



# Happy Habits



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## THE PROJECT

The project **Happy Habits (HaHa)** focuses on **improving the emotional and psychological wellbeing** of individuals and groups, especially those affected from the aftermath of the COVID-19 pandemic and/or other traumatic events. HaHa's main aim is to **raise awareness** on the importance of taking care of one's mental health, **provide opportunities and support** individuals on how to **heal, amplify wellbeing, and fortify their psychological resilience**.

Co-funded by the European Commission through the Erasmus Plus programme, the project has been running since January 2022 with the participation of five organisations from five different countries: Elan Interculturel (France), Associació La Xixa Teatre (Spain), Inova Aspire B.V. (Netherlands), CESIE (Italy), and the Institute of Development CY (Cyprus).

To achieve the aforementioned objectives the HaHa's Consortium will deploy a collection of tools and techniques including **humour, positive psychology, laughter, pleasure and leisure time** to help individuals cultivate gratitude, be able to cope when challenging situations arise whilst also increasing efficiency in their professional and personal life.

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[happy-habits.eu](http://happy-habits.eu)

## NEWS

### Consortium

Since the beginning of the project, the HaHa consortium has been engaging with individuals who are in search of finding novel and creative ways on how to **cope with challenging emotions** and how to **elevate well-being through healthy and creative outlets!**

In September 2022 the consortium met for the first time face-to-face in Paris, France, where a "Joined Staff Training" event took place together with the first Transnational Meeting. We trained each partner in the methodology of the project. Training activities included but were not limited to self-compassion training, theatre activities, as well as mindfulness and dance activities. During this training, the group dynamic was very well received and interesting conversations were sparked. We were very pleased to see that there was a good variety of activities and everyone seemed comfortable and eager to participate. We shared experiences, we learnt from each other, and we explored new activities we had not considered before.



Most of the participants of the Joint Staff Training used the words "grateful" and "happy" to express how they felt throughout the Training.

*"It was beautiful to see what each one of us brought to the scene."*

*"I felt that the activities progressively led to the creation of a safe space where each of us could talk about his/her emotions and share traumatic experiences, too".*

By the end of the training, we achieved our goal, which was to become experts in the methodology of the project!





## 269 participants

...participated in all the stages of the HaHa Preliminary Research Phase, which involved activities such as National Surveys, Focus Groups and Individual in-depth Interviews. Different recurrent themes were observed from this research. More particularly, participants elaborated on the “**Challenges**” they experienced during the pandemic, including but not limited to confusion, fear, suspicion, feelings of uncertainty, and loneliness. They also shared the “**Opportunities**” that were brought by the lockdowns such as accomplishing things they would not have otherwise had the energy or time to pursue, and appreciating social contact. It was very interesting to find out that participants had all developed different “**Coping habits**” and skills to face the fast ensuing changes for the past years, such as getting involved in solidarity volunteer work, spirituality and meditation, reading and writing, cooking, enrolling in online courses, arts and crafts etc. These findings were used by the HaHa consortium to cultivate new Happy Habits which were included in the Method Activity Book and, consequently, reviewed and piloted in Paris (see below). Additional and more in-depth information about the results of our research can be found in our comparative report [here](#).

## HaHa Method Activity Book Creation

The consortium extracted all information and wisdom gained from the research activities, and created a collection of activities that aim to promote “wellbeing” and “happy moments”. The Handbook is especially designed to accommodate the needs of individuals as well as groups. The aforementioned activities will be tested during pilot training in each partner country during March and April 2023.

## HERE ARE THE MAIN CONCLUSIONS:

“Feeling Powerless”, was one of the most frequently reported mental states that the participants said they experienced due to the devastating results of the pandemic. To respond to that, the inventory of HaHa Method Activity Book has a special focus on notions like “self-empowerment”, “regaining confidence” and “rebuilding social capital”.

In order to cope with adversity, the responders noted that they mindfully cultivate skills like problem-solving ability, creativity, adaptability, patience, and stress management. They also expressed interest in further developing these skills in order to be more resilient when faced with eventual difficult situations.

The HaHa Team used the aforementioned findings to develop resources that will help individuals to enhance their overall wellbeing and become more resilient in the face of future unexpected challenging events.



## THE RESULTS

### HaHa Method Activity Book:

A collection of activities and practical applications that aim to promote wellbeing and “happy moments” for individuals or to be utilised in-group settings. The activities will be tested during pilot training in each of the partner countries.

### HaHa Happy Compass and Interactive Notebook:

A “metacognition” tool that will contain the experiences and feedback from those who will apply the HaHa activities. Their responses and reflections will help the Happy Habits Team to better adjust and design the contents.

### Research Results:

A comparative report with the main findings and separate national reports are available and can be found here.

### HaHa Self Learning Platform:

A simple, user-friendly, and free e-learning space open to the general public. This portal could be also utilised as a Self-Learning platform and an open educational resource for anyone who wants to find material and guidance on how to practise and cultivate wellbeing.



## Partners



*Coordinator*

**Élan Interculturel**, France | [www.elaninterculturel.com](http://www.elaninterculturel.com)



**Asociación La Xixa Teatre**, Spain | [www.laxixateatre.org](http://www.laxixateatre.org)



**Inova Aspire B.V.**, Netherlands | [www.inovaaspire.com](http://www.inovaaspire.com)



**CESIE**, Italy | [www.cesie.org](http://www.cesie.org)



**Institute of Development LTD**, Cyprus | [iodevelopment.eu](http://iodevelopment.eu)



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