

10 KEYS TO HAPPIER LIVING

Giving

Holding out a helping hand makes other people happy and will make you feel happier too.

Give it a go:

- Share your skills or offer support
- Ask friends, family or colleagues how they are and listen without judgement

Relating

People around you offer valuable support, so it's important to put in time to strengthening those connections.

Give it a go:

- Meet up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family

Trying out

Learning and trying out new things can help in stimulating and can help to lift your mood

Give it a go:

- Take on a new role at work or school
- Try out a new hobby, club or activity that interests you

Resilience

Although we can't always choose what happens to us, we can often choose our own response to what happens

Give it a go:

- Find an outlet such as talking to friends or writing it down
- Take action to improve your resilience skills

Acceptance

No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.

Give it a go:

- Be kind to yourself when things go wrong
- Shift the focus away from what you don't have and can't do, to what you do have and can do

Relating

People around you offer valuable support, so it's important to put in time to strengthening those connections.

Give it a go:

- Meet up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family

Emotions

Positive emotions can build up a buffer against stress and even lead to lasting challenges in the brain to help maintain wellbeing.

Give it a go:

- Take time to notice what you're grateful for and focus on the good aspects of any situation
- Set aside time to have fun

Direction

Working towards positive, realistic goals can provide motivation and structure

Give it a go:

- Choose a goal that is meaningful to you, not what someone else expects of you
- Remember to celebrate progress along the way

Exercising

Regular activity will provide an endorphin boost and increase confidence

Give it a go:

- Find an activity that suits you and your schedule
- Swap the car on short journeys and cycle or walk to work

Meaning

People who have meaning in their lives experience less stress, anxiety and depression

Give it a go:

- Prioritise the activities, people and beliefs that bring you the strongest sense of purpose
- Volunteer for a cause, be part of a team, notice how your actions make a difference for others