

# Family Wellbeing

based on the PERMA model & put together by Huddl advisor Dr Hazel Harrison

## POSITIVE EMOTIONS

We need a healthy balance of emotions in our day.

What's made you laugh today?  
What do you feel grateful for?  
How can you spread hope?

## ENGAGEMENT

We need to do things we enjoy, that challenge us and use our strengths.

What have you felt engaged in today?  
Have you given yourself a mindful moment?  
What activities help you to find flow?

## RELATIONSHIPS

We need to connect with other people.

Who have you connected with today?  
How can you help people self isolating feel less alone?  
Who can you express gratitude to today?

## MEANING

We need to feel like we belong and have a sense of purpose.

How will you structure your day to help build a sense of purpose?  
How can you find your sense of belonging? (virtual book club, Joe Wicks etc)

## ACCOMPLISHMENTS

We need to believe we can improve our abilities and succeed.

What goals are you working towards?  
How can you use your strengths today?  
Have you learned something new?

