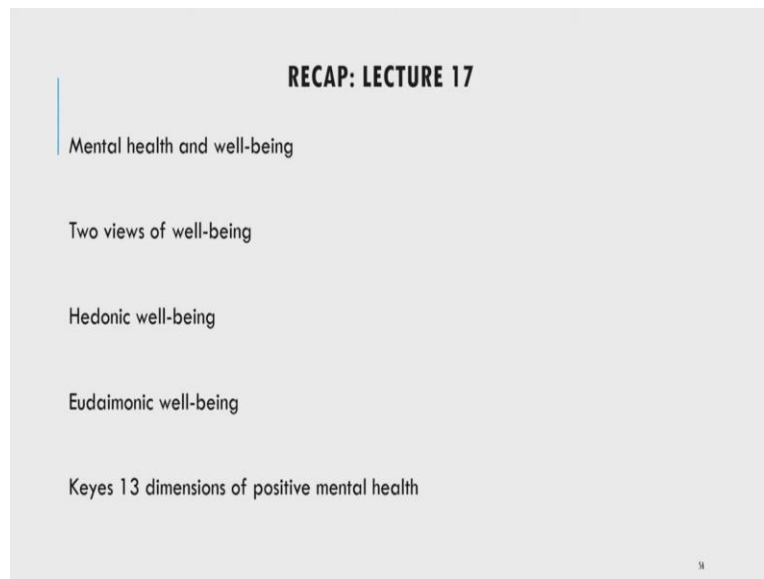


Psychology of Stress, Health and Well-being
Associate Professor Doctor Dilwar Hussain
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Indian Institute of Technology, Guwahati
Lecture – 18
Well-being and Resilience

Hello and I welcome you all to this 18th lecture of the course title Psychology of Stress, Health and Well-being. So, this is a second lecture of module 6 and overall, it is 18th lecture. The title of today's lecture is Well-being and Resilience. So, let us have a brief recap of the last lecture, before we talk about today's lecture.

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So, in the last lecture that is lecture 17, we discussed the concept of mental health and well-being. So, we try to give you an overview of the concepts of health, mental health and well-being; the various prominent definitions of these concepts. And we then specifically try to understand the concept of well-being and try to understand the well-being from two different theoretical approaches. One is hedonic concepts of well-being, and another is called as eudaimonic concepts of well-being. So, the hedonic concept talks about well-being in terms of pleasure, in terms of emotional experiences, in terms of happiness, in terms of satisfaction. The hedonic well-being is termed as subjective well-being in psychology. The eudaimonic well-being which also called as psychological well-being, talks about well-being beyond just transitory emotional experiences. It talks about well-being in terms of personal growth, self-actualization of

meaning and purpose in life positive relationships and so on. We have discussed in details about all these concepts along with the historical and biological routes of these two traditions.

Then we discussed that well-being should be conceptualized as a kind of combination of both hedonic and eudaimonic well-being. To understand well-being in holistic way; it is always better to measure or look into well-being in terms of promoting well-being, both hedonic as well as eudaimonic well-being. So, well-being should be a combination of both hedonic and eudaimonic concepts.

Then we have discussed at last the keys 13 dimensions of positive mental health. So, we discussed this particular model proposed by researcher named Keys, who proposed a model; where he conceptualized well-being by combining both hedonic as well as eudaimonic concepts of well-being. So, he talked about 3 main dimensions of well-being: well-being or positive mental health. One is emotional well-being, which talks about positive emotions and life satisfactions. The second factor is psychological well-being, which is basically eudaimonic well-being concepts, such as autonomy, meaning and purpose in life, positive relationships, environmental mastery and so on. And the last third factor was social well-being, which is basically described in terms of social integration, social contribution, social coherence and social actualization and so on.

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Module 6, Lecture 2
Lecture 18: Well-being and Resilience

Key Concepts

- Resilience
- Relationship between resilience and well-being
- Seligman's PERMA model of well-being
- Building well-being and resilience with PERMA

So, today we will talk about the concept of resilience and how it is connected to the concept of well-being. We will also try to understand how can we build resilience using one particular model called Seligman's model of well-being, which is also called as PERMA model. So, we will try to understand all these concepts in today's lecture.

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What is Resilience?

Resilience is another significant concept that is closely connected to well-being.

There are different definitions of resilience. Some are-

'Dynamic process encompassing positive adaptation within the context of significant adversity' (Luthar, Cicchetti, and Becker, 2000; p. 543)

Resilience is characterized by 'good outcomes in spite of serious threats to adaptation or development' (Masten, 2001; p. 228).

There are two defining aspects to resilience (Toland and Carrigan, 2016):

Exposure to significant threat or adversity

Achievement of positive adaptation despite threats to the development process

So, what exactly is resilience? We discussed the concept of resilience when we discussed post-traumatic growth. As a result, another idea that is strongly related to the concept of well-being is

the sense of resilience. So, in the literature of well-being, you will frequently come across the concept of resilience; thus, resilience has been characterized in a variety of ways. Some definitions include: resilience is a dynamic process encompassing positive adaptation in the face of significant adversity. So, this is one definition of resilience as a dynamic process within us. And it talks about positive adaptation in the face of adversity or a life crisis; in other words, you positively adapt in the face of severe difficulty in life. Another meaning of resilience refers to good outcomes in the face of substantial challenges to adaptation or development; that is, even in the presence of serious threats, you are able to adapt. So, basically, resilience refers to your ability to recover from a life crisis or adversity. As a result, we frequently or frequently suffer numerous hardships and life crises. And many people find it difficult to come out of life's challenges or crises; and some people come out of it very quickly. People who can bounce back fast have a significantly higher sense of resilience. So, there is the concept of resilience, which refers to how quickly you can positively adapt to a circumstance and return to your normal functioning level; this demonstrates your sense of resilience. So, there are two distinguishing characteristics of resilience: exposure to significant threat or adversity and the other is positive adaptation despite threats.

So, resilience is always discussed in the context of exposure to some threat or adversities or some traumatic situation. And the second aspect is once you expose to those adversities of life, how quickly you are able to achieve positive adaptation despite threats. How quickly you are able to end up to that situation; so, these are two important components in defining the sense of resilience.

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Some researchers also distinguish between resilience as a trait and resilience as a process (Harms, et al., 2018).

As a trait it is considered as an individual ability to resist being damaged by trauma and adversities. As a process, it is considered as an outcome of dynamic process of bouncing back or recovering from the trauma or adversities. It looks at how an individual recover from the adversities.

Most of the researchers consider it as process and believes that resilience involves thoughts, actions and behaviors that one can learn. It is not necessarily a privilege of only some people.

As a result, some academics discuss or differentiate between resilience as a trait and resilience as a process; as a result, some people conceived resilience as a type of personality trait. So, when we refer to anything as a personality trait, we are referring to it as a part of your own unique characteristics; for example, some people are simply extremely resilient. Some people are simply not resilient, thus it is part of your defining personality attribute. And some people refer to it as a process; it is not something you are born with. It is determined by a variety of internal and environmental factors that interact to determine one's sense of resilience. So, as a trait, it is considered an individual ability to resist; so, when we talk about anything as a trait to resist being damaged by trauma and adversities, it is more like your ability or own personal ability. As a process, we believe it to be a product of a dynamic process of bouncing back or recovering from trauma and adversity. It examines how an individual recovers from adversity; thus, both conceptualizations are present. However, most researchers regard resilience as a process; or feel that resilience incorporates thoughts, behaviors, and behavior that can be learned. So, we are not born with a sense of resilience; for the most part, we develop it as a learning process throughout our lives. As a result, it may be influenced by numerous thought processes, human behaviors, and environmental variables; thus, it is more appropriately seen as a process. So becoming resilient is not merely a privilege of some people who are born with some genetic composition for resilience. It is learnable and more conceived in terms of process.

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Relationship between Resilience and Well-being

Resilience and well-being are closely related concepts to the extent that some well-being instruments measure resilience (Davydov et al., 2010; Windle, 2011).

The relationship between resilience and well-being is not straightforward.

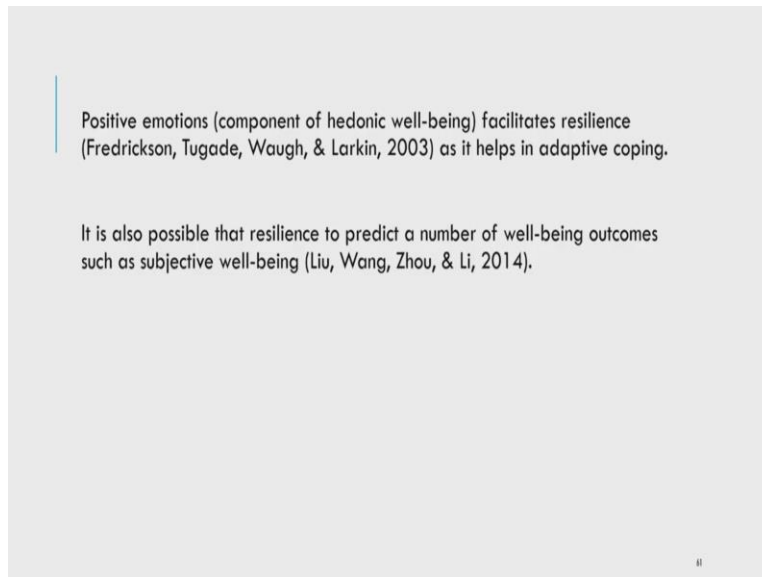
Many research indicate that higher level of well-being leads to more resilience (Kuntz, Näswall, & Malinen, 2016). It could be due to the fact that positive individuals may be more resilient because they approach situations expecting better outcomes and tend to elicit more positive responses (Wood, Harms, & Vazire, 2010).

So, what is the relationship between the concept of resilience and well-being? So, we have discussed the meaning of well-being in detail in the last lecture. So, are there any relationship between the sense of resilience and well-being? Let us see some of the evidences. So, resilience and well-being are closely related constructs or concepts to the extent that some well-being instruments measure aspects of resilience. Sometimes well-being and resilience are so closely connected and people conceptualize them in such a way that resilience almost becomes an indicator of well-being. So, they are very connected concepts and many research use them as correlated concepts.

So, the relationship between resilience and well-being is not very straightforward; even though they are very closely connected. Some research shows the relationship can be very different, depending on the situation or other different factors. So, many research indicate that higher level of well-being leads to more resilience. So, as your well-being increases, your sense of resilience also increases. So, if your sense of well-being is higher at the face of adversity, you are more likely to bounce back; and come to your normal level of functioning's in life. So, it could be due to the fact that positive individuals or people with higher well-being are more resilient. Because they approach situations expecting better outcomes, and tend to elicit more positive response. So, sense of well-being basically makes you more resourceful, and gives you certain outlook towards

life that you are able to deal with them and come out of the situation or difficulties much more easily. So that could be one reason why there is a positive relationship.

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Positive emotion is a crucial component of well-being or hedonic well-being, and research shows that positive emotions actually increase a sense of resilience. Because when we are experiencing unpleasant emotions, we are often unable to cope properly with the circumstance. We become narrowly focused and, more often than not, we engage in negative activity.

So, if you have a higher sense of well-being, especially hedonic well-being, your sense of positive emotion will be considerably higher. That will support with resilience since you will be able to think more clearly, deal with the environment, and have far more resources to deal with the problem. It is also possible that resilience can predict a variety of well-being outcomes, including subjective well-being. As a result, a large body of research suggests that resilience can predict well-being and other indices of well-being, such as subjective well-being. As a result, a large body of data suggests that there is a positive relationship between them.

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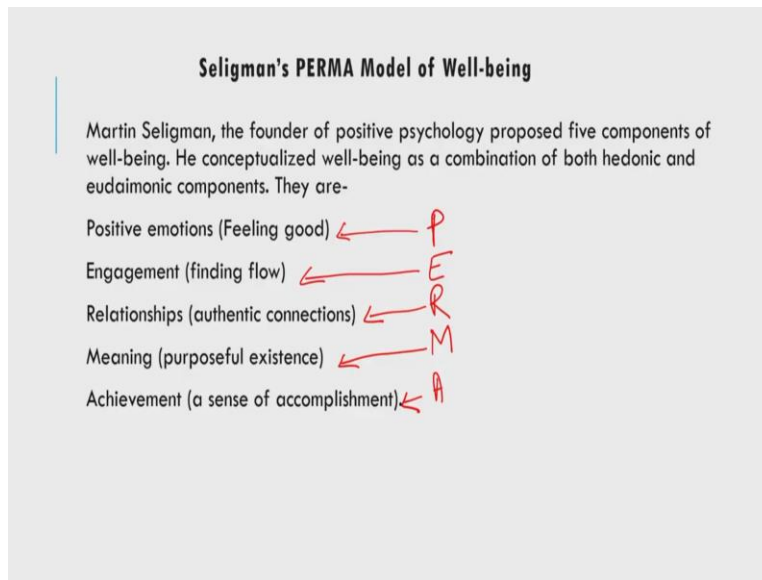
It is also possible that some antecedents of well-being and resilience diminish the attainment of the other (Harms et al., 2018).

For example, few studies reported that the positive emotions associated with well-being, such as joy and calmness, tend to generate a diffuse contentment rather than the sharp, vivid focus on challenges associated with resilience (Fredrickson, 1998; Silard, 2016).

Therefore, well-being and resilience are closely connected. However, the relationship can be complex and not straightforward.

However, some research also indicate that it is that some antecedents of well-being and resilience diminish attainment of others. So, it is possible in certain context some aspect of well-being or antecedents or factors that influences well-being, may actually hinder the sense of resilience. For example, a few studies reported that the positive emotions associated with well-being, such as joy and calmness may tend to generate a diffuse contentment rather than the sharp, vivid focus on challenges associated with resilience. So, sometimes to become resilience, you need to be very sharp focus and those kinds of mode that increases functioning. So, sometimes positive emotion may diffuse some of this aspect sharpness in the mind which can hinder one's sense of resiliency. So, some research at least indicates that it could be possible in certain contexts. But, in most research shows that there is a positive relationship and sense of well-being and positive emotions can facilitate to one another. Therefore, the relationship between well-being and resilience are very closely connected. However, the relation may not be very straight; but most of the research indicate a positive relationship between them.

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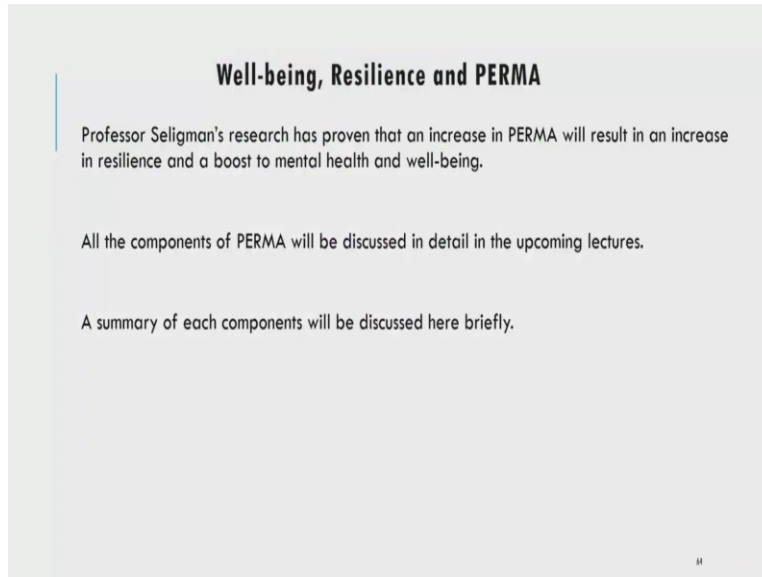
So, in this context, we will discuss Martin Seligman's model of well-being; which is also called as PERMA model. So, we will try to see what that is. Now, we will discuss this model particularly in the context of well-being and resilience, as these two concepts are very closely.

This model is more addresses directly both well-being and resilience. The components of this model are PERMA basically means each is a it is a kind of acronym for 5 components. So, P is for positive emotions, E is for engagement, R is for relationship, M is for meaning and A is for achievement or accomplishment.

This model addresses both well-being and resilience. This model's components are PERMA, which simply implies that each is a form of abbreviation for five components. As a result, P stands for positive feelings, E stands for engagement, R stands for relationship, M stands for meaning, and A is for achievement or accomplishment. That is the description of the P, E, R, M, A in the PERMA model. So, basically, it talks about five dimensions of well-being, and research demonstrates that these components, such as well-being and resilience, are closely intertwined. And these components are also critical in terms of facilitating resilience; so, I will describe this approach. Because it is a model of well-being, the components are directly related to the sense of well-being. However, these models are also extremely closely linked to a sense of or enhancing our sense of resilience. So, let us explore what each of these components are and how we can

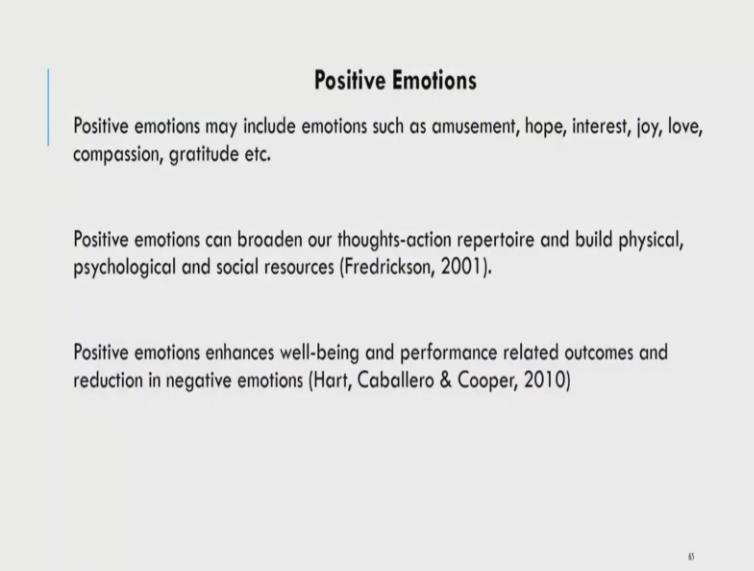
build each of these components. As a result, we will attempt to highlight some of the most relevant points.

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As a result of Professor Seligman's research, an increase in PERMA for all of these components will result in increased resilience, as well as improved mental health and well-being. As a result, all of these elements are critical for improving your well-being, mental health, and resilience. As a result, the majority of these components will be discussed in considerably greater length in many of the upcoming lectures individually. But, in this lecture, we will try to summarize each of them briefly and see how we can build or increase this component, each of these components; so, that will be our focus in today's lecture.

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Positive Emotions

- Positive emotions may include emotions such as amusement, hope, interest, joy, love, compassion, gratitude etc.
- Positive emotions can broaden our thoughts-action repertoire and build physical, psychological and social resources (Fredrickson, 2001).
- Positive emotions enhances well-being and performance related outcomes and reduction in negative emotions (Hart, Caballero & Cooper, 2010)

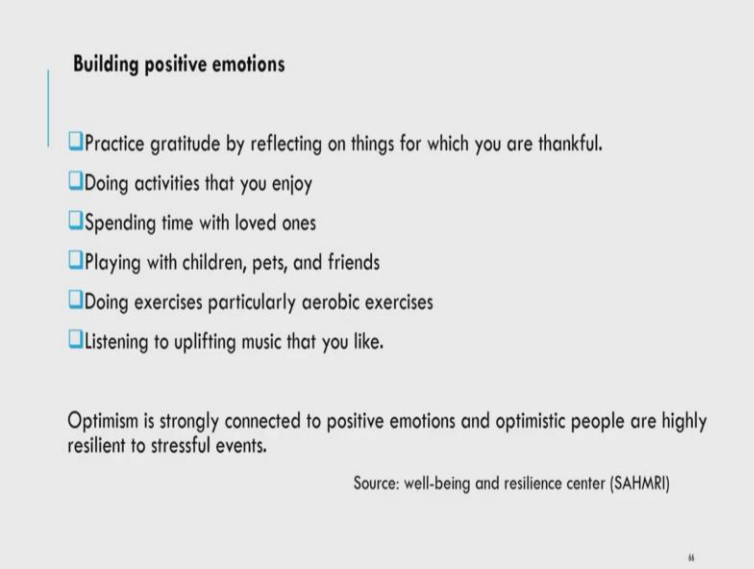
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So, let's start with the positive emotions. So, the first component of the PERMA model is P, which stands for positive emotions. As a result, we will have a separate lesson on that as well; however, we will only briefly discuss on significant topics here. Positive emotions are pleasant emotions that include amusement, hope, interest, joy, love, compassion, gratitude, and so on. So, anytime we experience these emotions, we feel a sense of pleasantness and sweetness within ourselves. When we have these kinds of emotions, they are referred to as positive emotions. Positive emotions, according to research, widen our thought-actions, and behaviors. So, anytime we experience positive emotions, we kind of expand; as a result, our focus broadens and becomes more inclusive. In the sense that our thoughts expand and we are able to focus on a greater variety of factors, our behavioral repertoire expands as well.

So, happy emotions broaden our thoughts and behaviors, but negative emotions narrow our thoughts. So, when we are highly negatively focused, such as when we are unhappy or angry, we become very narrowly focused, and we just focus on the problems at the end. So, we get stuck in something and are unable to think beyond it; this is the meaning of narrowing down. Our positive emotion does the opposite, and it does so as a result of the broadening. It aids in the development of many types of resources within us, whether to deal with life's problems or to boost our sense of well-being. So, it could be our psychological resources, because as you extend your views, you become more creative; you can see many more answers to a problem. And it

may help to build social resources in the sense that when we are feeling good, we are better able to connect with others. People also find a lot more joy in our company, which improves our social resources. So, and it can also improve our physical resources in the sense that when you are playful and joyous, it boosts our physical resources. Positive emotions do these functions; they broaden our thought actions and build numerous resources. And this, in turn, boosts our sense of well-being while also encouraging resilience. As a result, positive emotion improves our well-being and performance outcomes while decreasing our negative feelings. So, obviously, when you experience positive emotion, you cannot experience negative emotion; positive emotion will undo negative emotion.

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Building positive emotions

- Practice gratitude by reflecting on things for which you are thankful.
- Doing activities that you enjoy
- Spending time with loved ones
- Playing with children, pets, and friends
- Doing exercises particularly aerobic exercises
- Listening to uplifting music that you like.

Optimism is strongly connected to positive emotions and optimistic people are highly resilient to stressful events.

Source: well-being and resilience center (SAHMRI)

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So, how can you cultivate or increase positive emotions? As a result, because it is linked to both, it boosts our well-being as well as our sense of resilience. So, there are some of the proposals made by many researchers, and I took some of these suggestions from the website of the well-being and resilience center. Practicing gratitude is one of the notions associated to developing positive emotions. So, in the next class, we'll go through gratitude in greater depth. Practicing gratitude entails looking back or looking at positive aspects of your life; or things for which you are grateful in your life. So that is what practice entails. Most of the time, our attention is drawn to the problem areas or the negative aspects of our lives. So, you may have ten wonderful things

in your life, but one negative thing consumes your entire attention and causes you to complain about everything.

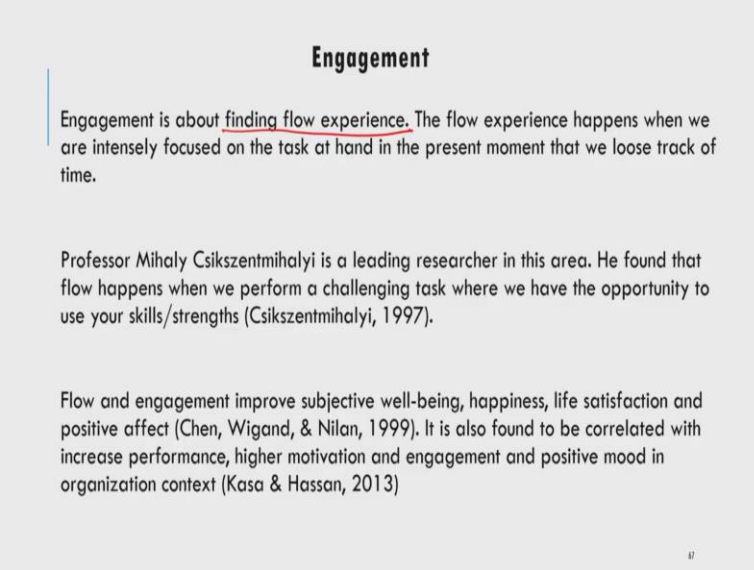
Simply because unpleasant things and negative emotions pique our interest much more. As a result, when we complain, we experience unpleasant emotions. However, when we deliberately try to look at the positive aspects of your life or things for which I should be grateful; or when you express gratitude and thankfulness towards that; we experience positive emotions. We experience so many positive emotions by expressing, thankfulness, and gratitude. As a result, this is one of the most significant methods for developing or increasing positive emotions. The second thing is to engage in activities that you enjoy; this is also critical. Mostly, try to do more activities that you enjoy; it might be a hobby, it could be anything; or at the very least, try to make time for those kinds of activities.

As a result, doing something you like and appreciate can boost your pleasant emotions. Then, of course, spending time with family and friends is one of the finest ways. As a result, when we interact and talk with people we care about, we experience an immediate surge of positive emotions. So, attempt to interact with individuals you care about, whether they are friends or family members; this will boost your pleasant emotions. Then there's playing with children, pets, and friends, which are all ways of interacting with things you enjoy. So, if you try to locate this type of leisure time to play with your children, pets, and friends, it will also boost your positive emotions. Another option is to engage in physical activity, particularly aerobic exercise; we discussed this in the section on coping mechanisms. We discussed physical methods of coping in the lecture. And we've already addressed how aerobic exercise, can cause the production of hormones such as endorphins, which improves your mood or promotes a pleasant mood. As a result, you can experience positive emotions when exercising. Then, obviously, the last step is to listen to uplifting music that you enjoy. Music is a very simple and efficient means of eliciting happy emotions right away.

Whatever music you enjoy, it quickly elicits positive emotions. As a result, it is also one of the most effective and simple methods of promoting positive emotions. Another idea known as optimism is intimately linked to positive emotions; this is because optimism is about seeing the brighter side of any future event. And it is significantly linked to a sense of resilience. People that are resilient are optimistic, and pleasant emotions help to enhance that optimism. And when

we experience negative emotions, we constantly become pessimistic; we always perceive the darker side of life or the darker side of the future. We are able to look at positive aspects of ourselves while we are experiencing happy emotions. In that sense, it fosters optimism, and optimism is intimately linked to a sense of resilience.

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Engagement

Engagement is about finding flow experience. The flow experience happens when we are intensely focused on the task at hand in the present moment that we lose track of time.

Professor Mihaly Csikszentmihalyi is a leading researcher in this area. He found that flow happens when we perform a challenging task where we have the opportunity to use your skills/strengths (Csikszentmihalyi, 1997).

Flow and engagement improve subjective well-being, happiness, life satisfaction and positive affect (Chen, Wigand, & Nilan, 1999). It is also found to be correlated with increase performance, higher motivation and engagement and positive mood in organization context (Kasa & Hassan, 2013)

The next component of the PERMA model is E, which stands for engagement. So, life engagement is essentially about one of the concepts in psychology known as flow experiences. So it's all about finding flow experience, which essentially implies what? Flow experiences happen; most of you have probably had them at some point in your lives. It occurs when you get extremely focused on a certain activity at hand. You become so totally engaged and engrossed in that specific work, as well as in the present moment, that you lose sense of time.

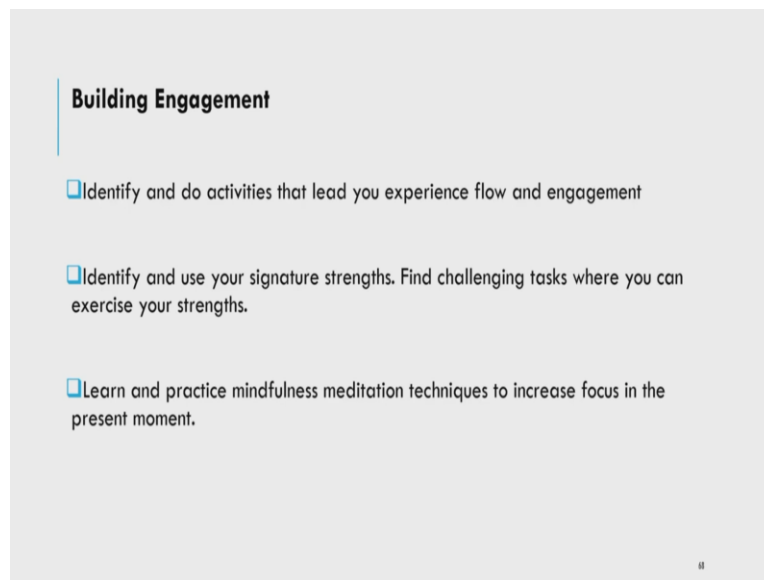
How much time has passed and you've forgotten about other things in your surroundings? As a result, you become so engaged in that work that you forget about other things, including time. So, in that exact moment, you are in the flow experience. So, we've all had such moments in our lives when we've been engrossed in vital tasks that we've thoroughly liked. That we forget about other aspects of our surroundings, and that we fail to keep time. So, flow experiences are really significant in our lives, and the more we experience flow, the higher our sense of well-being and resilience.

So, the flow experience was primarily proposed by one psychologist, Mihaly Csikszentmihaly. It's a difficult name to pronounce; I hope I'm correct; he's a renowned researcher in that field. He discovered that flow occurs when we execute a challenging task and have the opportunity to employ our abilities and skills.

So, generally, flow experiences occur while we are engaged in a task that is challenging; so, it is not that simple. It is not a difficult or impossible task; rather, it is a challenging task. It allows you to strengthen and stretch your talents and abilities. The flow will never happen to a task which is very easy for you; flow will never happen to a task which is very difficult for you that you are not able to do it. Because, in either case you will not very, really engaged; engagement happens when it is very challenging. Then you have the skills and abilities, but it will not be very easy; you need to extend and then expand it, so those tasks generally flow happens.

Flow and engagement improve subjective well-being, happiness, life satisfaction and positive affect; this is the research finding. So, this is very important to find out activities that lead you to flow experience. It is also found to be correlated with increase performance, higher motivation and engagement, and positive mood in an organizational context. So, it has a lot of benefits in terms of performance and efficiencies.

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So, how to build engagement or increase flow experiences? So, one thing is obviously you need to identify and do activities that lead to flow or engagement. So, you can identify the things or activities that help or stimulate the flow experience.

So, we all may find flow experience in different activities; so, you need to find your own activities, which can lead to the flow experience. Find them and do those activities more and more so that will enhance your sense of flow experience or engagement in life. The next thing is to identify and use your signature strengths. It is very important to use your strengths. So, people have signature strengths. Many times people may not be aware of these strengths or may not get opportunities to use them. Consequently, they remain as mere potentials. So, it is very important that one identify and use their strengths in order to make them actual. It could be your communication skills, social skills, whatever. Use them more and more in different tasks and situations of your life that will help you to enhance flow experiences and engagement. Another suggestion is to learn and practice mindfulness meditation technique. We have already discussed in one full lecture of mindfulness and meditation. The practice of mindfulness helps us focus, come to the present moment, and engage with the task. So, by practicing mindfulness, you will be able to experience flow more and more in diverse activities. It trains our mind to focus on the present moment and engage with the task. So, practicing mindfulness may promote flow experiences and you will be able to engage with much more diverse activities.

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Relationships

Relationships refer to the nature of connections and interactions we have with others.

"We are social creatures and positive relationships have a significant impact on our wellbeing." (Seligman, 2012).

Social support can be a good source of coping during the stress. People with high social support experience less stress and cope more successfully (Taylor, 2010).

Social support is a particularly important personal resource because it helps provide access to further resources beyond those already possessed by the individual (Hobfoll et al., 1990).

Therefore, our relationships and social support are one of the most significant source of well-being and resilience.

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The next factor is relationships. We have also talked in details about relationships in an earlier lecture on social support. We have already discussed that we are all social animals and there is an inbuilt motivation and need within us to belong to a community or a family or to connect with people. So, it is an inbuilt motivation and need within all of us. So, this motivation and need constantly helps us to seek relationships and find happiness from the relationship. So, relationship is very important for enhancing our well-being and resilience. Social support and relationship is a crucial factor for increasing our sense of resilience. In the time of adversity, it is support of other people plays a very important role in terms of bouncing back. So, if you have a good supportive network, you can very easily bounce back from a difficult situation. Social support adds resources beyond ours to deal with a situation. So, it is very important for the sense of resilience. So, we have discussed diverse aspects of it in the earlier lecture.

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Building Relationships

- Identify and improve the problems in existing social network
- Build new connections by joining and participating in groups and communities that you like
- Altruistic and volunteer work

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So, there are two aspects to building relationships. One is to identify and improve the problems in the existing social network and second is building new connections. So, there may be problems in the existing relationships in our network. Much of these problems may happen due to our small and pity egoistic issues. So, it is important to identify them and remove those deficiencies as much as possible; so, it will enhance the quality of our relationships.

The second aspect is about building new connections. This can be done in many ways, we have already discussed many aspects to it. Primarily, it can be done by, participating in groups where one can connect with like minded people including professional groups, or hobby-related groups, etc. Nowadays, one can connect with online groups with similar interests and likings. One can also engage in various altruistic and volunteering activities, where you can find out people who are similar to you. So, there are many ways by which you can build new relationships and connections. And another way is obviously improving the existing deficiencies in the social support network. So, these are some of the important ways by which one can build positive relationships.

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He who has a why to live can bear with almost any how

Meaning in life

Meaning is about doing things that are valuable and worthwhile. This involves belonging to and/or serving something that we believe is greater than ourselves (Seligman, 2012).

The search for meaning in life could an intrinsic motivation among human beings.

An individual achieves meaning in life when his or her life is experienced as purposeful, significant, and understandable (Steger, 2009). This sense of purpose provides individuals with goals that guide action and promote well-being.

Finding meaning in one's life is an important determinant of psychological well-being (Frankl, 1997; Steger, Kashdan, Sullivan, & Lorentz, 2008).

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The next component is meaning in life. So, meaning in life is about is a very subjective thing, Everybody has different concepts of meaning in life. And it is about doing things that are valuable and worthwhile. We derive meaning of life by doing things that are valuable and worthwhile. The meaning in life also comes from doing or serving something that we believe is greater than ourselves, that is, beyond our own personal self-interest. If you become a part of something bigger, then also it enhances your sense of meaning. So, so the search for meaning is another very fundamental motivation within all of us. We all want to make our life meaningful and purposeful; because without a sense of meaning and purpose, we will not get any motivation for our life.

So, maybe lot of different people experience depression due to a lack of meaning in their life. So, the sense of motivation and active engagement in life is strongly connected to your sense of meaning. The more meaning you will have in a particular context or life in general; you will be more actively involved in those things. We will devote one full lecture on this topic in the upcoming class.

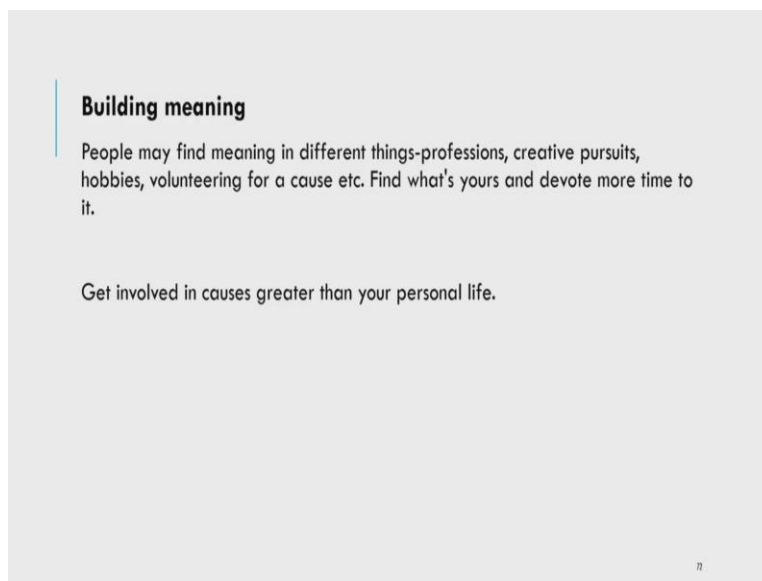
So, an individual achieves meaning in life when his or her life is experienced as purposeful, significant and understandable. So, there is a sense and logic in your life, for whatever activities that you do. This sense of purpose provides individuals with goals that guide action and promote well-being; so, it always helps to guide action and promotes sense of well-being. Finding meaning in one's life is a very important determinant of psychological well-being and resilience.

So, in this context, the philosopher Nietzsche once said “he who has a why to live can bear with almost any how”. So, basically, he is pointing out the importance of meaning in life in coping with adversities of life. So, if you have an answer to the question why should I live? Then you can find the strength and will to survive and cope with any challenges and difficulties of life.

So that is why the answer to a question provides you meaning in life. Because you have a feeling of purpose and meaning, you can bear with any event, crisis, or challenge that arises. So, whatever issues and challenges arise, you can bear them and fight back in some way. And merely having a sense of meaning will give you the courage and determination to get out of it. As a result, it is also highly crucial to be linked to a sense of resilience.

So, sense of meaning is very important, and help you to cope with the difficulties of life.

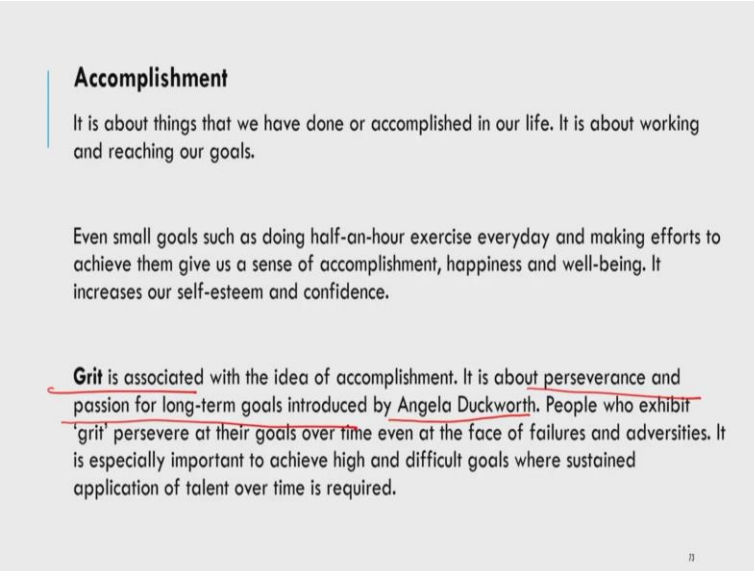
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So, constructing meaning in your life is a very subjective affair, and everyone finds meaning in different things; so, there cannot be a generic statement about it. People may find meaning in a variety of things, including their professions and the jobs that they have. They may find it highly meaningful and provide them with a feeling of purpose in their lives; some people find meaning in the artistic pursuits that they engage in throughout their lives. Some people find purpose in their activities, whatever those hobbies may be.

Some people find meaning in volunteering for a cause larger than themselves, for social well-being, for social welfare, or for communal welfare; people undertake a variety of activities. As a result, individuals find meaning in those things. So, discover your own purpose in the perhaps in the devote time, and strive to spend more time to such kind of activities. That is the problem since it is so subjective; there cannot be a single meaning for everyone. It is a kind of cultural construct in the kind of concept that we developed quite subjectively. The concept of meaning must be investigated only by you, and you must discover it and work toward it. So, fundamentally, the aim is to become involved with causes larger than your own personal existence; this will also increase your feeling of meaning. So, in tiny or large ways, you can give to causes that go beyond your personal self-interest. So, it might be something for the community, something for society, or even in your professional contacts; doing something for the organization outside of your own particular function can also increase your sense of meaning. As a result, whenever you see yourself as a part of something larger, your sense of meaning will automatically increase.

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Accomplishment

It is about things that we have done or accomplished in our life. It is about working and reaching our goals.

Even small goals such as doing half-an-hour exercise everyday and making efforts to achieve them give us a sense of accomplishment, happiness and well-being. It increases our self-esteem and confidence.

Grit is associated with the idea of accomplishment. It is about perseverance and passion for long-term goals introduced by Angela Duckworth. People who exhibit 'grit' persevere at their goals over time even at the face of failures and adversities. It is especially important to achieve high and difficult goals where sustained application of talent over time is required.

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The final component is accomplishment or achievement. So, in general, this is an important idea that provides us a sense of or boosts our sense of well-being. So it's about things we've done or achieved in our lives. So, if we reflect on our lives, there are many things that we have accomplished; it may be a minor thing, or it could be a great thing. So, all of this provides us a

sense of accomplishment for what I've done in my life. So, it is largely associated with working, identifying, and working toward various goals in our lives; short term goals, long term goals, whatever they are. All of this goal-setting and goal-attainment is linked to our sense of accomplishment or achievement. So, when we talk about accomplishment or achievement, we are talking about doing something extremely large, but it may also be something very tiny; for example, people may improve their sense of accomplishment. For example, you may set a goal of performing half an hour of exercise every day, and achieving that can boost your sense of achievement; this is something very personal. However, if you set a goal and work hard to achieve it, you will have a greater sense of accomplishment. It is not always necessary to reach lofty goals. As a result, such things can boost our sense of accomplishment, happiness, and well-being, as well as our sense of self-esteem and confidence. So, having a sense of accomplishment boosts our self-esteem, making us feel good about ourselves. So that is a concept of self and confidence. The term "grit" refers to a fundamental idea associated with achievement. Grit is also linked to goal setting and achievement, according to Angela Duckworth, a psychologist. She used this term specifically to emphasize the idea of perseverance and passion for long-term goals; perseverance and passion for long-term goals. So, grit is a characteristic of those who persevere and strive regularly toward long-term goals. Short-term objectives are obviously relatively easy to achieve, while long-term goal achievement requires a lot of persistence and effort. And you have to confront a lot of failures over and over again, thus the ability to engage and endure in long-term goals is known as grit. So, some people may have a lot more grit; and this may actually make a big difference in terms of your sense of accomplishment in life.

People with grit are more likely to achieve a variety of tough life goals. So, people with grit persevere at their goals throughout time, even in the face of setbacks and hardships; this is critical. When people fail at a task, they may lack the strength and enthusiasm to continue working toward their goals.

So, perseverance is really important, and that attribute is known as grit, if you are able to work towards a goal again and again despite failure. As a result, achieving this characteristic is especially vital for achieving lofty and challenging goals that demand consistent application of talent over time.

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Building accomplishment

Set achievable and realistic goals. Goals need not be very big and high all the time. Setting and achieving small goals on a daily basis can increase our sense of accomplishment.

Set your goals by assess your talents, strengths, and skills and persevere at it even if you fail few times.

Celebrate your achievements with yourself and others.

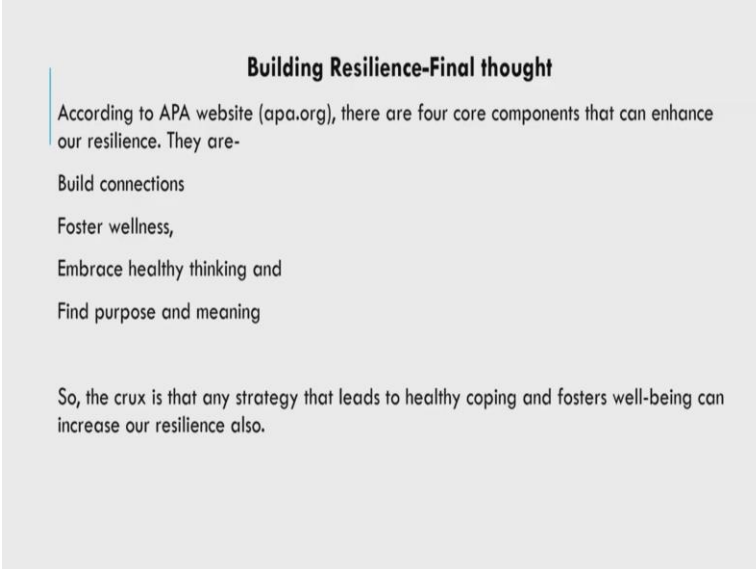
Achieving intrinsic goals (relating to growth and connection, rather than money and status), produces larger gains in well-being (Sheldon 2004).

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So, how can we foster a sense of accomplishment? As a result, developing a sense of accomplishment is linked to setting attainable and realistic goals. So, if you set a goal that is not realistic for you, you will fail often, and you may lose motivation to strive towards that goal after a while. As a result, it is critical that you set goals that are both doable and practical for your situation. Then your chances of success will be significantly higher; goals do not necessarily have to be really big and lofty all of the time. Setting small, attainable goals on a regular basis might boost our sense of accomplishment. As a result, goals can always be broken. Even long-term goals can be broken down into shorter-term objectives. So, if you need to accomplish something within a year, you can divide that objective down into more specific short-term goals. Maybe it's what you need to accomplish this week, or what you need to accomplish this month. As a result, you may constantly strive towards your long-term goals, as well as more feasible ones; hence, even minor goals can provide a sense of accomplishment. So, set your goals by examining your own abilities, talents, and skills, and then stick to it. We have all failed at some point in our lives, but if the objective is essential to you, you must focus and endure. That is extremely crucial. And after a few instances of failure, you achieve it with a lot higher sense of accomplishment; rather than completing something that is much easy; therefore, that is also an essential component. You can also celebrate your accomplishments with yourself and others. So, anytime you accomplish something, you celebrate it with your loved ones. If other people perceive and comprehend it, it gives you a sense of accomplishment. According to research, accomplishing intrinsic goals that are tied to growth and connection rather than money and status

results in greater gains in well-being. So, intrinsic goals are goals that you define for yourself and would like to achieve. Extrinsic goals, on the other hand, are supplied to them by some outside agencies or people. As a result, completing intrinsic goals always provides you a greater sense of well-being; simply because it is your own thing that you enjoy, rather than something imposed on you. So, these are some methods for developing a sense of accomplishment.

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Building Resilience-Final thought

According to APA website (apa.org), there are four core components that can enhance our resilience. They are-

- Build connections
- Foster wellness,
- Embrace healthy thinking and
- Find purpose and meaning

So, the crux is that any strategy that leads to healthy coping and fosters well-being can increase our resilience also.

So, in terms of resilience, we've examined Seligman's PERMA model. And we attempt to realize that all five components of the PERMA model are critical to our well-being. And then include hedonic and eudaimonic characteristics; thus, this is a model of well-being.

So, these components are directly related to a sense of well-being; nevertheless, it is also crucial to note that these dimensions are important for increasing our sense of resilience. So, in that framework, we try to explain quickly what these components are and how to improve them in our lives so that we can grow our sense of well-being and resilience. So, in the final concept about building resilience, we may see how these components are vital to resilience by reading this statement on the American Psychological Association website. Also discussed are four critical components for increasing resilience: develop connections, foster wellness, embrace healthy thinking, and discover purpose and meaning. As you can see, these are all linked to the PERMA model, and we have already addressed all of these components in that context. As a result, these are critical for increasing or developing our sense of resilience.

So, the key is that any method that promotes healthy coping and a sense of well-being can also boost our sense of resilience. So, everything we do to improve our healthy ways of coping or dealing with situations, since resilience is always about dealing with situations. And if our sense of well-being is significantly higher, or if there is anything we can do to improve our well-being. It also provides additional resources to help you get out of a bad circumstance and recover from it. So, healthy coping skills and improving our sense of well-being are critical to increasing our sense of resilience. So, with that, I'll conclude today's presentation. Thank you very much.