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PERMA-V, vitality challenge – putting positivity in action

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In 2016, the author has inspired by 95-year-old Canadian Masters athlete Olga Kotelko, decided to reboot her fitness routine and boost her wellbeing. By creating a personal challenge that combines the PERMA-V model of positive psychology and vitality, she launched her own personal vitality challenge. The goal: try 50 new (or long forgotten) fitness activities over 12 months. In the summer of 2017, the author has accomplished her goal and along the way inspired may others to reboot their vitality and exercise routines and improve their wellbeing. This kind of vitality challenge calls on us to set and to meet big goals and asks participants to step out of their comfort zone to try new things. It encourages fitness, community, goal setting and character strengths development. It calls on all areas of the PERMA-V model of positive psychology. In this workshop/presentation you will: Learn the story of Susan's vitality challenge and how it fits in the PERMA-V model; participate in setting up your own vitality challenge; launch your challenge by trying a new (or long forgotten) activity of your choice. Positive psychology is the scientific study of the factors that enable individuals and communities to flourish. It follows the PERMA-V theory of wellbeing and its building blocks that enable human flourishing including: Positive emotion, engagement, relationships, meaning, accomplishment, and now vitality. Each of the building blocks for PERMA-V contributes to wellbeing. Research shows that wellbeing not only feels good but also has numerous tangible consequences. Compared to those with lower levels of wellbeing, individuals with higher levels of wellbeing: Perform better at work; have more satisfying relationships; are more cooperative; have stronger immune systems; have better physical health; live longer; have reduced cardiovascular mortality; have fewer sleep problems; have lower levels of burnout; have greater self-control; have better self-regulation and coping abilities; are more prosaically; have reduced depression and anxiety.