

## **Subject 2: The pillars of good mental health**

Everyone knows the pillars of good physical health. They include: a healthy diet, regular exercise, getting enough good quality sleep, not smoking, and drinking alcohol in moderation. By practicing these positive behaviours, you are likely to experience a high level of physical wellbeing and be less susceptible to illness and disease.

In addition to remaining physically healthy, psychologists have identified five pillars of good mental health. These include:

- experiencing positive emotions,
- participating in activities that fully engage you,
- enjoying positive relationships with others,
- having a sense of meaning or purpose, and
- experiencing satisfaction associated with accomplishment.

The better you do in these five areas - the greater your mental wellbeing and quality of life is likely to be.

These five pillars are often referred to as PERMA. This model of wellbeing was first proposed by the American psychologist Martin Seligman. For more information on the PERMA model and these pillars click [here](#).

### **Do you want to find out more?**

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).