**Specific Happiness Interventions**

We have much more control over our happiness in the moment and in the longer term than we think we do. Try one of these evidence-based happiness interventions and observe the impact on your emotions and your life.

**Connect**

* Spend extra time with people who energise you – share your happy and sad times
* Play with your pet
* Join a local community group – book club, music group, sporting team, church
* Tell somebody how much you admire and respect them

**Learn**

* Something new every day
* A new skill eg singing, wood-working or meditation
* Be interested in local community matters

**Into action**

* Use your bike or walk rather than the car
* Try your hand at a new sport
* Run around the park with your dog

**Notice**

* Beauty and excellence
* The little things in life that make you happy or make you laugh
* When you are overthinking or comparing yourself unfavourably to somebody else and redirect your attention elsewhere.
* Experience things with all your senses eg the smell of newly cut grass, the taste of food

**Give**

* A home-cooked meal or cake
* Compliments – on their clothes, their contribution, the behaviour of their children
* Thanks – keep a gratitude journal where you regularly record 3-5 things you are grateful for
* Kind deeds – perform five random acts of kindness in a single day once a week.
* The gift of forgiveness – to yourself or others

**CLING** on to your mental well-being by committing 5-10 minutes to your new activity at least once a day. Choose something you find fun and remember to mix it up – our brains need novelty and change.