5 key areas for wellbeing

mha
Live later life well

P **E** **C** **M** **A**

P
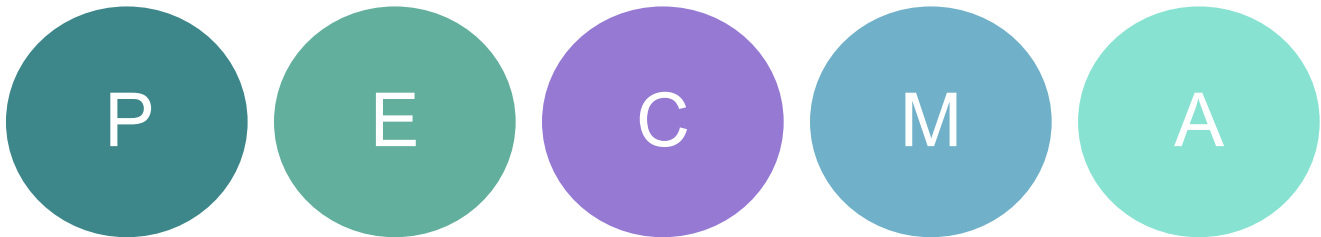### Positive Emotions
Positive emotions are among the many components that make up happiness and well-being, they help us move closer to a growth mind set and learn new skills or ways of managing situations. Experiencing positive emotions helps us to grow and develop resilience. The 'big 10' positive emotions are love, joy, gratitude, peacefulness, interest, hope, pride, amusement, inspiration and awe. Experiencing these emotions regularly helps to increase our happiness levels.

E
Engagement.
The experience of becoming so absorbed in an activity that enables you to completely lose sense of time. Achieving this state of flow or total engagement is natural and helps the brain figure out different solutions or responses to situations being faced. Flow generally happens when you're doing activities you love and are good at, such as dancing, playing sport, creative activities and hobbies, colouring or playing games with friends.

C
Connections
Connections and positive relationships can help spread happiness, laughter and joy. They become an integral support for people during challenging time and help people to feel a sense of belonging. Building connections increases our wellbeing, builds resilience, and is underpinned by trust.

M
Meaning
Taking part in activities that bring fulfilment and show dignity and respect to others enhances wellbeing. Living a meaningful life is, in essence, is about being part of something that is bigger than just yourself. It instils the sense that there is a larger purpose to life and is also an effective barrier against depression.

A
Achievement
Achievement helps to build self-esteem and provides a sense of accomplishment, giving you a concrete experience that you can draw upon at a later time, and a sense of being able to 'get things done'. Having specific goals in life, especially small ones like reading for an hour everyday or taking the stairs instead of the lift, and making efforts to achieve them are important to well-being and happiness.