

# A KEY TO HAPPINESS



Science suggests that although our circumstances and genes play a role in how happy we are, happiness also comes from what choices we make and what activities we engage in.

## Unlock your happiness with 6 simple steps

### Take care of your body

Our mind and body are connected. Being more active makes us healthier and happier. Remember how we feel internally will reflect externally



### Be kind to yourself & to others

We often forget about our selves in the busy lives we live. Do at least one thing in a day that gives you a sense of self-compassion and kindness towards someone else



### Get stuff done & commit to a goal

Setting yourself goals and committing to achieving them will give you a sense of direction, purpose, pride, and trust in yourself. Remember, procrastination diminishes happiness. So avoid putting things off



### Keep learning new things

Science says the act of learning something new (especially in group settings) boosts your self-esteem, sense of belonging and confidence, which in turn... makes you happier



### Bounce back

We all go through difficult times that make us lose focus and direction from time to time. How we respond to these situations would help us gain skills to deal with them better the next time we experience similar situations



### Savour the good things in life

Look around you... look at the trees, the stars, the flowers, the kindness from other people and savour it all. Practising this will also help you become more present in the moment



### Did you know?

The International Day of Happiness is celebrated throughout the world every 20th March, established by the United Nations General Assembly on 28 June 2012. This day recognises the relevance of happiness and wellbeing as universal goals and aspirations in the lives of all human beings.

