

# P.E.R.M.A.

How to keep moving in a world that has stood still.

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## *Giving Credit to Things We Are Already Doing*

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*You cannot argue  
with facts*

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I don't know about you, but this social distancing has begun to wear on me. What a difference it makes when we choose to distance ourselves from others and when we are forced to.

As the days turn to weeks, the days seem to blend into each other, it can become easy to feel unmotivated and unproductive. Fortunately, there is a simple trick to kick feelings and thoughts of being unproductive to the curb.

### P.E.R.M.A.

Why do we do what we do? This is not meant to be a deep philosophical question; but rather, quite surface level. Why do we do the things we do: make the bed, clean the kitchen, make breakfast, etc.? I want to offer you a pair of glasses - metaphorically, of course - and I wonder if you will begin to see your productivity differently by looking through the lens of P.E.R.M.A

P - Pleasure  
E - Engaged  
R - Relationship  
M - Meaning  
A - Accomplish

P.E.R.M.A. gives us more guidance to answer the question of why we do what we do. Here's an example: Perhaps you ask me what I did on Saturday, and I would say "Not much. Did some cleaning and yard work; but overall, I was pretty lazy." You can imagine where this path leads - feeling low, sadness, unmotivated. But what if I was to look at all the tasks I did with P.E.R.M.A in mind. My answer would change to: "Well I took a shower (A), made breakfast (P. E. A), cleaned the kitchen (E. M. A), spent time with my partner (P. R. A), watched a movie (P. R. M. A.)."

Suddenly, I begin to see that I was much more productive than I give myself credit for. When I talk to people about P.E.R.M.A, sometimes they think to themselves "Ok, I am going to get involved in the gym, horseback riding lessons, violin lessons, rock-climbing, etc." The idea of P.E.R.M.A is not to be busier; but rather, it is about giving credit to the things you are already doing.