Giving

Do things for others

Doing good feels good

ACTION FOR HAPPINESS
When we're together
it feels better
Exercising
Take care of your body

Be active
Relax
Rest

ACTION FOR HAPPINESS
There's more to life when we stop and notice
Life is more fun when we try new things
Direction

Have goals to look forward to

Set a goal and take the first step to make it happen
If you can’t change it, change how you think about it.
Emotions

Look for what’s good

See the glass half full rather than half empty
Acceptance
Be comfortable with who you are

We are all different and this is what makes us special

Action for Happiness
Meaning
Be part of something bigger

Together we can help to make the world a better place