

Happiness



20th March is International Day of Happiness.

Action for Happiness suggests four simple ways to connect with others and help to build a happier, stronger community:

- Give positive comments to as many people as possible.
- Really listen to what people say without judging them.
- Share an encouraging news story to inspire others.
- Reach out to a friend, family member or colleague for support.

There are so many issues in the world at the moment. We can't always change what is happening, but we can choose how we respond.

"I pledge to create more happiness and less unhappiness in the world." Action for Happiness