

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

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

ACTION FOR HAPPINESS