

The Pathway to Happiness?

It's hard to believe that this is week 8 of sending out weekly articles offering ideas and tools to cope with this new world we are living in. This week we wanted to focus on the emotion of happiness.

There are many clichés out there telling us 'don't worry, be happy', keep your chin up, don't let life drag you down etc. When was the last time you heard/saw someone declare 'YOLO' and force a smile onto their face? ("you only live once" for any non-millennials 😊)

Life is tough. For many people feeling happy doesn't come easily, for lots of different reasons. Furthermore, finding happiness in the grip of a global pandemic feels like an even greater challenge!



This week, we are introducing you to a website called Action for Happiness =>

<https://www.actionforhappiness.org/>

According to them, there are 10 keys to happier living – see picture below. They believe that happiness can be learnt, a skill that can be practised. They have loads of resources and interesting ideas on their website about this – there is also an app you can download.



Have a peek, there is a really diverse range of content that they offer, it could be a pathway to finding ways to find happiness a little more easily, or in different ways than you thought possible.

We hope this week's article offers something helpful. It's another time of transition after the announcements at the weekend. Be kind to yourselves. Keep breathing. Keep safe.

Tash, Catherine, Rach, Frankie and Sarah x