

International Day of Happiness

10 actions in 2015

you can take for a happier planet
and a happier you. 😊



Community

Befriend your neighbors.

Sustainability, resilience and happiness are directly related to community. If you are living in the same neighborhood or building as someone, you likely have more than geographics in common.

Don't just get to know your neighbors, make the effort to form and maintain a friendship.



Economy

Make less money.

It's called the Easterlin Paradox: After about \$75K for a family of four, happiness does not increase much with more money. And yes, \$75K is the magic number in Montana or Manhattan. This year, explore non-economic ways to meet your needs and desires, from joining a "buy nothing" group to exercising in the open instead of a gym.



Environment

Smell the flowers.

Our planet's resources are diminishing while demand for them is increasing. We decoupled ourselves from nature. Take time to find yourself in nature, to see how deeply and irrevocably connected all life, including yours, is to nature.

When we once again see that we are the planet, as much as trees and rivers are, our framework changes.



Time Balance

Take personal holidays

Weekends, vacations and holidays can be stressful (usually the good kind) or leave you tired (too much fun packed in).

Take a day to do nothing, sleep, dream and contemplate. Allow yourself enough time to get in touch with your inner-self and discover what makes you deeply happy.



Work

Follow your bliss.

Do work that is your vocation or "calling."

Each and every one of us has a purpose on this planet. Take the time to know yourself and find your passion, and do the work you are called to do - work that makes every day of your life fully worth living.



Society

Love

Happier people have more friends. Happier people spend more time with their friends.

Spend time with people you love and express your love often - with words of appreciation, acts of service, gifts, quality time and (appropriate & appreciated) touch.



Health

Dance, Sing, Tell Stories or Sit in Silence

It is hard to take care of yourself if you are not happy. Do something that you loved to do as a child; like dance, sing, tell stories or daydream - and do it alot. In all likelihood, you will find yourself making healthier decisions about other aspects of your life.



Government

Start a revolution

...or a revolution of sorts. Science tells us that involvement in the democratic process makes you happier. Yet, many of us feel hopeless and disengaged from our governments. Take action!

Find something you believe in and feel passionate about, and get political, whether its awareness raising or starting a campaign.



Learning

Learn something new

Contrary to commonly held opinions, we learn and develop on many levels - intellectual, emotions, social, moral and other aspects of being - throughout our lives.

There are many ways to learn - embrace the challenge of learning new technologies, research a new topic, or ask a friend or family member to teach you about her or his area of expertise.



Culture

Connect with your heritage

Heritage is what is passed down to you from your family, community, country or environment. Honoring your heritage can help you get in touch with what makes you happy.

Cook a family favorite, sing a song from your culture or create a new "tradition" for your friends or family.



You are loved

You deserve
to be happy

happycounts.org