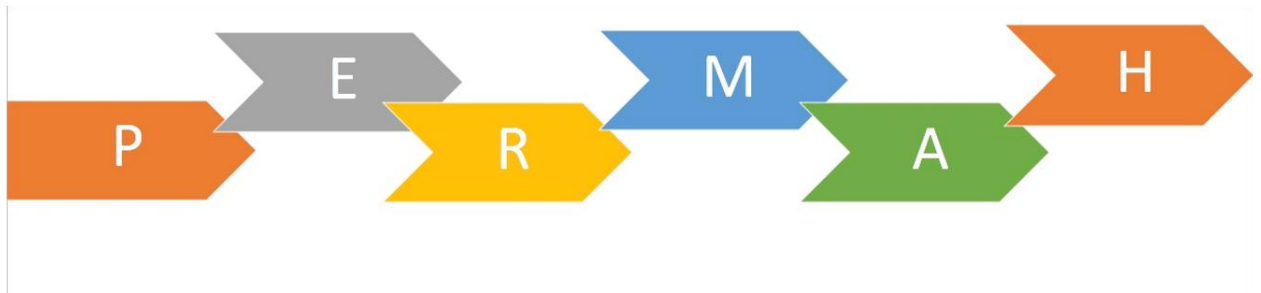


# Boosting Workplace Wellbeing

## Using the PERMAH Principles



### Participant Guide

***\*Please complete the assessment on page two before the session.***



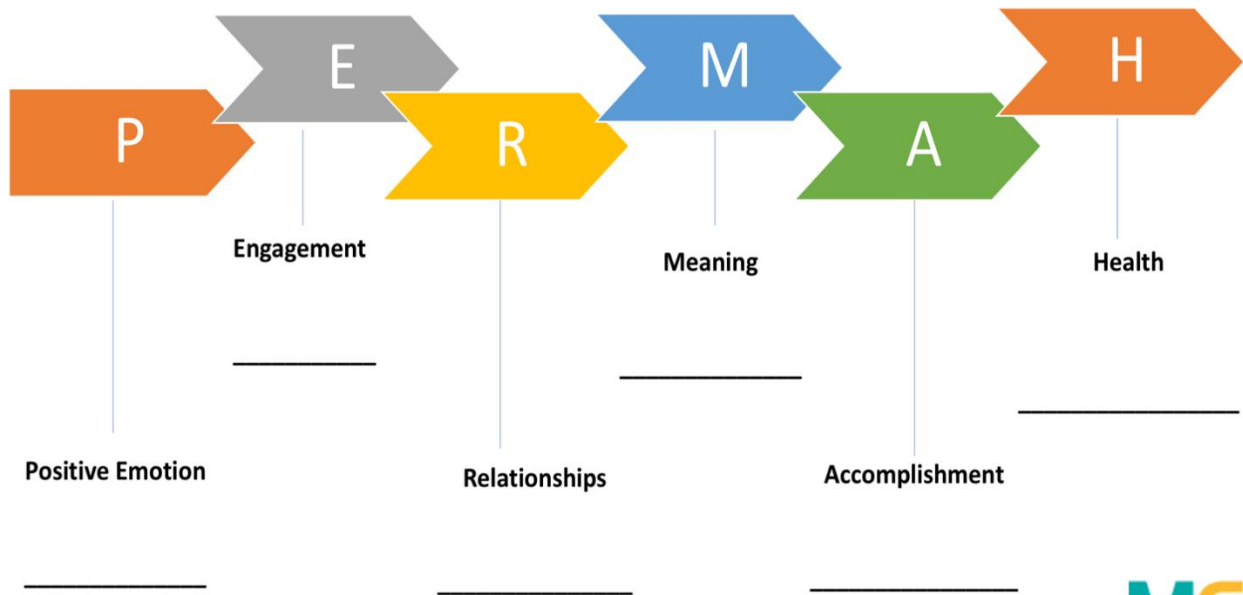
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## Are You Thriving At Work?

Think about your experiences and feelings at work over the last week.  
How often has each of the following occurred? 0=never. 5=half the time. 10=all the time.

Pillar	Definition	Score
POSITIVE EMOTION	I felt positive at work	
ENGAGEMENT	I was interested and deeply engaged in my work	
RELATIONSHIPS	I felt respected and appreciated by my co-workers	
MEANING	I felt the work I did was valuable and worthwhile	
ACCOMPLISHMENT	I made progress towards reaching my work-related goals	
HEALTH	Physically, I felt strong and healthy	

Source: The Wellbeing Lab



(Seligman, 2012)



Which PERMAH pillars do you want to boost?

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## Sources

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<https://www.authentichappiness.sas.upenn.edu/home>
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- Lo, Leo S. and Herman, Bethany. "An Investigation of Factors Impacting the Wellness of Academic Library Employees." *College and Research Libraries*, vol. 78, no. 6, 2017.
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