DESTINATION *Illumination*

Illuminating Minds. Preventing Crisis.
Empowering Neurodivergent Communities.

PERMA FOR PEOPLE WITH IDD

Well-Being. Connection. Purpose. Every Day.

PERMA is a positive psychology framework that supports well-being, resilience, and quality of life for people with intellectual and developmental disabilities (IDD).

P — POSITIVE EMOTION

Feel good. Be grateful.
Focus on what brings joy, comfort, and hope.

- Celebrate small moments of joy.
- Practice gratitude together.
- Create a calm, safe, and supportive space.



Joy is powerful. Every feeling matters.

E — ENGAGEMENT

Do what you love.
Use your strengths and interests.

- Choose activities you enjoy and feel good at.
- Stay curious and try things in your own way.
- Focus on fun, flow, and participation.



When you enjoy it, you grow through it.

R — RELATIONSHIPS

Connect. Belong.
Build friendships and feel supported.

- Spend time with people who make you feel valued.
- Build trust and friendship.
- You belong—you are not alone.



Strong connections build a strong life.

M — MEANING

Know your "why."
You have purpose.
You matter.

- Make choices that are important to you.
- Help others in ways that feel good.
- Your life has meaning and value.



Your purpose gives your life direction.

A — ACCOMPLISHMENT

Recognize progress.
Celebrate effort.
Achieve goals.

- Set goals that are meaningful to you.
- Celebrate every step forward.
- Be proud of what you accomplish!



Every step forward is a success.

EVERY PERSON HAS STRENGTHS.
Every person deserves to thrive.

Together, we create communities where everyone can shine.