

INTERNATIONAL DAY OF HAPPINESS

20 MARCH 2022



5 WAYS TO START YOUR DAY THE HAPPY WAY.



1. Get enough sleep the night before.

WHY?

A lack of sleep can negatively affect your emotions.

2. Wake up to music.

WHY?

Singing releases feel-good hormones like oxytocin.





3. List 5 things you're thankful for.

WHY?

Gratitude is a fast track to happiness.

4. Take a few deep breaths.

WHY?

Breathing deeply is a great way to reduce stress.

5. Have a simple morning routine.

WHY?

A complex routine is hard to stick to and can leave you feeling anxious.

