

Actions for happiness

Find three good things each day

Gratitude makes us happier and healthier.

Do kind things for others

It increases our happiness and theirs.

Bring mindfulness into your day

Helps us be healthier, less affected by stress, more relaxed, more creative, sleep better and feel happier and more satisfied.

Find a way to make exercise fun

Improves our mood as well as physical health.

Get enough sleep

Important for immune system, memory, learning and good mental health.

Set goals and make them happen

Gives a sense of meaning and purpose and gets us engaged, all good for happiness.

Take care of the world around you

Get a good work - life balance

Be curious & get inspired

Try something new

Be positive but stay realistic

For more, see www.actionforhappiness.org and www.tonycurran.co.uk