

HAPPINESS TOOLS

Do these for 2 months and see the difference they make!

1. Get physical: take half an hour of exercise three times a week.
2. Count your blessings. At the end of each day, reflect on at least five things you are grateful for.
3. Talk time: have an hour-long - uninterrupted - conversation with your partner or closest friend each week.
4. Plant something: even if it's a window box or pot. Keep it alive!
5. Cut your TV viewing by half.
6. Smile at and/or say hello to a stranger - at least once each day.
7. Phone a friend: make contact with at least one friend or relation you have not been in contact for a while and arrange to meet up.
8. Have a good laugh at least once a day.
9. Every day make sure you give yourself a treat. Take time to really enjoy this.
10. Daily kindness. Do an extra good turn for someone each day.

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