

HAPPY HAPPY JOY JOY

“Happier people are healthier, more satisfied with life and their relationships, and more successful in their careers. Research shows that happier people even live longer. And happiness is a journey anyone can take, using the right tools. It starts with just one step.” Perhaps the links below can help you find your happy!

 <https://www.livehappy.com/happiness-movement>



Black Dog
Institute

<https://www.blackdoginstitute.org.au/news/news-detail/2019/03/18/what-is-happiness-explained>



Black Dog
Institute

<https://www.blackdoginstitute.org.au/docs/default-source/factsheets/happiness.pdf?sfvrsn=2>



The Pursuit of Happyness

We are each on our own pursuit for happiness. As human beings we seek every day to do things that make us happy, but many times we encounter people who seem happier than we are. The truth is that these people may be happier but this is because happiness is a choice that you can bring into your own life. In the movie *The Pursuit of Happyness*, the main character Chris Gardner (played by Will Smith) goes through his own pursuit for happiness even though he has many dark and hard moments. His choice to be optimistic and push forward ultimately gives him the power to be happy. See if you can find it on Netflix!

happify

Happify app

<https://happify.com/> According to Happify’s website, 86 percent of people who use this app frequently get happier—defined as positive emotions and increased life satisfaction—in two months. The app suggests simple, happiness-boosting activities and offers cheerful games and quizzes, with the goal of helping increase your ability to manage stress, banish negative thoughts and succeed at work. Compatible with Android and iOS devices.



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<https://tinybuddha.com/blog/becoming-alive-again-find-happiness-right-where-you-are/>

the pursuit of
happiness

Bringing the science of happiness to life

<https://www.pursuit-of-happiness.org/science-of-happiness/>