Want to Feel Happier?

Ten Keys to Happier Living

- Giving: Do things for others
- Relating: Connect with people
- Exercising: Take care of your body
- Awareness: Live life mindfully
- Trying Out: Keep learning new things
- Direction: Have goals to look forward to
- Resilience: Find ways to bounce back
- Emotions: Look for what's good
- Acceptance: Be comfortable with who you are
- Meaning: Be part of something bigger

ACTION FOR HAPPINESS

Action for Happiness is a Registered Charity (1175160). Join us at www.actionforhappiness.org.
Free online coaching program for challenging times

Learn ways to Feel Happier

Covid brings big challenges for our mental health. This free 10-day program introduces the Ten Keys to Happier Living to help you cope and find new ways to boost your wellbeing.

www.10daysofhappiness.org

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