

## Action for Happiness Brighton – Happy Activist Guidelines

*This gives guidelines for those from the Brighton & Hove community who are keen to be a 'happy activist'.*

### Definition

A **happy activist** is someone who takes action to bring the Action for Happiness pledge to life. The pledge:

*"I will try to create more happiness and less unhappiness in the world around me"* (Read more about the pledge [here](#)).

Activists differ from **AFH Brighton coorganisers** ('Corgis') - 4-7 people who act as a central organising hub for the group, and **general members** (who attend events or stay connected with us on social media, but don't actively bring the pledge to life).

### How to be a happy activist

We are creating an empowered thriving community of people taking action for happiness, so don't want to be too restrictive about what kind of action you take. There are a few keys steps, guidelines and pieces of advice for anyone who wants to be part of the community.

- 1. Pledge.**  
[Click here](#) to make the pledge on the main Action for Happiness website.
- 2. Join us.**  
Contact the Action for Happiness Brighton Corgi group to let us know by emailing and we will add you to our Happy Activist email list (see contact details below).
- 3. Meet with us.**  
We will have regular meetups to keep connected with those interested in becoming a happy activist, so if you come along to one of these we can chat further about your strengths, passions and interests and how you'd like to take action. For example, you might want to do your own thing with the [10 Keys to Happier Living](#) or perhaps help our Action for Happiness Brighton group in some way? (see following page for ideas of ways you could support our group)
- 4. Keep connected.**  
Organisers will email all activists with updates, news and information about social events regularly. There will also be meetings for Happy Activists every couple of months to keep us all connected and give us the chance to share updates about the various things we are getting up to. Activists don't need to attend all of these but it would be important that there is some sense of cohesion and connection between us all, so if you can rarely attend these events do keep in the loop by email (see contact details below).

5. **Follow event guidelines.**

If your activism involves running your own meetups or events, then you can let us know and we can add you as an organiser for any events on meetup.com and you can also post details up on our Facebook site. Any events associated with Action for Happiness (whether listed on Meetup/Facebook or not) need to be free of charge (though voluntary donations can be collected to cover expenses) and clearly linked to one of the research-backed Ten Keys to Happier Living.

6. **Build a community resource.** You can also list any events etc. on this [Wiki page](#), which has recently been created to help create a resource for local people to find out more the Ten Keys to Happier Living in their area. [This video](#) helps explain what a wiki page is and how to add info to it.

## Contact Us

Any of the Corgis can be contacted through our [Meetup site](#) and Josh is current main email contact for activists – [josh@afhb.org.uk](mailto:josh@afhb.org.uk)

## Some suggested ways to help Action for Happiness Brighton

- 1 AfH activity can be made part of your daily lives, by integrating it into your existing circle of family and friends. This can be done simply by giving out our Ten Keys postcard and encouraging interested people to attend our events.
- 2 Home activity could include afternoon tea, brunch, supper clubs and dinner parties under the heading Home Hubs for Happiness.
- 3 Work and education activity might include arranging events at workplaces, universities, colleges, schools (where students and pupils might be enlisted as Happiness Activists) in conjunction with existing wellbeing services.
- 4 Community activities would include hosting or attending our AfH courses, helping out at local group events and Happy Cafes, and social media inter-action (tell me your happiness story, who made you smile today?).
- 5 Helping out at our Latest Music Bar events might mean taking donations, ticking off attendees and spreading the AfH message amongst newcomers during the interval.
- 6 Helping out at Happy Cafes might mean hosting a scheduled session (guidelines are available), backing up a host or simply engaging with cafe customers about AfH and the Happy Café concept when there is no scheduled session.
- 7 Publicising our activities by putting up posters about them (to be supplied) in your locality (libraries, school and college notice boards, bookshops, community places etc.)

Doing something along these lines gives you the benefit of adding meaning to your lives and being part of something bigger (one of the Ten Keys to happier living) while making a difference to other people's lives. What's not to like? 😊.