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Innovative Practices That Promote Physical Activity, PERMA, Resilience and Wellbeing: Supporting People with Intellectual and Development Disabilities (IDD).

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This abstract explores the outcomes and findings associated with promoting **PERMA**, physical activities to improve physical and mental health, resilience, and overall well-being. A biopsychosocial approach provides many benefits that include regular physical activity on various aspects of health, including cardiovascular fitness, weight management, and reduced risk of chronic diseases. In addition, mindfulness and positive psychology provide similar ways for developing human potential. Applications of mindfulness-based strategies with people with intellectual and developmental disabilities provide immediate and long-term benefits. Additionally, there are significant mental health benefits, such as decreased risk of depression and anxiety, enhanced **cognitive function, and stress reduction**. Furthermore, the social benefits and impact on overall quality of life are discussed, acknowledging the role of positive psychology, physical activity in fostering social interaction and improving self-perception. Moreover, the abstract highlights the connection between physical activity and resilience, emphasizing how regular exercise contributes to stress management, emotional resilience, PERMA and increased happiness and life satisfaction. By presenting these insights, this abstract aims to provide a comprehensive understanding of the multifaceted benefits of promoting physical activities for individuals; holistic well-being. It encourages attendees to adopt a holistic approach to health promotion, considering the interplay between physical and **mental health, resilience, and overall well-being**.

Biography

Sharon Cyrus-Savary is a licensed mental health professional with many years of successful experience in developing, implementing and managing mental health programs. She is committed to a biopsychosocial approach that includes health equity and ensuring that people with neurodiversity receive the highest quality trauma-informed, evidence-based mental health, and medical care, as well as support services and care coordination to improve the quality of their lives. She specializes in multidisciplinary approach to treatment that includes positive psychology and strength-based approaches. Her experience includes intellectual and developmental disabilities, Autism, forensic psychology, child welfare, substance use and family therapy. Sharon is a past trustee and the scholarship chair of The American Mental Health Counselors Association Foundation working to improve the mental health of Americans through training, public education about mental health mental health research, access to mental health services, and promoting high standards for mental health practitioners. She obtained her B.S. in Counseling from Empire State College and her Masters of Science in Education from Fordham University. She is completing her PhD in Counseling Psychology at Walden University.

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