

THRIVE: Improve your Wellbeing

- Wellbeing is a subjective state of being comfortable, healthy, or happy
- Wellbeing doesn't just happen – direction, effort & knowledge
- PERMA model – Positive Emotions, Engagement, Relationships, Meaning, Accomplishment. The higher each factor, the higher an individual's wellbeing
- Self-care is non-negotiable

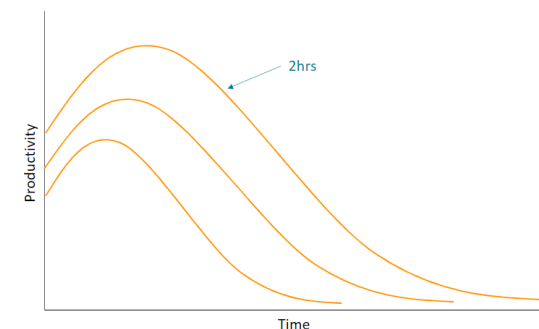
Deakin Resources

- [Student Wellbeing](#)
- [Health and Wellbeing](#)
- [Deakin Wellbeing App](#)

Further Resources

[Seligman's PERMA+ Model Explained: A Theory of Wellbeing](#)

Self-Care & Productivity Curves



What happens without regular self-care?