

# A guide to **ENHANCING OUR WELLBEING**

Developed as part of  
ICMR's Multistate Implementation Research Study on Improving  
Mental Well Being Among School and College Students





Let's talk about

# ENHANCING OUR WELLBEING

As adolescents and young adults, we are in a period of life filled with rapid changes. Our bodies are changing, we have new thoughts and feelings and many new interests and experiences.

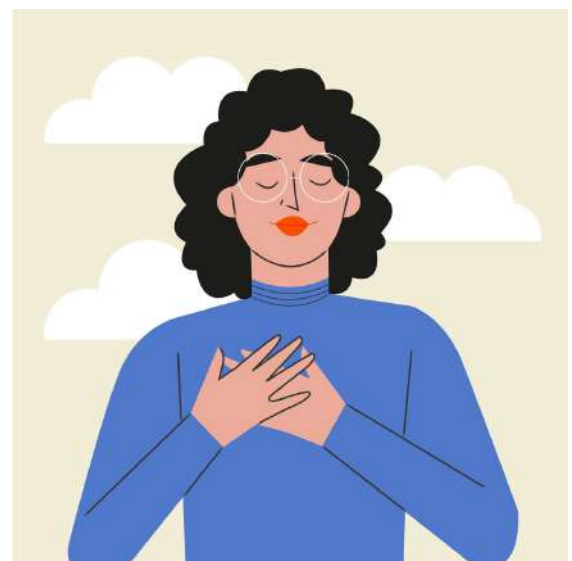
This phase of life can also be a time of **self-discovery**, where we start to explore who we are, what we like and don't like, and our own unique ways of doing things.

A part of this exploration can also be finding ways of taking care of ourselves and our wellbeing.

**The first step towards taking care of our wellbeing is to **set an intention**.**

To set an intention, you can read out the statement below or write one for yourself:

*"I am worthy of love and care, and I choose to prioritise my well-being each day, embracing habits that nurture my mind, body, and spirit."*



Source: Freepik.com

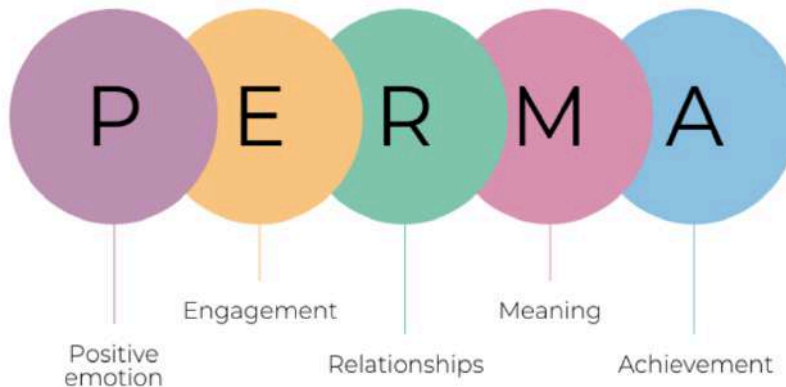
Let these words resonate with you and deepen your intention of taking care of yourself.

**The second step towards taking care of our wellbeing is to understand well-being better.**

Let us learn more about the components of wellbeing.

## The PERMA Model of Wellbeing

In the year 2011, Psychologist Martin Seligman introduced the **PERMA model**, which identifies **five essential components** that contribute to our overall well being. These elements help us build a solid foundation for a happier and healthier life.



Source: Strengths Scope.com

### 1. Positive Emotions

**The term 'positive emotion' goes beyond just happiness.**

They encompass feelings and experiences like **hope, love, joy, and gratitude**. While it is essential to acknowledge and accept negative emotions, making room for positive emotions helps us live a more balanced and fulfilled life.



### Ways to build positive emotions:

- Spend time with **people who make you feel good**.
- Engage in **hobbies or creative activities** you enjoy.
- Reflect on things you are **grateful** for in your life.
- **Savour** or consciously take time to enjoy the positive aspects of your life.



You can read more about gratitude and savouring in the self help booklet on gratitude.

## 2. Engagement

**Engagement is about being actively involved and connected to what's happening around you.**

Whether it's playing a sport, painting, or solving a puzzle, engagement can help you feel more connected to the present moment.



### Ways to increase engagement:

- Take part in **activities you might enjoy**, whether it's playing an instrument, dancing, or volunteering.
- Practice **mindfulness**, focusing on being present even during daily routines.
- **Spend time in nature**, observing your surroundings.
- Discover your **strengths** and apply them in your day-to-day life.

### 3. Relationships

Strong, supportive relationships are one of the central contributors to wellbeing.

Whether it is a family member, friends, teacher or a member of your community, **having people you trust and can confide in during difficult times** can help build a dependable and resilient support structure.



Source: Freepik.com

#### Ways to build and maintain relationships:

- Join a **club, class, or group** that interests you.
- **Reconnect with people** you haven't spoken to in a while.
- **Start conversations and actively engage with others** to build stronger connections.

### 4. Meaning

Meaning involves being part of something **larger than yourself**, such as contributing to a cause or community.

Finding purpose can help you navigate through challenges and gives you a sense of direction.



Source: Freepik.com

#### Ways to find meaning:

- Get involved in a **cause or organisation that resonates with you.**
- Try **new activities** and see what brings you fulfilment.
- Use your **strengths** and passions to help others.
- Spend **quality time with those who matter most to you.**

## 5. Accomplishments



Source: Freepik.com

A sense of accomplishment is felt when we set and achieve goals.

**No matter how big or small an achievement may be, celebrating one's progress** can boost confidence and provide motivation to work towards future goals.

### Ways to build a sense of accomplishment:

- Set clear, achievable **goals** (SMART goals: Specific, Measurable, Achievable, Realistic, Time-bound).
- Reflect on your **past successes** and what you have achieved so far.
- **Celebrate your milestones**, no matter how big or small.



You can read more about setting SMART goals in the self help booklet on goal setting.

## Supporting Wellbeing Through Lifestyle Choices

In addition to focusing on emotional and mental wellbeing, taking care of your body is equally important. Three major factors that play a role in physical and mental health are **physical activity, nutrition**, and **sleep**.



## Physical Activity

Being physically active is not just important for your body; it also has a significant influence on your mind. While movement can reduce symptoms of depression, anxiety, and stress, it also promotes improved focus and mood.



### Tips for staying active:

- **Find physical activities you enjoy**—whether it's walking, dancing, or playing sports.
- **Incorporate movement into your daily routine**, like stretching during study breaks.

## Nutrition

What you eat can directly affect your wellbeing. A balanced diet of fruits, vegetables, and whole foods may be linked to better physical wellbeing.



### Healthy eating tips:

- Prioritise **whole, nutrient-rich fresh foods** over processed, packaged and sugary snacks.
- Try to **balance** your meals with protein, healthy fats, and carbohydrates.

### Sleep

Sleep is a crucial pillar of well-being. Restful sleep enhances emotional resilience, promotes clear thinking, and fosters a sense of calm and overall well-being.



### Tips for better sleep:

- Aim for **7–9 hours of sleep** each night.
- Develop a **consistent sleep routine** by going to bed and waking up at the same time each day.
- **Limit caffeine, screen time, and heavy meals** before bed.



You can read more about healthy sleeping practices [here](#):



Source: Created by NIMHANS:



# My Wellbeing Plan Worksheet

Taking care of your wellbeing often requires intentional effort and reflection.

Use this worksheet to **create a personal plan that will help you balance different aspects of your mental, emotional, and physical health.** This plan is based on the PERMA model of wellbeing and includes sections for physical activity, nutrition, and sleep.

## Wellbeing Plan



01

### Positive Emotions

Write down 3 things that make you feel good or uplift your mood:

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\_\_\_\_\_  
\_\_\_\_\_



02

### Engagement

Write down 2 activities that you enjoy and get fully absorbed in:

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



03

### Relationship

Write down names of five friends/family members who are important to you

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\_\_\_\_\_  
\_\_\_\_\_

What is something special you can do for them?

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\_\_\_\_\_  
\_\_\_\_\_



04

### Meaning

Engagement in what kind of activities or causes give your life a purpose?

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



05

### Acomplishment

What are some goals you want to achieve?

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



06

### Physical Activity

What is the kind of exercise you want to engage in? And how often?



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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

07

### Nutrition

What are some healthy foods you enjoy eating?

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



08

### Sleep

What are some changes you will make to improve your sleep?

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\_\_\_\_\_  
\_\_\_\_\_



### Reflection

Looking at all the areas above, what are the top 3 things you want to focus on to improve your wellbeing?

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\_\_\_\_\_  
\_\_\_\_\_



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