

Research has shown that adding one activity from each of the five categories below/above can improve a person's happiness and overall quality and satisfaction with life. Try it yourself, or have a conversation with your workmates about it.

It's bound to make you smile!



CONNECTED

Smile

Give a compliment

Ask for or offer help

Drop in on family

Call an old friend



ACTIVE

Take a short walk

Stand and stretch

Exercise

Park further away

Take the stairs



MINDFUL

30 seconds of slow breathing

Look out to sea

Take a walk technology free

Meditate

Read a story

Find 3 things you are grateful for



LEARNING

Watch a story or documentary

Read an article

Enroll in a course

Help kids with homework

Ask someone older, younger or just different for ideas



GIVING

Offer to help

Give a compliment

Surprise someone

Talk to a rough sleeper

Pay it forward



5 HABITS FOR HAPPINESS

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