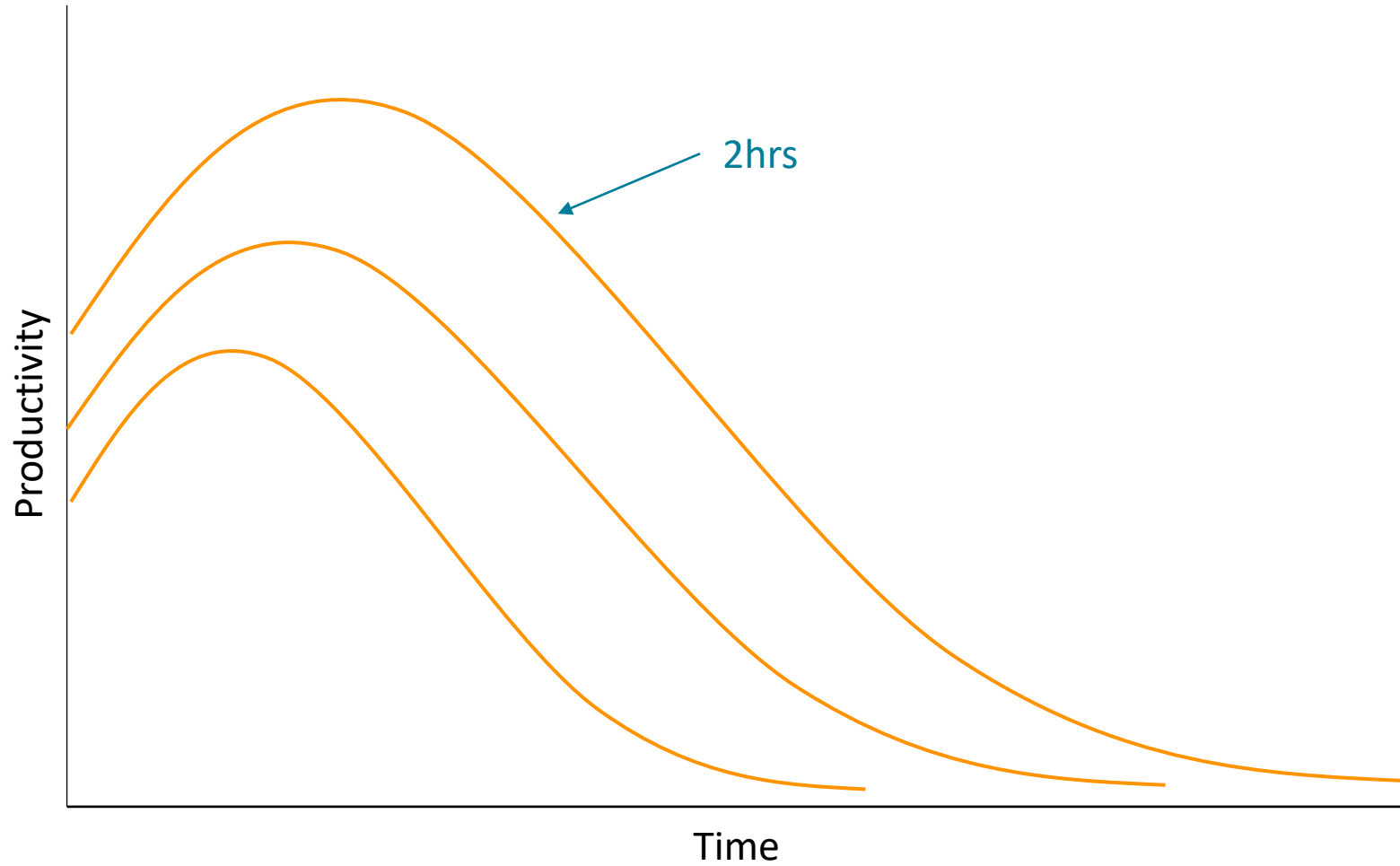
**The higher each factor, the
higher an individuals wellbeing**

Wellbeing



Self-Care is non-negotiable

Self-Care & Productivity Curves



What happens without regular self-care?

What will you take
away from today?

The goal is *Progress*
not *Perfection*

