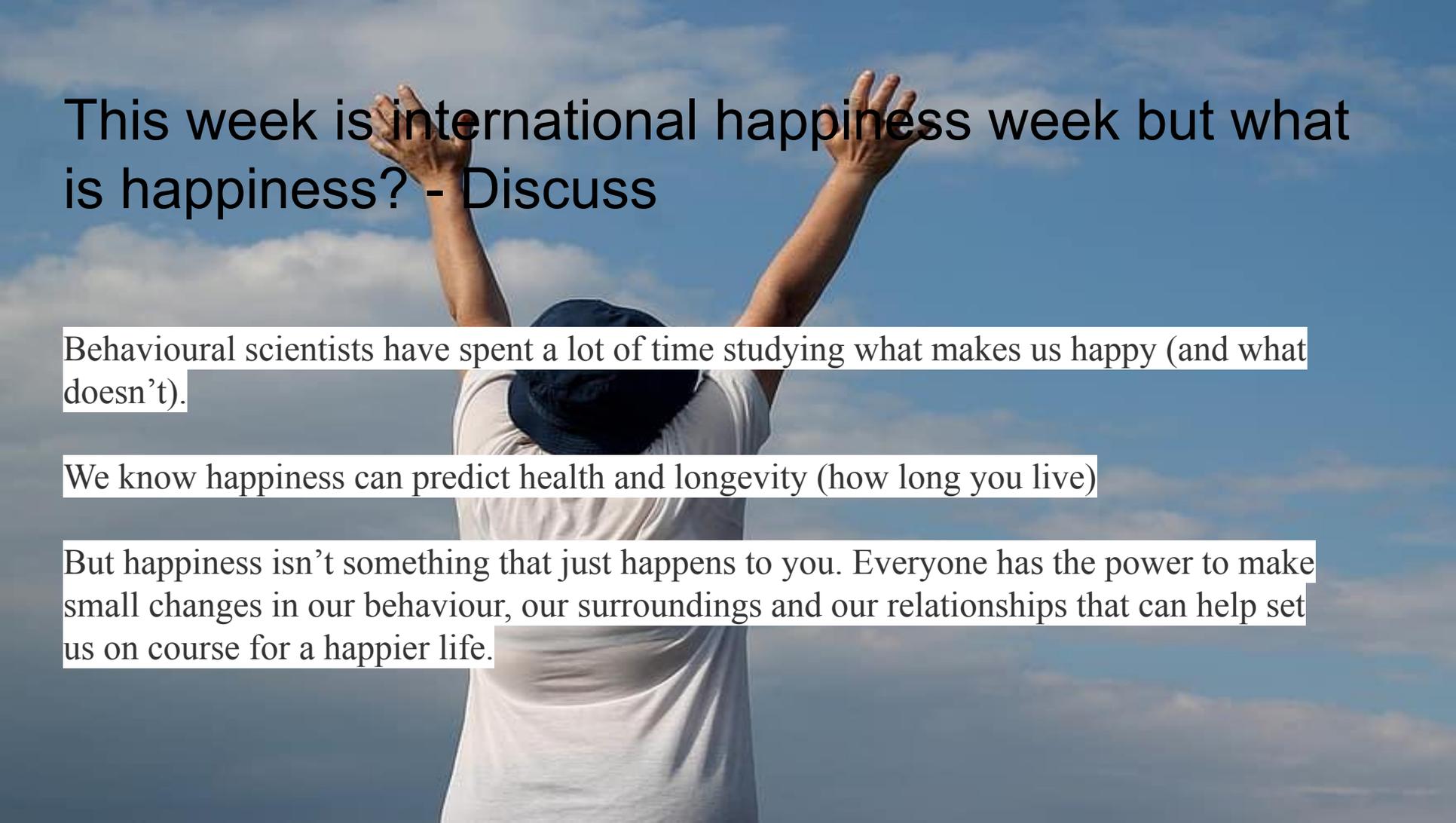


# How to Be Happy

A person is seen from behind, wearing a white t-shirt and a dark blue bucket hat. Their arms are raised high, reaching towards the top of the frame. The background is a bright blue sky with scattered white clouds. A white rectangular box is superimposed over the upper part of the image, containing the title text.

TFTW - W/C Monday 21st September 2020

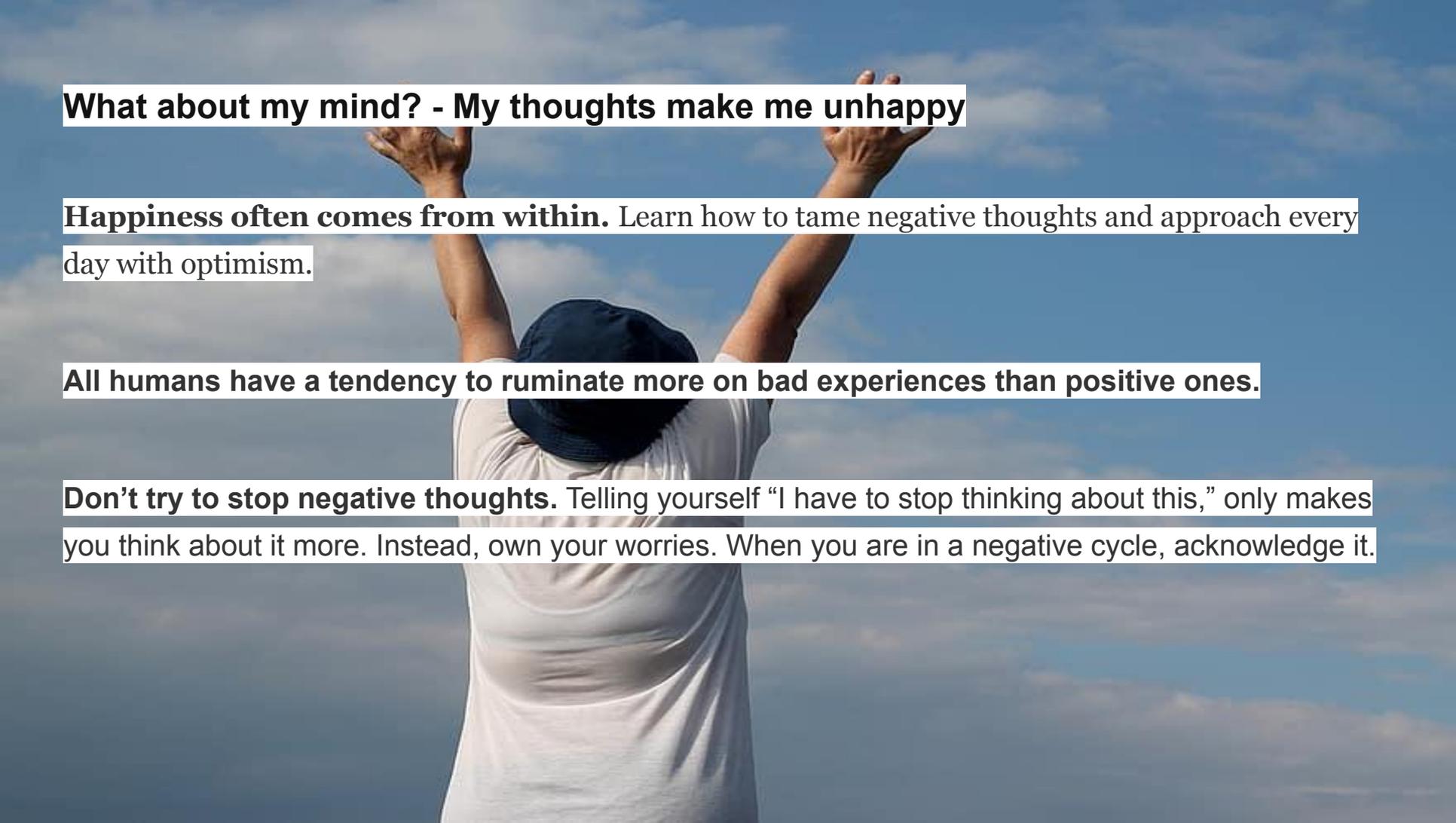
A person wearing a white t-shirt and a dark cap is seen from behind, with their arms raised in a gesture of joy or triumph against a bright blue sky with scattered white clouds. The person's hands are open and facing upwards.

# This week is international happiness week but what is happiness? - Discuss

Behavioural scientists have spent a lot of time studying what makes us happy (and what doesn't).

We know happiness can predict health and longevity (how long you live)

But happiness isn't something that just happens to you. Everyone has the power to make small changes in our behaviour, our surroundings and our relationships that can help set us on course for a happier life.

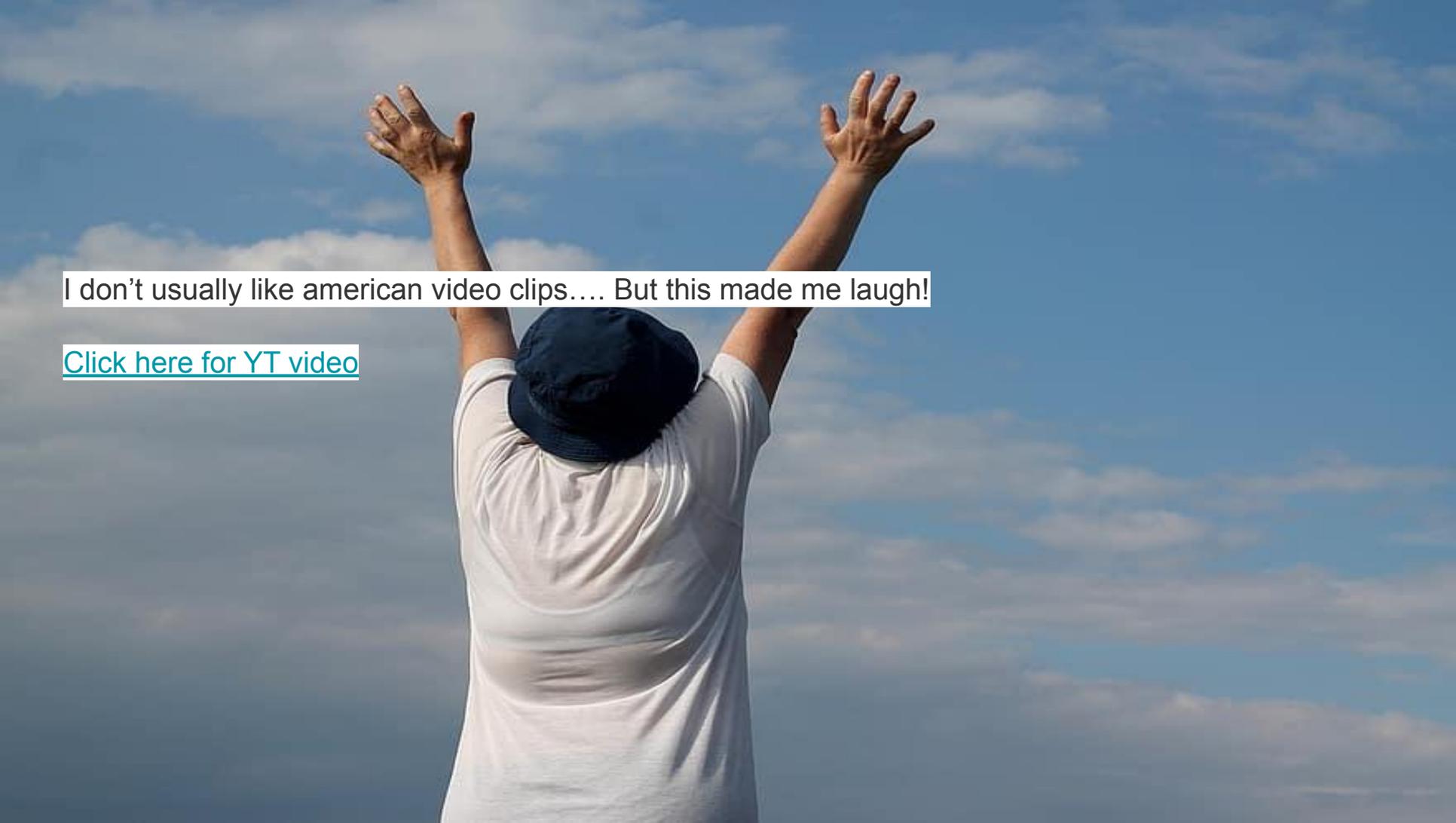
A person wearing a white t-shirt and a dark cap is seen from behind, with their arms raised high against a bright blue sky filled with soft, white clouds. The person's hands are open and facing upwards, suggesting a gesture of joy, freedom, or reaching for something. The overall mood is positive and uplifting.

**What about my mind? - My thoughts make me unhappy**

**Happiness often comes from within.** Learn how to tame negative thoughts and approach every day with optimism.

**All humans have a tendency to ruminate more on bad experiences than positive ones.**

**Don't try to stop negative thoughts.** Telling yourself "I have to stop thinking about this," only makes you think about it more. Instead, own your worries. When you are in a negative cycle, acknowledge it.

A person is seen from behind, wearing a white t-shirt and a dark blue bucket hat. Their arms are raised high in the air, palms facing forward, against a bright blue sky filled with scattered white clouds. The person's hands are positioned near the top of the frame.

I don't usually like american video clips.... But this made me laugh!

[Click here for YT video](#)

We were doing ok.....

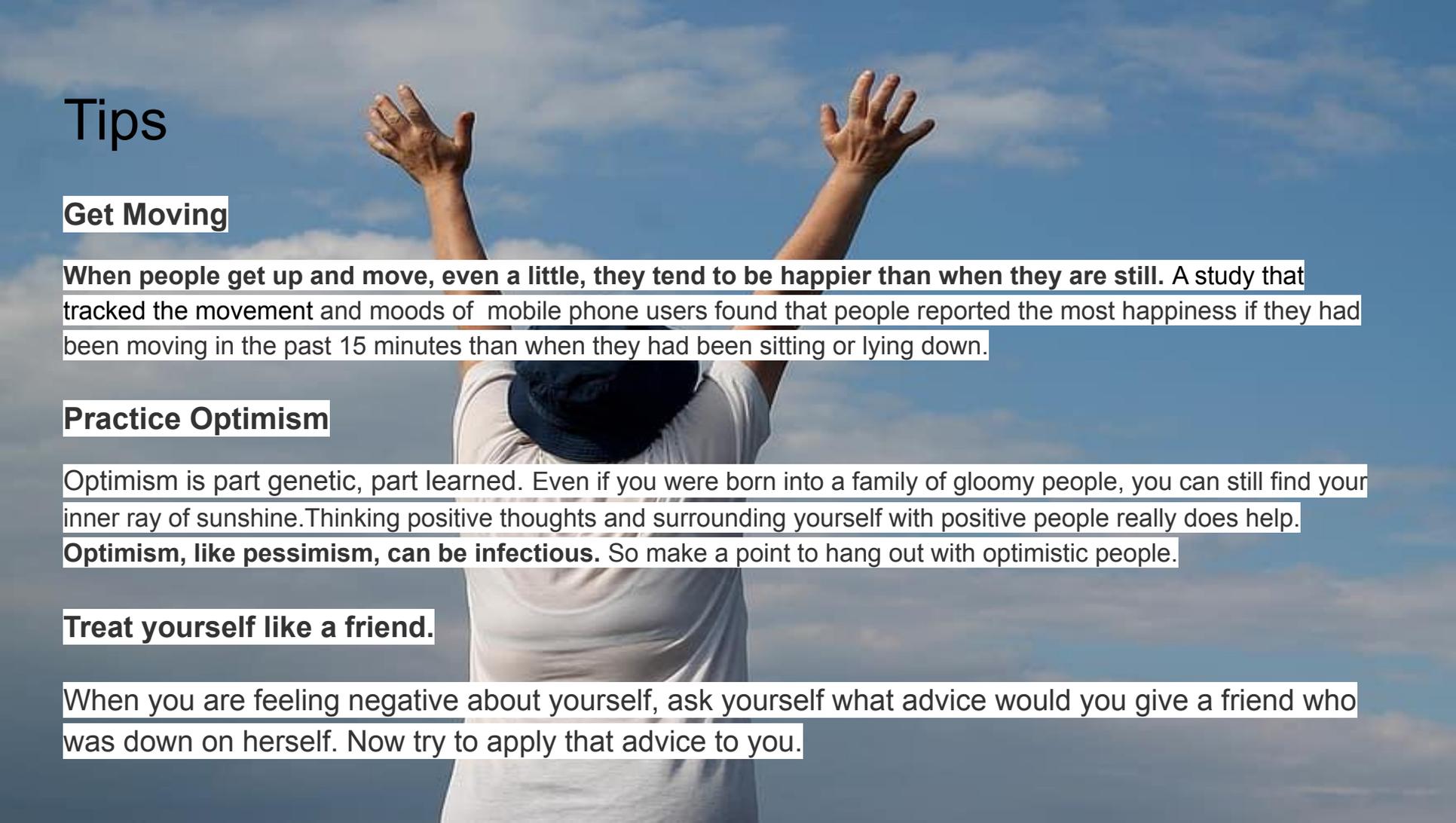
[BBC Article](#)

But now we are not.....

[The Guardian Article](#)



# Tips

A person is seen from behind, wearing a white t-shirt and a dark cap, with their arms raised high in the air. The background is a clear blue sky with some light, wispy clouds. The person's hands are open and facing upwards.

## Get Moving

**When people get up and move, even a little, they tend to be happier than when they are still.** A study that tracked the movement and moods of mobile phone users found that people reported the most happiness if they had been moving in the past 15 minutes than when they had been sitting or lying down.

## Practice Optimism

Optimism is part genetic, part learned. Even if you were born into a family of gloomy people, you can still find your inner ray of sunshine. Thinking positive thoughts and surrounding yourself with positive people really does help.

**Optimism, like pessimism, can be infectious.** So make a point to hang out with optimistic people.

## Treat yourself like a friend.

When you are feeling negative about yourself, ask yourself what advice would you give a friend who was down on herself. Now try to apply that advice to you.