

5 Steps to happiness

Connect

Developing relationships with family, friends, colleagues and neighbours will enrich your life and bring you support

Be active

Sports, hobbies such as gardening or dancing, or just a daily stroll will make you feel good and maintain mobility and fitness

Be curious

Noting the beauty of everyday moments as well as the unusual and reflecting on them helps you to appreciate what matters to you

Learn

Fixing a bike, learning an instrument, cooking - the challenge and satisfaction brings fun and confidence

Give

Helping friends and strangers links your happiness to a wider community and is very rewarding.