

International Day of Happiness



Scan the QR code to explore more ways to create happiness in your community.



Ways to Contribute to a Happier Community:

- ✓ Listen without judgement: Let people share their story and truly hear them.
- ✓ Share positive news – Inspire others with encouraging stories.
- ✓ Give compliments and encouragement – A small gesture can make a big impact.
- ✓ Reach out to friends, colleagues, or family members – Connection matters.
- ✓ Engage in community initiatives – Volunteer or support a local cause.
- ✓ Support your neighbours – Offer help, share a chat, or lend a hand.

counselling
& advice helpline

 0800 328 1437

 employeeassistance.org.uk