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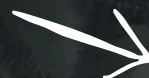
HAPPY HABITS

Interactive Notebook



Happy
Habits

start
here !





HAPPY COMPASS AND INTERACTIVE NOTEBOOK



1. MINDSET AND MOTIVATIONS

- Daily Journal
- Collage for discovering your motivated self
- Story to reflect

2. SELF KNOWLEDGE AND SELF TALK

- Self Affirmation Recordings:
- present yourself through Movement
- exploring the space through Lines and Curves

3. PURPOSE

- Wheel of Life
- Discover your personal purpose
- High dream and low dream

4. DAILY HABITS

- My Rainbow of Colours

5. BELONGING / CONNECTION

- Mindmap of Networks:

6. STRETCH AND LEARNING

- Rethinking the Challenge: A Set-Back or an opportunity to Grow?

7. GRATITUDE

- Voice Note To Myself

8. STIMULATION / WONDER

- Emergency Box
- personal Dance offering

How Can you Improve These "skills"?



THE HAPPY HABIT PROJECT:



Our objectives are:

Transforming the potential trauma of the Covid-19 health crisis and encouraging a re-focus on positive aspects of life by mobilising adults' psychological resources needed to overcome difficult periods or situations and through the creation of tools to activate resilience;

Promoting community resilience and social cohesion, while also enhancing individuals' capacity to address community needs.

This approach contributes to improving mental health and well-being within communities and individuals, while simultaneously working towards the reduction of social inequalities in healthcare.

Raising awareness among and training adult workers/educators in resilient support, based on positive psychology, neuroscience and personal development, so that they can ensure the collective well-being of their audiences and meet their needs in situations of stress and adversity.

Happy Compass and Interactive Notebook

This is an interactive notebook in which learners can document their educational journey, record their thoughts and feelings, and engage in metacognitive processes. In essence, this phase of the project will result in:

A psychological and daily support tool that enhances creativity and promotes experimentation.

A compendium of dynamic learning methods, such as drama and comedy.

An interactive notebook that aids individuals in remembering what is important to them.

Identifying ways to improve daily life after the pandemic.

Enabling individuals to evaluate the impact of happiness practices on various aspects of their lives, particularly their experiences following participation in the Happy Habits training program.

How we learn

Everyone has unique learning preferences and styles, but we could argue there needs to be an initial spark, interest, motivation or perceived benefit. When it comes to adults, their attraction to learning is often linked to its alignment with their self-concept and identity.

There are various approaches to acquiring new skills and theories. We can observe and emulate others, engage in experimentation and trial-and-error, test hypotheses, or take a cognitive approach by incorporating theory and its practical application.

Adults tend to appreciate problem centred learning when there's the opportunity to ask wicked questions and puzzle solutions out for themselves. We learn most effectively and retain information when we are actively engaged in the learning process, and when the task is personally significant and relevant. Therefore, incorporating fun and enjoyment is equally important. This project introduces you to dynamic learning methods, such as drama and comedy. There will be lots of opportunities for individual experimentation and collaborative work with peers.

Metacognition to initiate the work and creating the notebook.

Metacognition is a term that means 'thinking about thinking'. If you are aware of your own thinking patterns and tendencies it means you can challenge your negative thinking and self-defeating thoughts. Consequently, we can identify positive thinking and reasoning that contributes to our happiness.

Our thinking style often influences our ability to regulate emotions and manage ourselves. For example, imagine a scenario where you miss the bus, rush to work and start your team meeting feeling grumpy and irritable. Your response to a temporary situation is bound to affect other people, perhaps you do not appear to be friendly, maybe people won't share information with you, may sideline you or avoid you. Our behaviour has consequences in our interactions with others. However, if you are aware of your own thinking tendency to let a rough start to the day affect your mood, you can practise positive self-talk even before getting into a grumpy state. You can engage in self-soothing and treat yourself kindly to compensate for the poor start.

We can become skilled at examining our thoughts as they arise and assessing how they arise, the potential consequences and hopefully we can generate some more adaptive responses that have fewer negative consequences.

Metacognition is also relevant in the context of learning. By becoming aware of what works best for us, we can become better learners. Do you set goals? Can you stick to tasks? Do you avoid new situations? Do you keep repeating the same cycles which are not productive? Can you examine why?

All these questions encourage us to think about our metacognition.

READY TO GET STARTED?

HAPPY COMPASS AND INTERACTIVE NOTEBOOK

MINDSET AND
MOTIVATION

SELF KNOWLEDGE

STIMULATION AND
WONDER

STRETCH AND LEARNING







Mindset and Motivation

Do you know what drives and motivates you?

Do you create plans to pursue your goals?

Do you maintain a relaxed outlook towards plans and the future?

Are you more inclined towards optimism or pessimism?

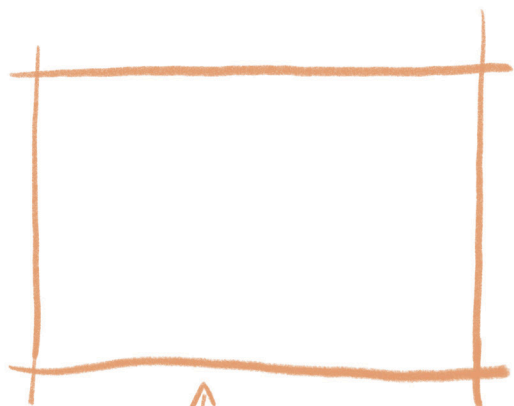
→ Here are the questions for your
BRAIN!

DAILY JOURNALING

“ Whilst we envisage suggesting many exercises and activities, there is no pressure for learners to work through everything in a linear way. The approach is person-centred in that the learner can choose to work on anything that appeals to them and which they deem a personal priority. ”

Take your favorite pen, grab a cup of coffee, and sit down in a quiet place with a nice journal to start !





TEST YOUR PEN
HERE

Duration: You are free to spend as much time as you wish on this activity!

Aims: The daily journal page provides a space for reflection, thinking on progress, musing about one's life and action planning.

Materials: Templated guide and a pen.

DATE:

HOW HAPPY AM I TODAY? (1-10)

What would make me happier today ?

Goals?

What am I looking forward to today ?

Which point of the compass did I hit today ?

- Mindset and motivation
- Self knowledge and self-talk
- Purpose
- Daily Habits
- Belonging / Connection
- Stretch and learning
- Gratitude
- Stimulation / Wonder

Note on compass point hit:

What did I notice about myself today ?

What am I grateful for today ?

What gave me pleasure today ?

What are my hopes for tomorrow ?

What point of the happy compass do I want to incorporate in my day ?

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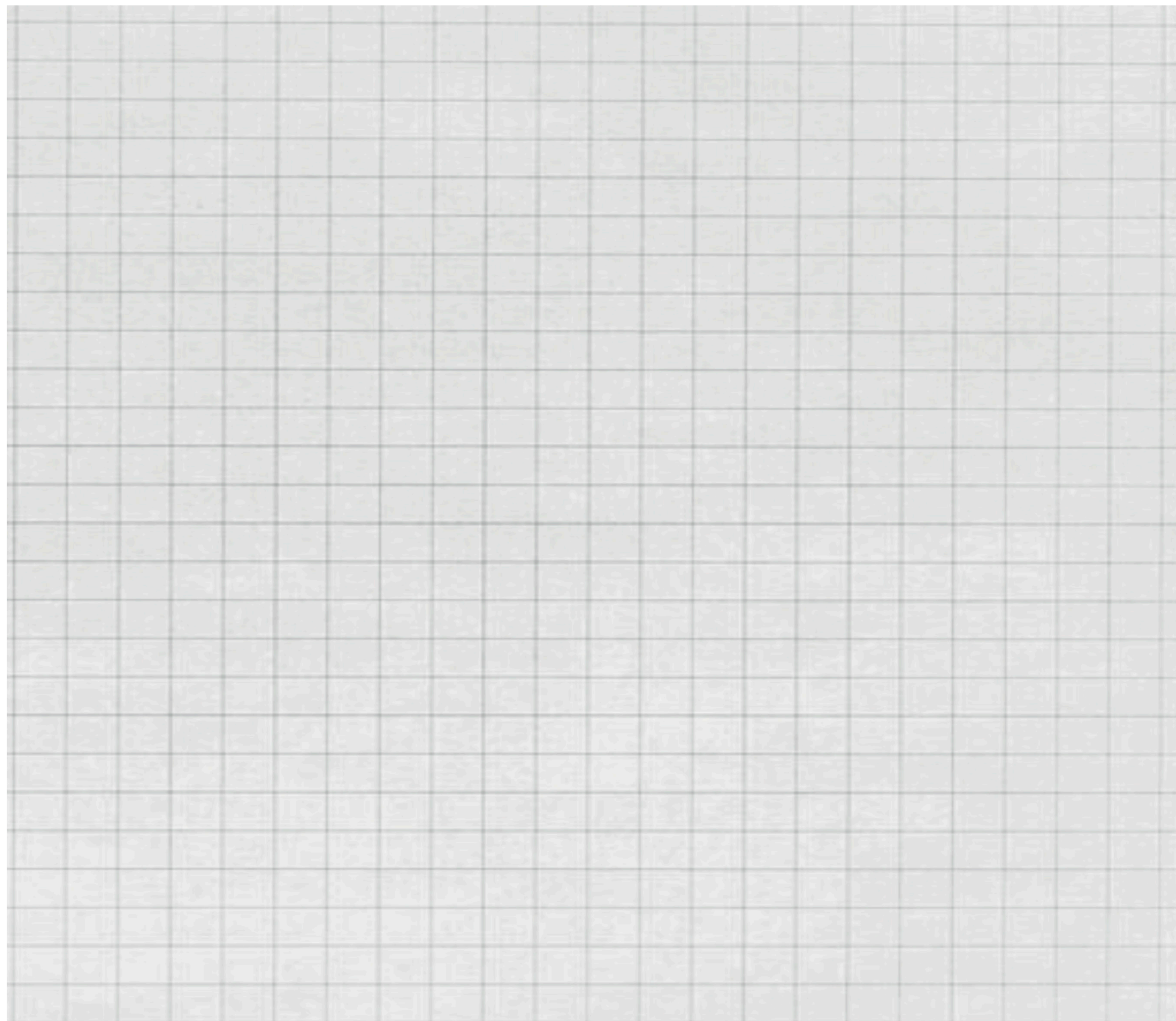
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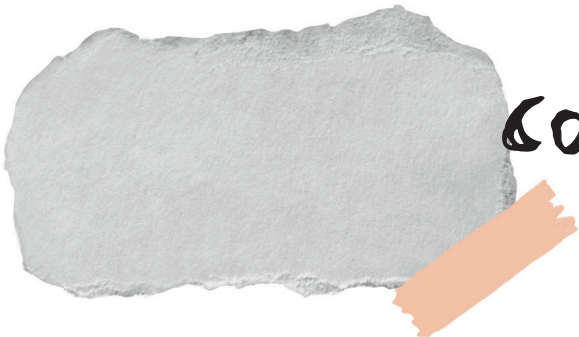
What are my hopes for tomorrow ?

What point of the happy compass do I want to incorporate in my day ?



REFLECTION QUESTIONS:

- Was it easy to identify the things that make you happy and that you look forward to in your days? Why or why not?
- Did you struggle coming up with an answer to any of the questions of your Daily Journal?
- Do you notice any patterns in your answers?



COLLAGE TO DISCOVER YOUR MOTIVATED SELF

Aims:

- To recall, picture, and imagine past experience which has driven you and motivated your behaviour;
- To reflect on whether you create plans for your goals, or if these need to be more structured;
- To reflect on whether you tend to be more optimistic or pessimistic and if being pessimistic to consider in which you can change your mindset to focus on growth and development, cultivating a can-do attitude.

Our attitude and mindset can determine the way we approach life, may that be positive or negative. If your mindset is positive, you'll take more risk, expect good things and take actions that'll lead you toward happiness, connection and success.

We are all different and some of us need to work more on mindsets and motivation than others.

① WHAT DOES YOUR MOTIVATED SELF LOOK LIKE?

② CREATE AN INTUITIVE COLLAGE. CHOOSE IMAGES TEXTURE, COLORS...

③ REFLECT. what are the main characteristics of your "motivated self"?

Your collage may indicate how you felt during this process, the effort you exerted and persistence, as well as the sense of direction. Also, ~~it~~ it may indicate some behaviours you adopted which helped you overcome some obstacles. Think of the structure and planning of achieving this goal too.

④ CHOOSE A GOAL YOU WANT TO ACHIEVE, but haven't been able to, for whatever reason.

⑤ CAN YOU IDENTIFY ANY HELPFUL BEHAVIOR? FEELINGS or mindset towards achieving your goal from the from the 'motivated self' collage?



Specific: Is the goal you set specific, or is it easy to misinterpret or confuse it?

Measurable: Can you track the progress of your goal?

Attainable: Is your goal realistic?

Relevant: Is your goal relevant to your values, dreams, and ambitions?

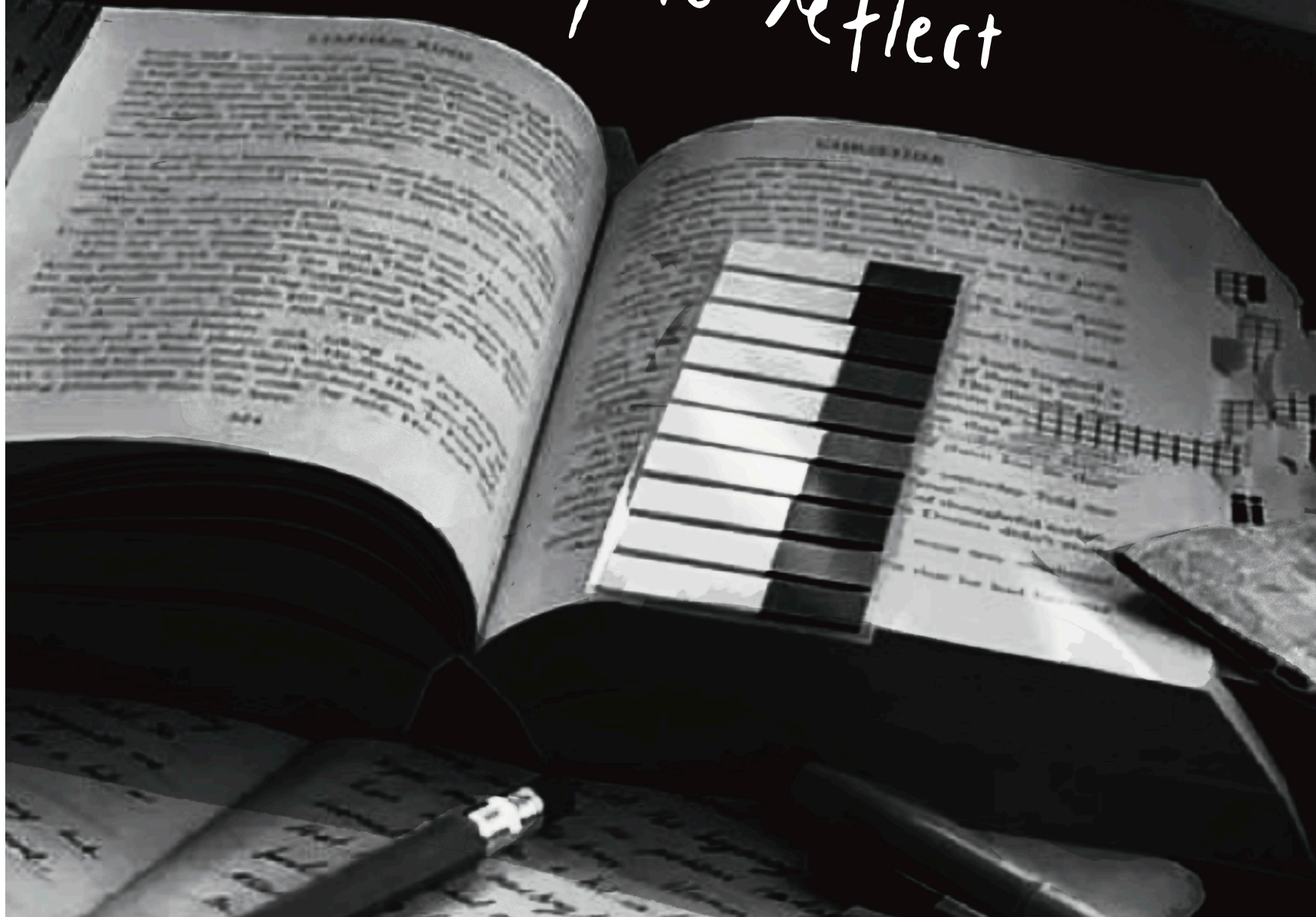
Time-bound: Is there a target date for completion, such as four months or one year?







Story to reflect





Description:

write a short story answering the title "what did the universe do to give me my current life". The story must contain the following words:

SCOOP

Bright

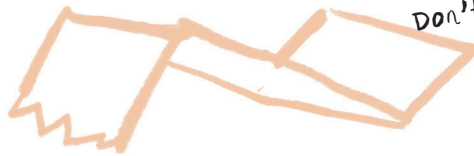
plutonium

CAT

TRY THIS EXERCISE IN A CREATIVE WAY !

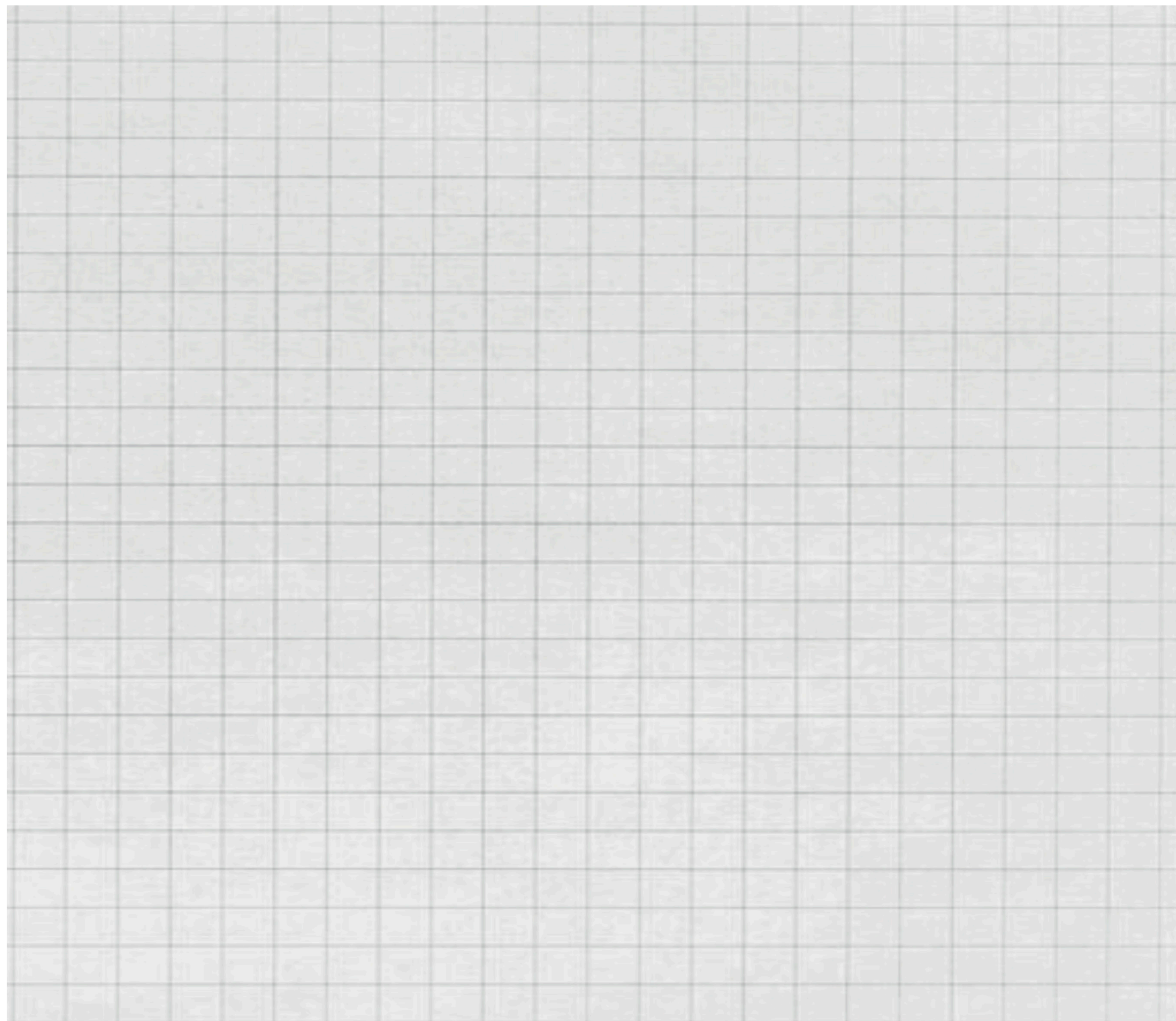
THIS STORY IS JUST FOR YOU AND YOUR FUTURE SELF,

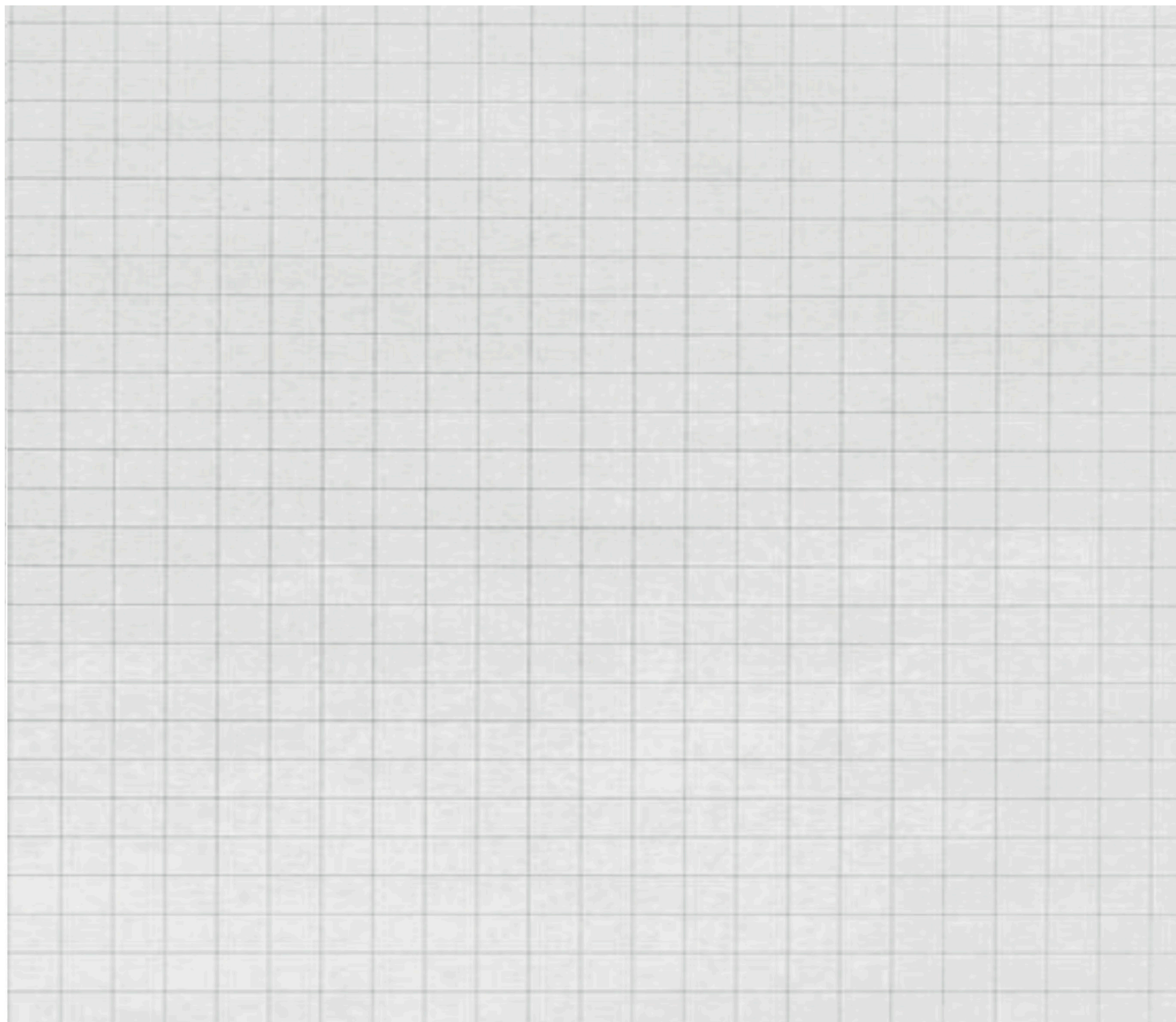
NO NEED TO BE PERFECT 😊

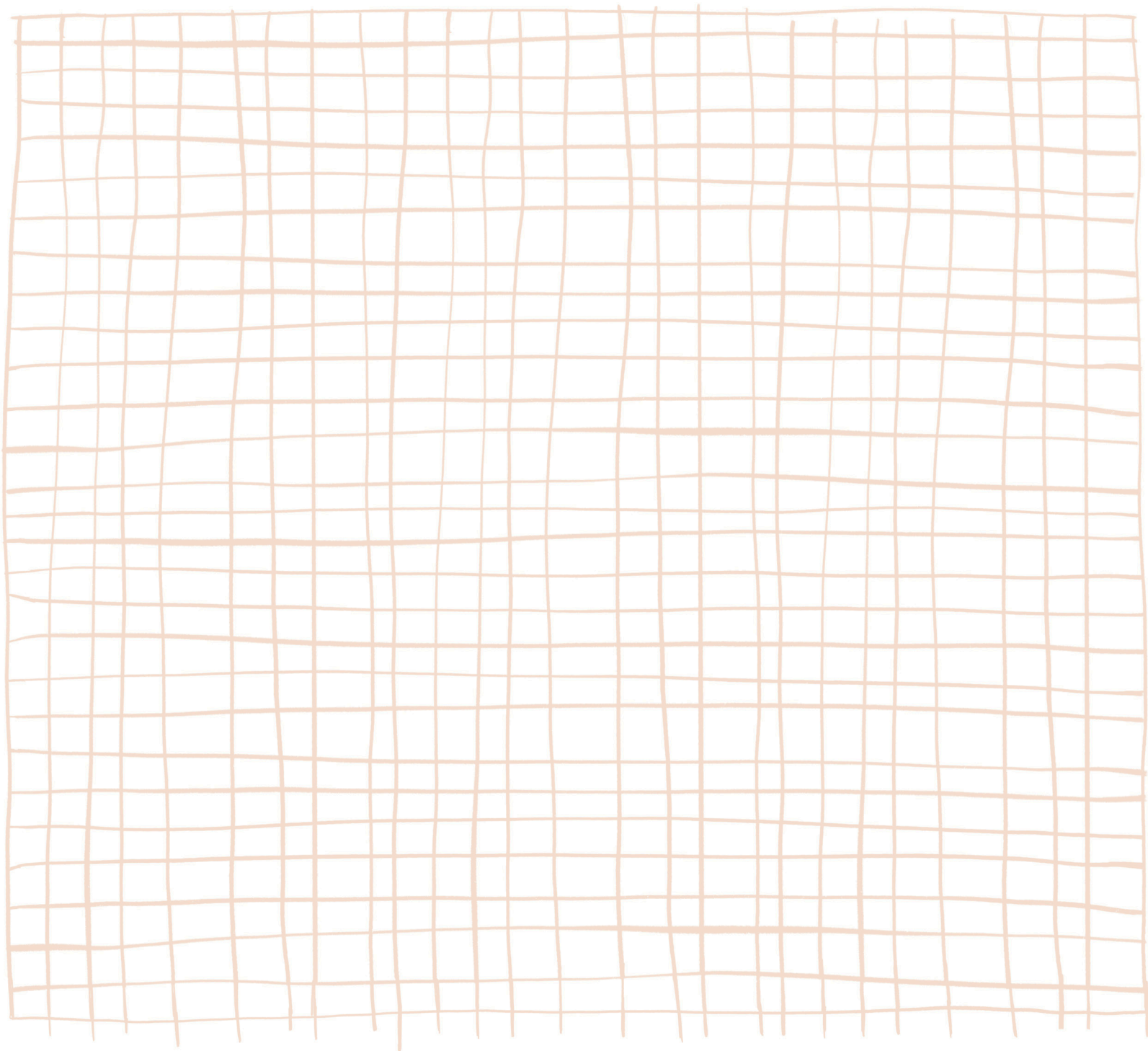


Don't hesitate to add blank pages
If you need more space to write!









Reflection questions:

- was it easy to create a story about this complex topic in a creative way?
- what was difficult?
- Did your story end up including details that you were not expecting? Like what?
- Do you identify any pattern in the way you presented your story?

“ Sometimes we can feel like there are some things that we don't like about our life or the job that can make us burn out or lose motivation. By dedicating a few minutes to reflect on these topics, we can identify our motivations and changes more easily. You are able to change your mindset to focus on growth and development ”



Self knowledge and self-talk

How self-critical are you?

Are you kind and compassionate to yourself?

Can you build a positive commentary or story about your life that supports and encourages you?

Does your self-talk help you to nurture resilience and self-confidence?

SELF AFFIRMATIONS RECORDINGS

This activity focuses on increasing your self compassion by recording voice notes of positive self talk. You can then go back and listen to any of the voice notes, which would remind yourself to be kinder and more self compassionate.

Suggested topics for recordings:

What would you say to a loved one who is having a bad day? Record it.

Think about your past week. Identify the highlights and the moments that you enjoyed the most. Record it.

Reflect on your motivations to engage with your daily activities. What and who are you doing this for? Record it. Think about different moments in your life where you have overcome challenges.

How did you do it? What were you feeling then and how are you feeling now?

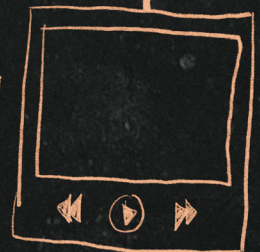
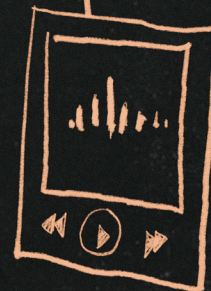
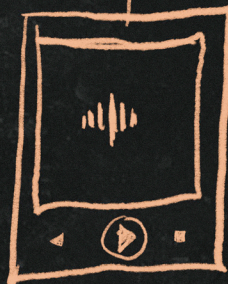
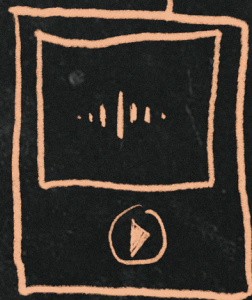
Be a friendly ~~narrative~~ for yourself.

Don't let the voice in your head treat you like an enemy.

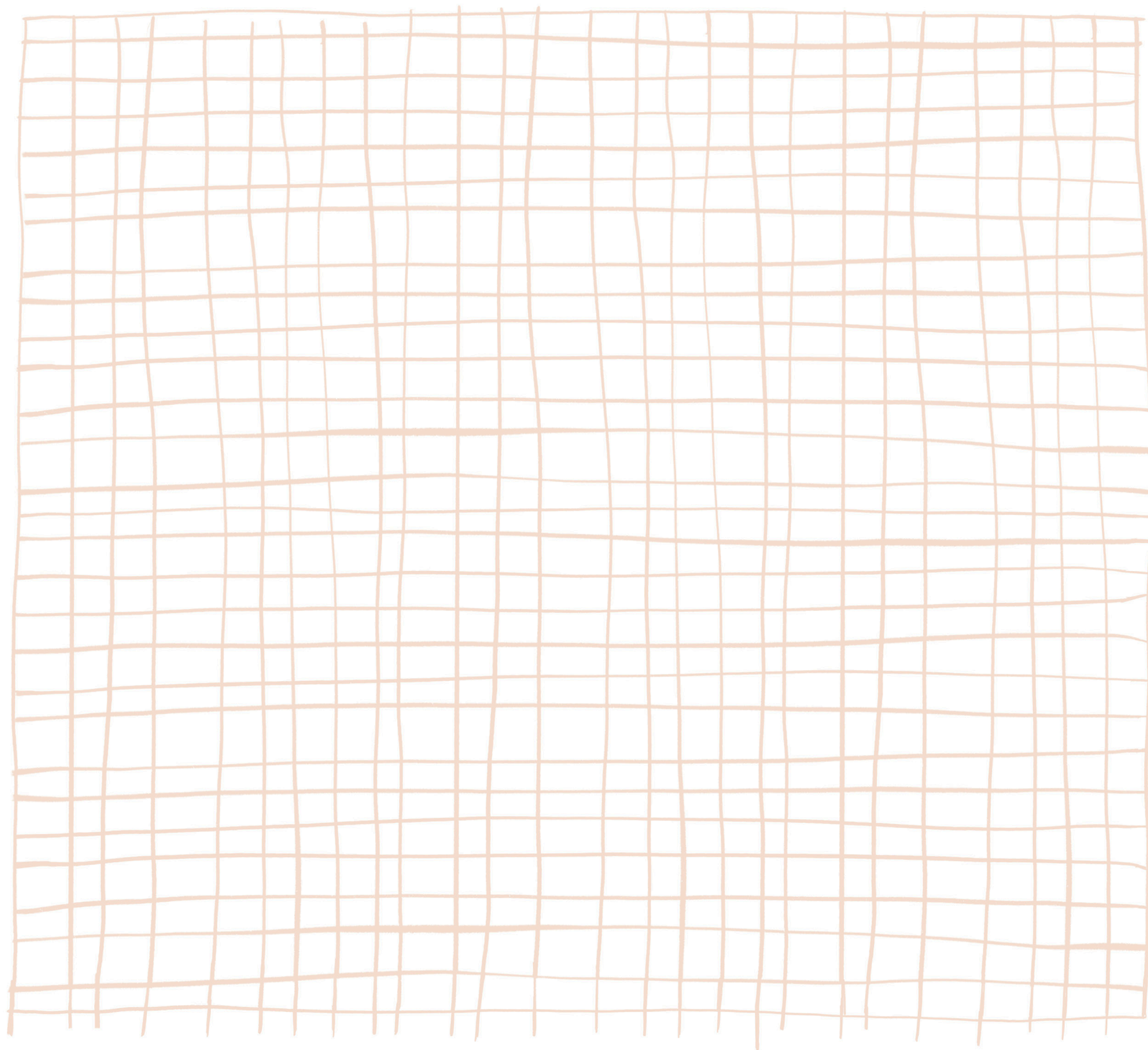
How did you feel after hearing yourself back?

Do you feel more self compassionate after listening to your voice notes?

was doing this activity helpful for your situation and why?







PRESENT YOURSELF THROUGH MOVEMENT

* Group Activity



“ We don't use our body that much for social interaction. Sometimes it might almost seem as if our body is only there as a car and a marketing image of ourselves, if not a burden. Can we invite it to be more present in our life ? ”

YOU ARE STANDING IN AN EMPTY ROOM.
MUSIC IS PLAYING. YOU GIVE INSTRUCTIONS.

Slowly start to warm your joints, muscles... NAME them.

the mobilisation of two joints together. (right knee left shoulder)

Give them time to explore different combinations.

propose them to move all the body including all the joints together.
Ask each person to say their names out loud and one by one.

Invite them to explore writing their name through the joints using all the body.

In circle, ask them to say their name through the body one by one.





How did you feel after incorporating movement into your day?

was it easy or challenging to come up with different types of movement?

Did you move all of your body parts? was there a section of your body that was not included in the sequences? why?

Exploring the Space through Lines and Curves

Step 1. Start with a warm-up exercise to make the joints more flexible and ready to move.

Step 2. Take the time to move every part of your body, starting from the head, the neck, the shoulders, scanning the body down until the soles of the feet and toes. Start moving by mobilising two joints together (e.g. Right knee left shoulder)

Step 3. Then move on to explore other combinations of joints (e.g. left elbow, right ankle)

Step 4 After that, start exploring new movements following curves, spirals, round movement

Step 5. Then start walking around and moving in the room imagining you live in a round space and you can only move by drawing curves, spirals, round movements.

Step 6. Now, start moving following straight lines.

Step 7. Explore the space imagining that you live in a straight world and you can only move with straight, 2D lines. Now, imagine dividing the room you are in into two different worlds: a round world and a straight one. Then, move freely, jumping from one world to the other, adapting the movement according to round or straight dimensions.

Step 8. Once you stop moving, take a moment for yourself. Stand or sit still, close your eyes. Observe how you feel and embrace stillness and reflection.



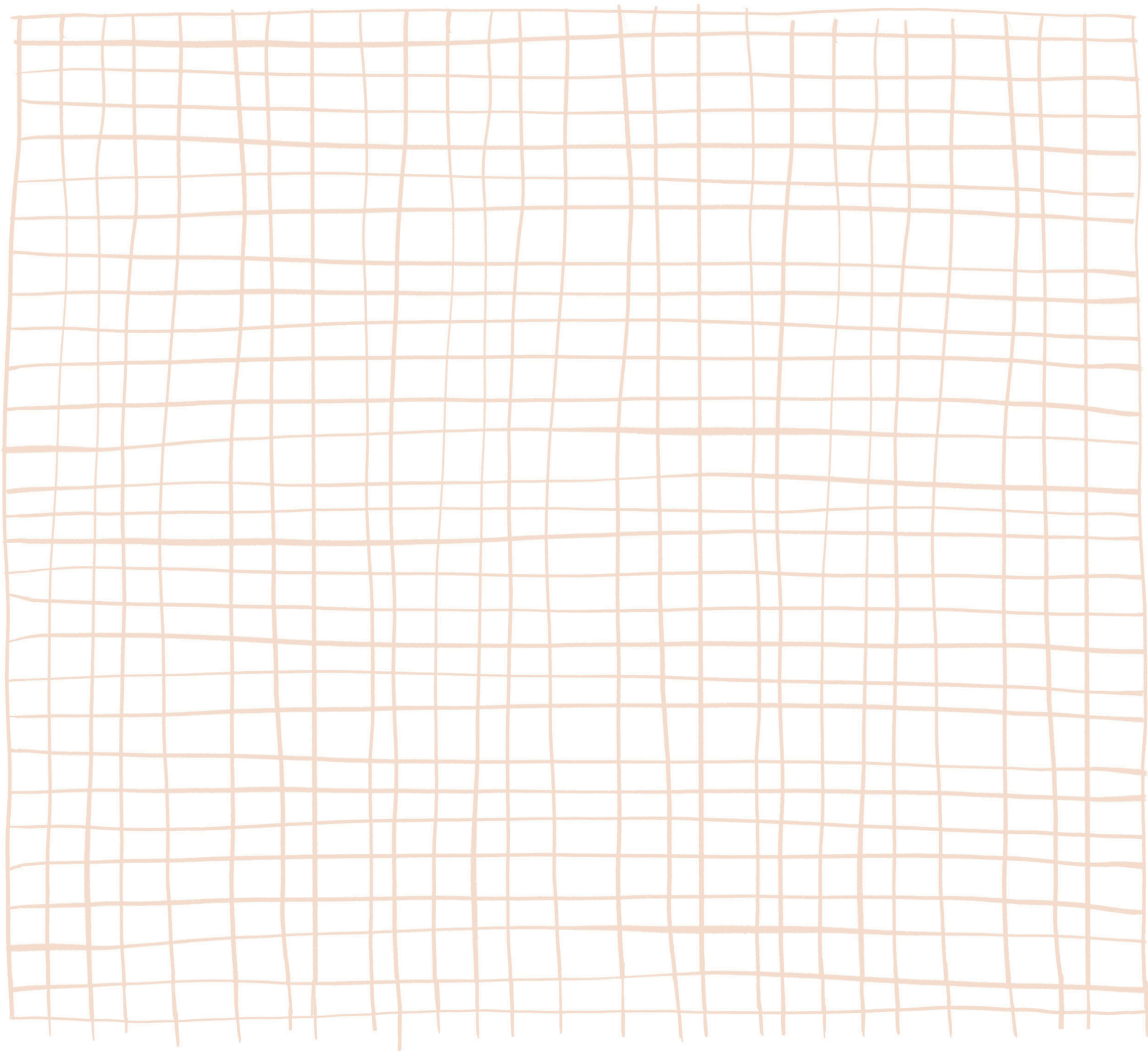


Reflection questions:

What type of movement made you feel more comfortable? why?

Did you observe any emotional reaction to your movements?

How did you feel at the end of the exercise when you had to embrace stillness?





Purpose

What goals do you have (personally and professionally)?

What are your key values?

What kind of impact do you want to have in the future?

What are the things that are meaningful to you?

We all need a purpose in life and to have strong drivers and meaningful activity.

Everyone is different. Our purpose is about living a life that feels meaningful and aligned with our essential personality, hopes and wishes.

It can be difficult to know yourself and find your purpose. Some may feel they live according to someone else's life wishes for them. Finding your own purpose and path are key to life-satisfaction.

Everyone has a different conception of purpose; for some it's about connecting with family or bringing up children; for others their main purpose arises through work; some may have a life purpose to master a skill or set of skills and many combine the domains of work, family, skills to create meaning and life satisfaction.

WHEEL OF LIFE

Step 1. You should reflect on each segment depicted on the wheel of life and think about each aspect of your own life.

Step 2. You should then score each area of your life from a scale of 0-10 (10 being this area is perfect and 0 being this needs the most improvement).

Step 3. Mark a dot on the wheel with the rating you give yourself in that area.

Step 4. Once you have rated each aspect on the wheel, they will then connect all of the dots together.



This will allow you to visually see where there is harmony in your life and which areas need further development. This will allow you to reflect on the various aspects of your life and consider ways in which the lower scoring areas can be improved upon.





How do you feel about the completed graph?
Are you able to identify which areas require the most development?
How do you plan on implementing some changes to improve the lowest-rated aspects?





DISCOVER YOUR PERSONAL PURPOSE

Step 1. As a first step, answer the question below:

"When did you feel the most passionate and excited in life?"

Recall and note down five moments.

Step 2. Now, as a second step, this exercise encourages you to ask for feedback. The reason is that in developing your purpose, it is insightful to consider not only what you see about yourself but also consider any blind spots. In other words, also consider what others see about yourself but you may not. Thus, you are asked to contact a person or two that you feel very close to (e.g., friends, family members, and/or colleagues), and ask them the question below: "When did you see me the most passionate and excited in life?" Ask them to recall five moments and share them with you.

Step 3. When you collect all answers, including yours and the ones received from the other(s), take a moment to reflect on all of the moments. Do they differ in any way? Sometimes others may see things about us that we are not aware of.

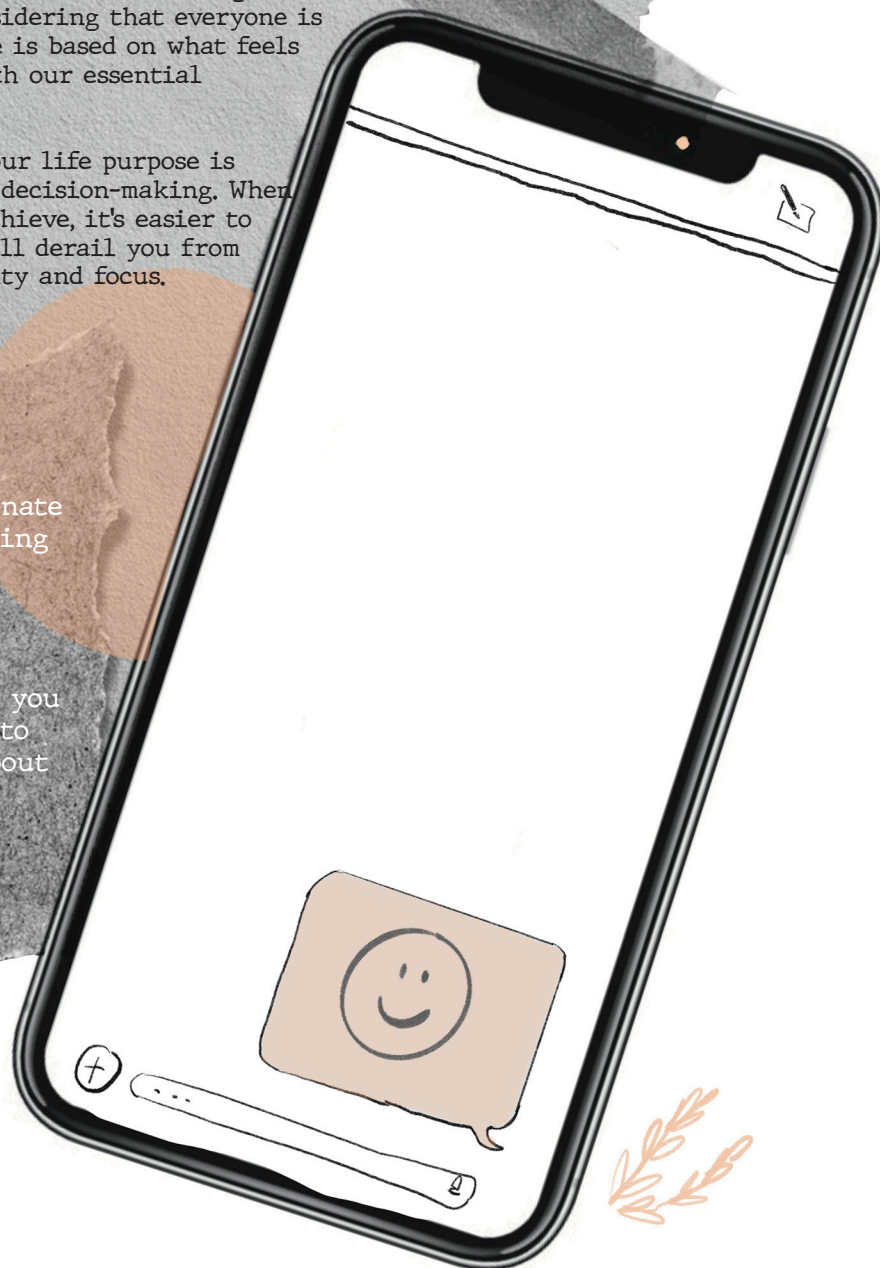
Step 4. Once reflected on the collated list, choose the five moments you think are indeed the most representative and best describe you being passionate and excited in life. This part of the exercise is good at highlighting what your passionate and excited self looks like.

Step 5. Following the activity above take a moment to reflect upon your current levels of excitement and passion in the things you do in life. It is normal to go through a period of time where you are not as excited or passionate about what you are doing. However, could you think of one behaviour you could change or engage with in order to become more excited or passionate with your daily life?

We all need a purpose in life and to have strong drivers and meaningful activity. Considering that everyone is different, our purpose in life is based on what feels meaningful to us, aligned with our essential personality, hopes and wishes. Although it can sometimes be hard, finding your life purpose is important as it can simplify decision-making. When you know what you want to achieve, it's easier to say "no" to the things that will derail you from your path, gaining more clarity and focus.

Reflect on your excited and passionate self, discovering what brings meaning to your life;

Start thinking of some behaviours you may want to engage with, in order to be more excited or enthusiastic about your daily life.





Reflection questions:

Has this exercise helped you to reflect on your purpose in life?

would you like to practise more exercises like this in the future?

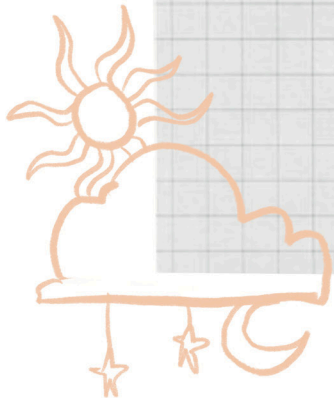
what would help you to stay in the loop of practising?

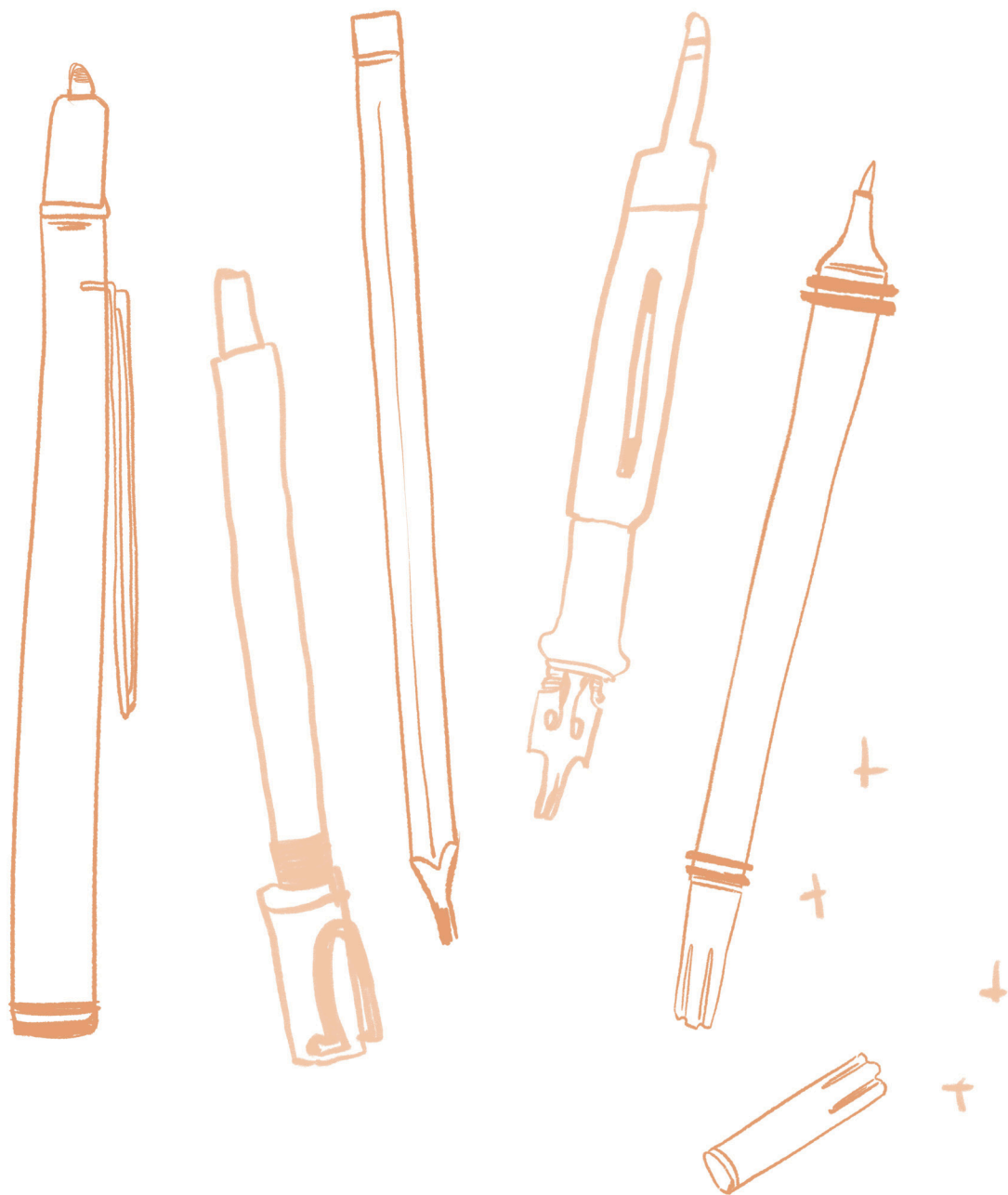
HIGH DREAM AND LOW DREAM

“ When we think about something we'd like to have in our life, we create a High Dream (we think about how great it would be to have it and explore the details in our mind) and a Low Dream ("I can't have this because..."). It's ok to have both High and Low Dreams because each one could bring different elements to our attention.

The activity invites you to find and identify these stimulating aspects that maybe are not always that obvious to realise, but it is important for oneself to be aware of the two sides to be able to think and act appropriately.

With this in mind, we invite you to answer the following questions individually. It can be done orally or in writing. Take your time and dedicate this moment to yourself. ”





CK D
most farmers

what was/is the biggest dream of your life?

what were/are your ideals, your expectations, and your highest hopes for this period of your life?

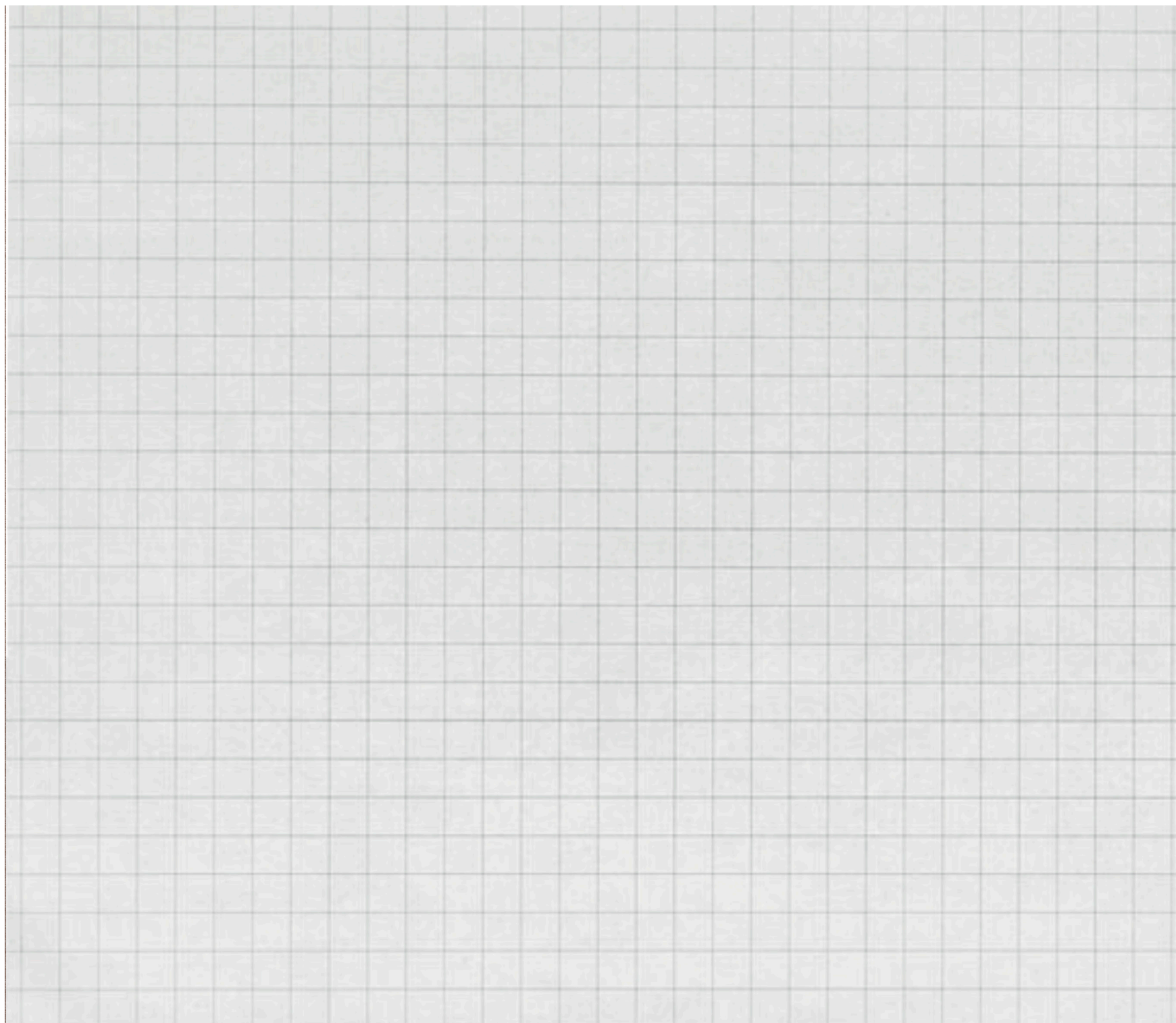
how do you feel now? what happened? what do you feel when your dream is not achieved yet? what did you feel like when you achieved your goal?

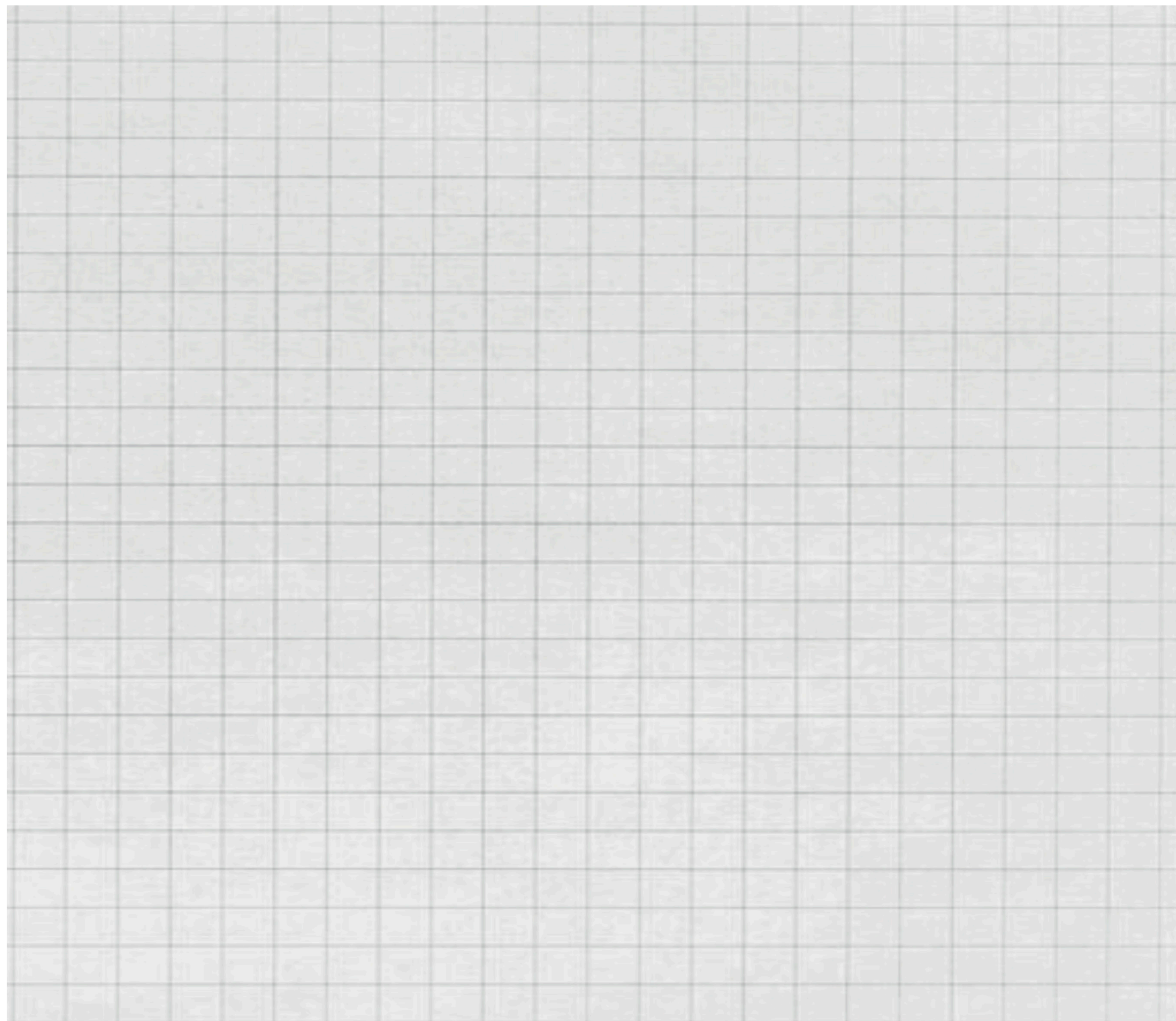
now connect with a moment of your life (or of your life in general) when you felt good, with vitality, connected with your big dream.

Enter completely into this experience until you can totally feel it.

how could this feeling/state of mind serve you at this moment in your life?

is the experier
weed. With
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Reflection questions:

was it easy or challenging to identify your main goals in life? why?
what other questions can you ask yourself regarding your journey
for achieving your dreams?



Daily Habits

What are your healthy habits that support good physical and mental health?

What are your negative habits and how are you trying to reduce them?

What is your 'go-to-habit' when you experience something difficult?

Our daily habits can support good physical and mental health and also contribute to our happiness and life satisfaction.

Sometimes it can be useful to actively cultivate healthy habits that support your life direction, whether that's keeping a diary or journal, healthy eating, daily exercise, going to the gym, twenty minutes yoga in the morning, doing a daily sketch, wild swimming or cultivating creative hobbies that bring you joy and pleasure. Your positive daily habits help you to weather difficult times and help you to connect with your strengths. Such habits contribute to resilience.

You can also go deeper in the realisation of your drawing if you take into consideration the medium that you'll use: coloured pencil for a bit of control if you want to draw sharp shapes. maybe consider using some oil pastel to have a strong texture. If you're stressed about how to do the forms, or you feel that your feelings are a bit blurry, use watercolour.

RAINBOW OF COLOURS

Materials: Sketchbook, coloured pencil/ paint/ Oil pencil Any art medium which allows as much choice of colours as possible (you can mix the medium and use some of them at the same time)

To practise this activity you need to have time to reflect and to play with colours and your creativity. Try to find someplace calm without too many distractions or interruptions.

Try to remember your day/week/month with as much details as possible. Take the time and allow yourself to feel emotions regarding different elements or moments that you remembered.

Don't try to identify or name the emotion nor the meaning behind them, just allow them to be. If these emotions were colours and shapes, what would they look like? Start sketching in your mind.

Happy feelings tend to feel rounder than dark or angry ones that tend to be more spiky.

Joyful feelings are warmer than sad or calm ones that are more cold calm blue. If it's difficult for you to find what kind of colour fits with the feeling you're experiencing, you can refer to the "psychology of colours" attached, but know that your intuition is always right. There isn't any wrong move in this exercise. Don't over-analyse, just go with your intuition.

These days, we tend to be focused and overthink most of our day and now is the time to let it go and relax. Try not to hide and control your feelings behind perfectionism but just let them be. This is a sensorial experience.

Perfectionism is usually a coping mechanism that stops us from trying new things because we are too afraid to fail. It's also a good way to repress our feelings and our spontaneity behind an illusion of control.



practice listening to our instincts on a daily basis.
make creativity a daily habit through the use of
colours and observation.



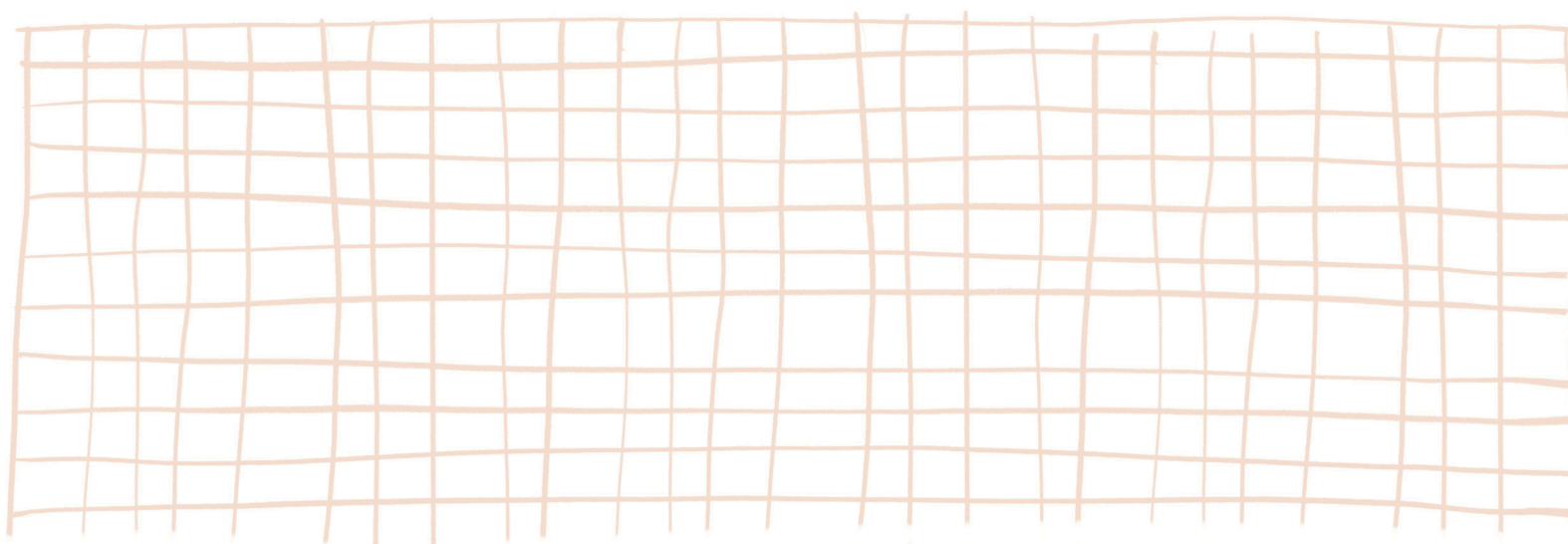
Now, why colour?

Recent studies are clear: colours are disappearing from our lives. Because of globalisation, companies slowly choose to reduce the colours of their logo and products to reach more customers. Colours are cultural representations, personal preferences and more than that, seeing colours makes our brain release dopamine (the hormone of happiness).









Hand-drawn grid pattern.





JUST BREATHE

This exercise is focused on breathing and developing concentration through visualisation. It will also reinforce your core.

Step 1. Sit in a lotus position or in a comfortable seat of your choice.


Step 2. Now, focus on your centre (the belly, the bones and the pelvic muscles) and just breathe, trying to keep a diaphragmatic breathing: inhale and expand your stomach, exhale and relax.

Step 3. Keep on practising this exercise for a few minutes, keeping your mind focused on the breath.

Step 4. Every time your mind gets distracted, embrace and accept the distracting thought/s.

Step 5. Let it go through you, with patience and acceptance. Then start again and focus on the activity of the breath.

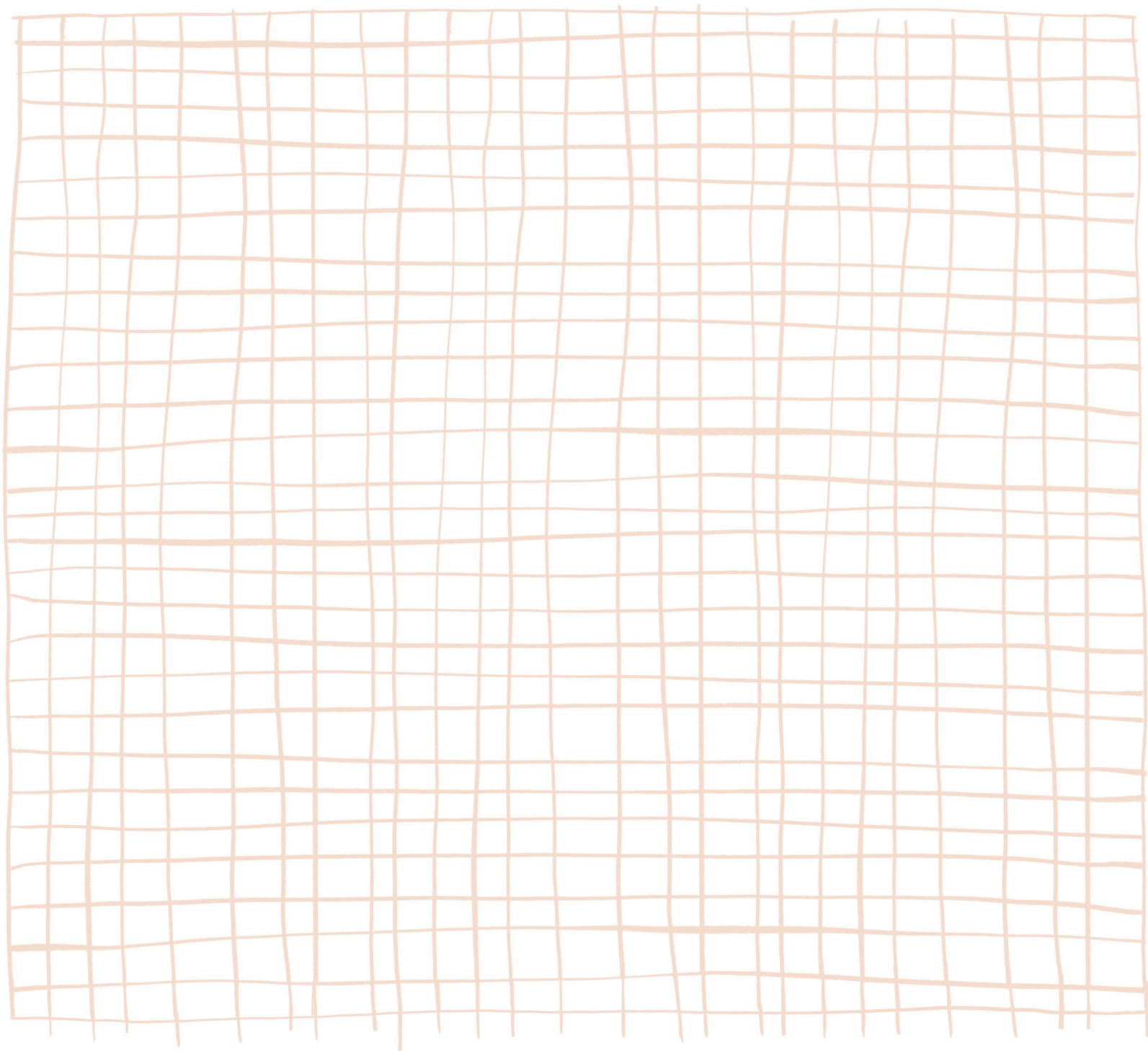
Sit down and relax. No expectations.
Enjoy !



Did you notice if you easily
got distracted?

Did you find it hard to
keep concentrating on the
breath?

Did you notice any improvement after you practised
for a while?







Belonging/ connection

Do you have a balance between personal alone time and social activity?

Are you part of a group or community?

Does social support encourage you to try new things?

Does your self-talk help you to nurture resilience and self-confidence?

When was the last time you participated in a team activity?

No matter whether you are an introvert or extrovert, we all need to be part of a community or tribe, no matter how small that group may be.

It could be that we value connections with family, friends, work colleagues and connections through our daily habits, pastimes or hobbies. Connections offer community, social and psychological support and can nurture us and refresh us when we need more energy. Having trusted connections can help us enjoy life and experience events with others. Loneliness can be harmful. Knowing how and why you connect with others can help you identify ways in which your life could be richer. Social connections can help life feel more meaningful, purposeful and enjoyable.



MINDMAP OF
NETWORK





The mindmap of networks provides a way to reflect and reinforce ones sense of belonging.

It focuses on writing down your connections and the social groups you belong to and have networks in, this will help to promote a sense of self belonging and an understanding of who you are connected to. The design of the mind

map is very broad because this approach is person centred, whereby you have full autonomy on what social groups/networks you write down and feel a sense of connection to.

This allows you to note the people/networks you may need to initiate a conversation with, to improve your connection.





How did you feel after visualising who your connections are?

Was doing this activity helpful for your situation and why?



Stretch and learning

Have you learned something new recently?

How adaptable are you to change?

Think of a time where you stepped out of your comfort zone.

Could a challenging task help you to think of new and different ways to solve that problem?

It's very human to be goal-directed, looking for the next challenge, task, planning for positive outcomes.

If we stand still in life we can lack energy, become bored and find it difficult to motivate ourselves. To offer yourself constant learning opportunities and some stimulation and mental stretch is very positive. Your learning goals can be large or small; perhaps you have a big plan and incremental goals. Learning nurtures an adaptive mindset, mental flexibility, openness and curiosity and it's quite likely that openness to new influences can contribute to problem solving and creativity. Your life may have a sense of progress and movement when you learn new things and stretch yourself.

Rethinking the

Think of a past challenging situation or moment. Reflect on your thoughts, feelings and behaviours towards this challenging situation or moment. Practise on how to view a challenging situation as an opportunity to grow.

Step 1: Think of a challenging situation or a challenging moment you have experienced in the past. A challenging situation or moment is difficult to deal with, and tests our ability or determination. The challenging situation or moment you recall can be either personal or work related.

Step 2: Now, having identified a specific challenging situation or moment, think of the questions below relating to it and try to answer them.

Firstly, describe the challenge you brought to your mind. Recall as much information and provide as many details as you can. How have you interpreted this challenging situation or moment? Think about your thoughts about it. Which were the consequences? At this stage, think of the emotions you experienced and the behaviours you demonstrated.

Step 3: Once answered the questions above, you are asked to reflect on how much you have perceived this challenging situation (something that was hard to cope with) or if you had perceived it as an opportunity to learn and grow (by stretching yourself).

challenge: A Set-Back or an opportunity

Step 4: Now, if you have perceived this challenge as an opportunity to learn, identify what you have learnt and stop the exercise here. If you perceive this situation more as a challenge, we ask you to answer the questions from scratch. The questions below are slightly reworded to get you thinking about whether the challenge was an opportunity to grow.

Could you have interpreted this challenging situation or moment in a different way? Encourage yourself to think of alternative and perhaps more positive interpretations here. For example, if in your scenario your boss may have given you too much work to do, which in turn really stressed you out, then you may have thought: "My boss doesn't like me and they want to give me a hard time". What if you had instead thought: "My boss sees the potential in me and they trust me to get all this work done? Maybe they have not realised how busy I am at the moment". This would of course not underestimate the fact that you were overloaded back then. Having changed the interpretation of the situation in a slightly more positive and productive way, and being able to identify any opportunities to grow, do you think that the consequences of the situation could have been different?

Can altering the way of viewing a situation also alter the emotions you had experienced and the behaviours you had demonstrated?







Gratitude

What are you grateful for?

What are some positive influences in your life?

When was the last time you showed gratitude to someone?

Does acknowledging the positive influences in life increase your sense of satisfaction and contentment?

Lessons from positive psychology have taught us that if you acknowledge your blessings, the people and things you are grateful for in your life, then this increases a sense of satisfaction and contentment.

For some the cultivation of gratitude has formed a daily practice by acknowledging the positive influences of others and feeling lucky and grateful for the positive element of life. Feeling and communicating gratitude to others has a positive benefit in friendship groups, families and communities as positive good feelings ripple through the players in situations. Gratitude is also linked to self-compassion.



The participants will take time to think about someone who has inspired their lives in any way. It can be a family member, a friend, or a figure that impacted their lives.

They will have to write a letter about what this person has done for them, in what kind of situation they were in when it happened, what changes it brought into their lives, how they feel now that they can look back on it... Then they will record it using the material or their smartphone.

When the recording is done, they can move on the editing part (with reaper or a specific app on the smartphone)

"Music represents emotions better than words". That is the point of the editing part: using the given sound/music of the participants or their favourite songs. The point is to think about the feelings and the sensations the participants experience when they think about it

(e.g it can be a happy memory but the main feeling is melancholia)

The point of this exercise is connection and gratitude. By thinking deeply about our loved one or the inspiring figures of our lives, by analysing how they impacted our lives, we can strengthen our link with these people and experience.

Connections offer community, social and psychological support and can nurture us and refresh us when we need more energy. Looking at a connection and being thankful for what this person gave us can improve our lives especially because usually we don't take the time to be grateful and to reflect on our emotions. By telling it out loud, it's also more powerful than just writing it on a paper.



Stimulation/wonder

What inspires you?

What are things that make you feel 'alive' and/or stimulated?

How do you feel when you're surrounded by nature and beautiful green scenery?

Does your environment contribute to your inspirations?

Do you feel more connected when you're surrounded by nature?

We know from positive psychology that it can be uplifting, energising and inspirational to experience a sense of wonder, awe or spirituality.

It's important to note that this doesn't necessarily need to be linked to religion. For example, you may find a profound sense of wonder in nature, which can be fostered through practices like daily walks, appreciating beauty, or engaging in hobbies such as sketching impressive landscapes. Stimulation can come from being present at events with others for a collective experience: music festivals, gigs, events, or by taking part in community activities such as drama or comedy. Think of the energy you get from laughter and that sense of collective engagement and shared experience. Stimulation and wonder can help us to take us out of ourselves and experience a sense of inspiration, awe, surprise, connection and purpose.

FRIENDS
CONTACT
INFO

RECIPE

USB KEY
WITH FAV
MOVIES

A SMALL FRIEND

FUNNY
OBJECTS

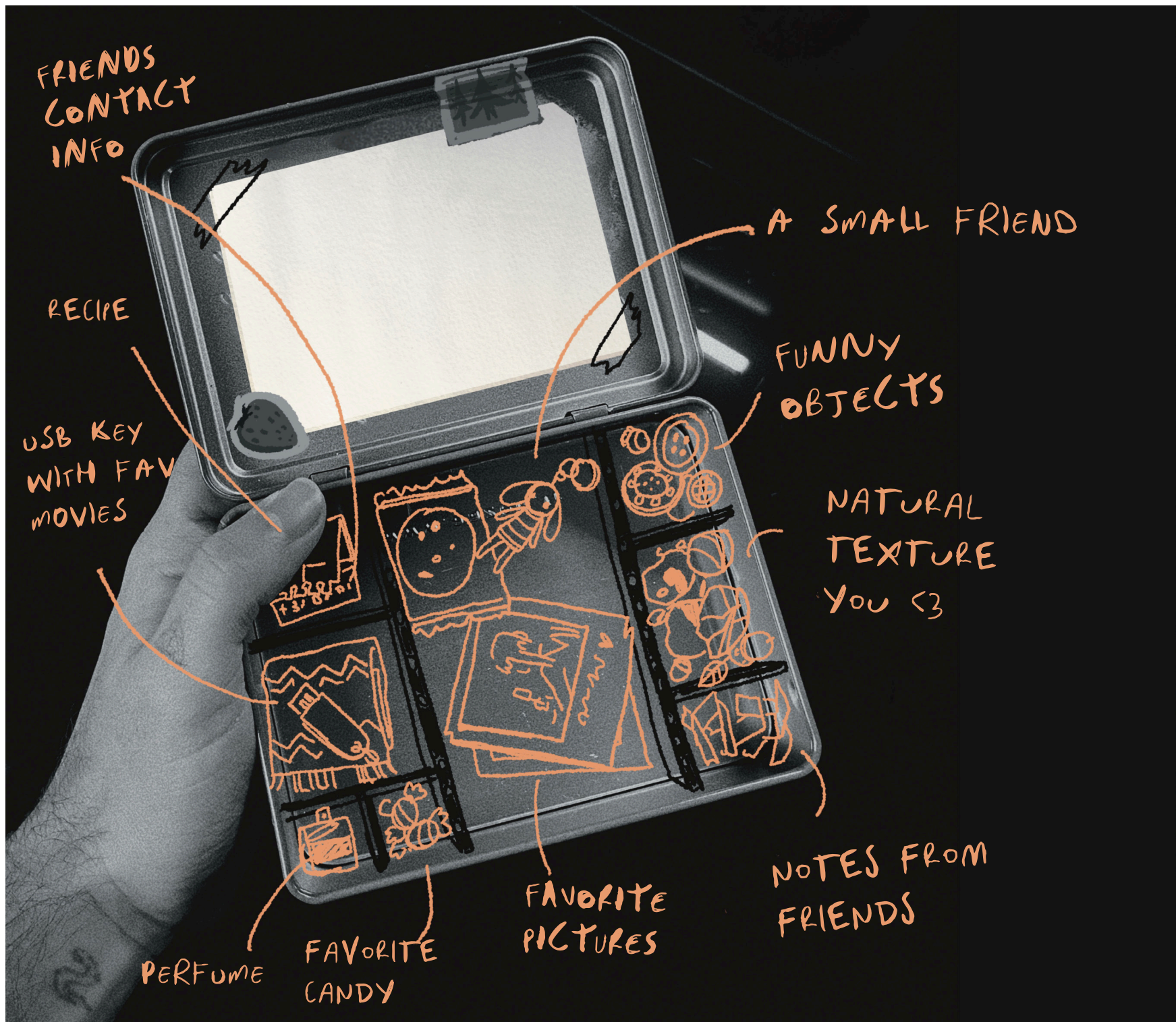
NATURAL
TEXTURE
YOU <3

PERFUME

FAVORITE
CANDY

FAVORITE
PICTURES

NOTES FROM
FRIENDS



EMERGENCY BOX

A physical box of EVERYTHING you might need in case of a
BREAKDOWN.

EVERY . THING

Textures, foods, images, emotional objects, contact
tissues, Leaves....

(At least everything that fit in a box !)

GATHER IMPORTANT OBJECTS , THINGS THAT YOU MIGHT
NEED TO RECHARGE YOURSELF TO CONQUER THE
WORLD!

Aims: This activity proposes to make a collection of available resources to cope with a difficult day. The activity invites the participant to create his/her own emergency kit and make it available at any moment.

Materials: List if necessary any equipment/ materials participants will need to complete the exercise.

Description:

This small kit can be manifested either physically or virtually, and within it, you will discover various suggestions to uplift your mood, cultivate resilience, and indulge in moments of pleasure.

Here is a non-exhaustive list of items that your box can include:

Your favourite Song

1 or 2 pictures that hold personal significance, such as a beautiful landscape or pictures of loved ones.

A comfort food recipe

Something that smells good for you (coffee beans, lavender etc...)

A movie that never fails to make you smile.

A notebook or paper and a pen for jotting down thoughts or ideas.

A texture that you like (wool, bubble paper, wood...)

Contact information for a friend.

Your favourite snack

A reminder of a past achievement that brings you joy.

Physical Box:

To build the Box you can use any recycled material (egg box, cereal box, cardboard, can box etc...) You can decorate it as you like and be creative with all art and craft materials you have available.

It is up to you to determine the positive things this box can hold for you. The more items you include, the greater variety of options you'll have when you feel the need for inspiration or comfort.

The advantage: You can express your creativity and customise the box. You can touch, smell and feel anything you put inside.

Virtual Box:

The advantage: You can always have it with you (on your phone for example) and it gives you the possibility to access it at any time and moment.

Reflection questions:

Did you identify a pattern with the kind of things that you included in your box?
Why did you choose the items you included in your emergency kit?

PERSONAL



DANCE OFFERING

Step 1. Start with a warm-up exercise to make the joints more flexible and ready to move.

Step 2. Take the time to move every part of your body, starting from the head, the neck, the shoulders, scanning the body down to the soles of the feet and toes.

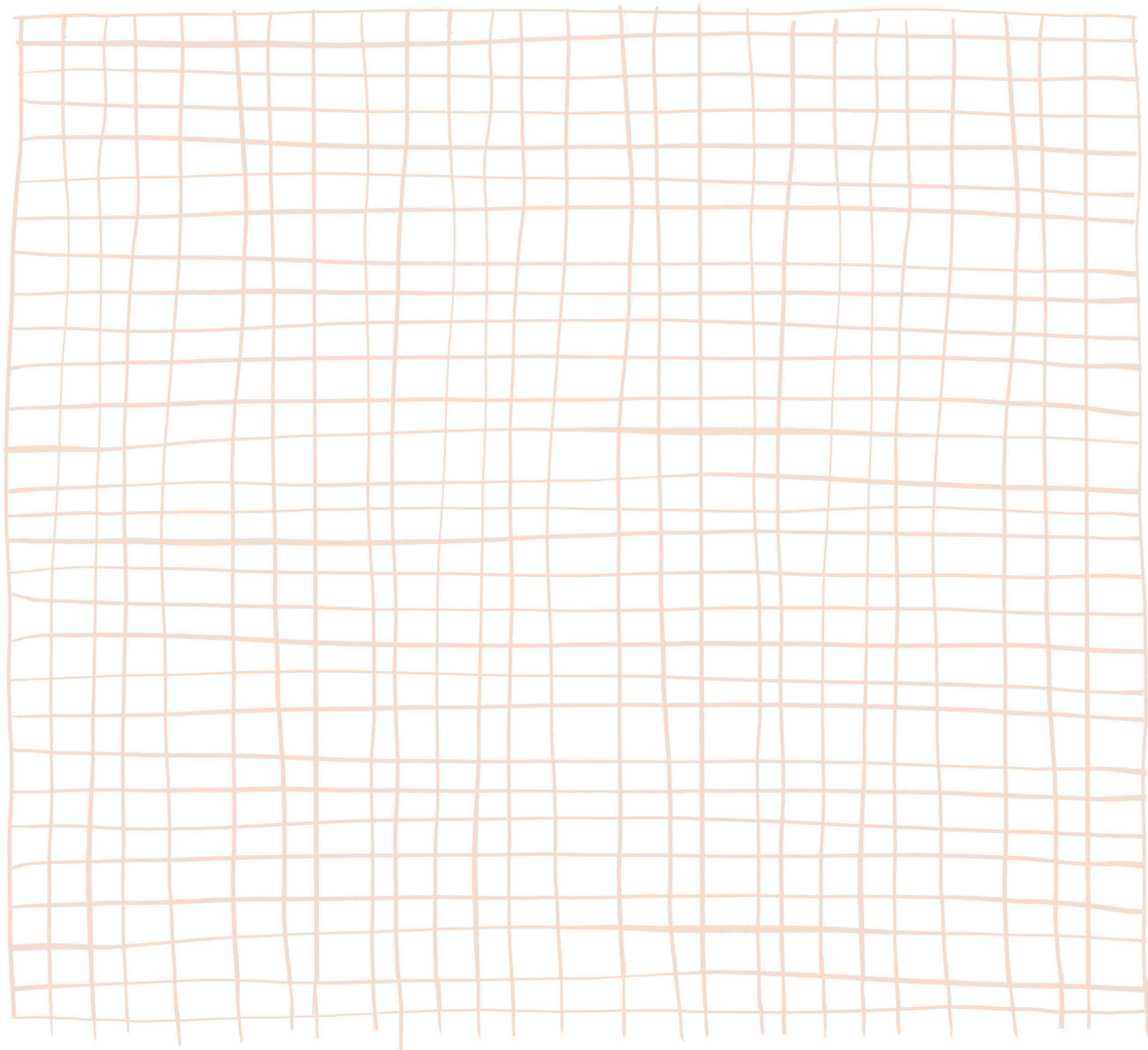
Step 3. Then, take a few minutes to reflect on a personal wish you have.

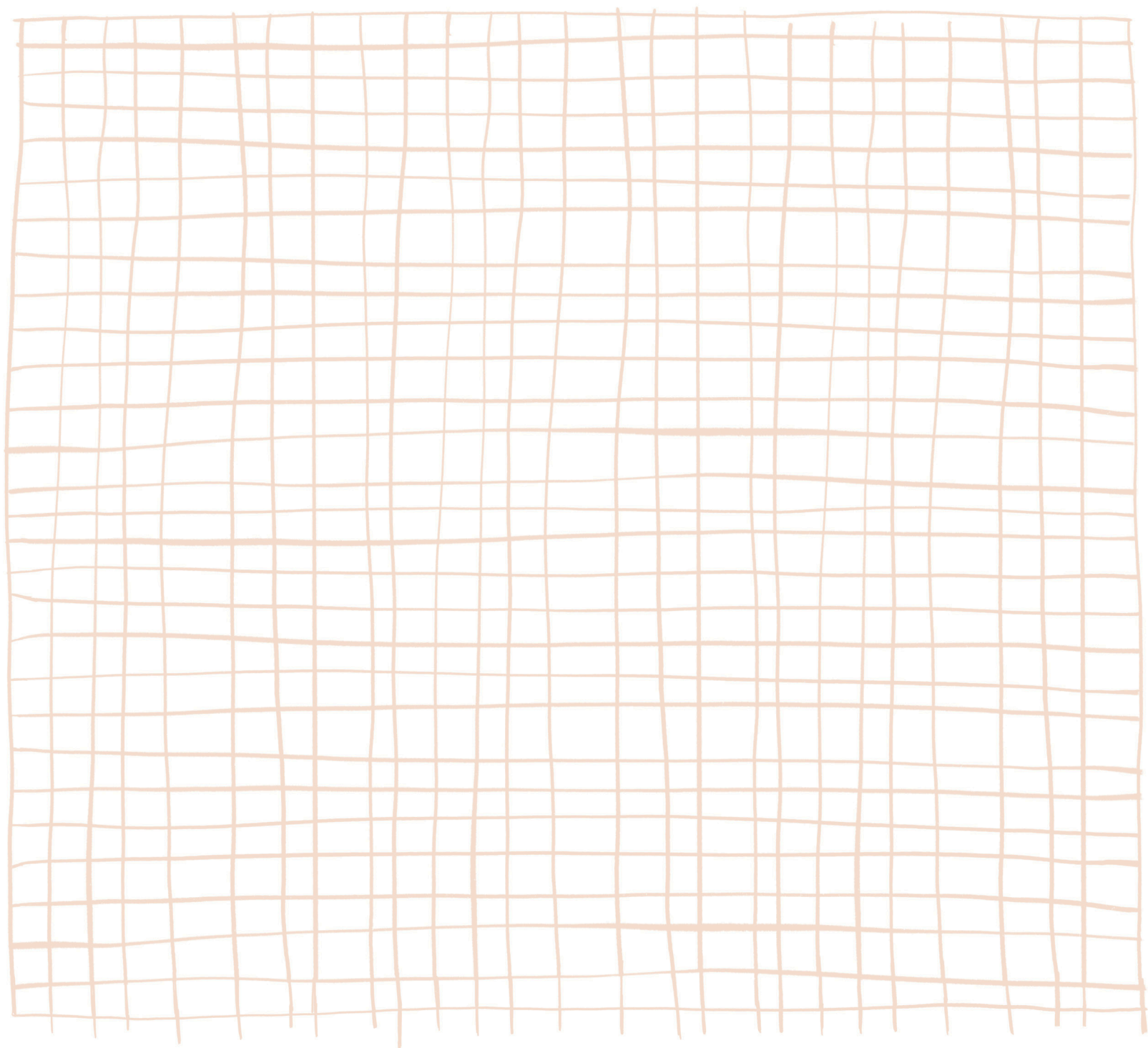
Step 4. Once you've identified your personal wish, select a word that represents it the best.

Step 5. Start the music, select a playlist of your choice, one that meets the atmosphere you need to express yourself freely.

Step 6. Start moving and improvising, keeping the chosen word in mind as an inspiration to embody your wish.

Step 7. While dancing, imagine dedicating this free dance to someone or to yourself. This dance becomes an offering, a present, to yourself or to that somebody you chose.







How Can You Improve These "Skills"?

Once you have read through the different points on the compass, you can try to improve these "skills" through practice. Here are some strategies to enhance these aspects:

Get into situations that promote that specific set of "skills".

- Study how these aspects can be developed through extra reading.
- Use the Happy Habits training programme.
- Use the exercises provided in this guide.
- Get out of your comfort zone, take action and risks.
- Practice with a friend or partner to enhance any specific aspect on the compass. For instance, you could set a joint mission with a friend to practise gratitude.
- Consider working with a coach who can guide and support your growth in these areas.

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This manual has been developed in the context of the action under the Erasmus+ program KA220-ADU - Cooperation partnerships in adult education in the project "HaHa Happy Habits" (Identification number 2021-1-FRO1-KA220-ADU-000026001).
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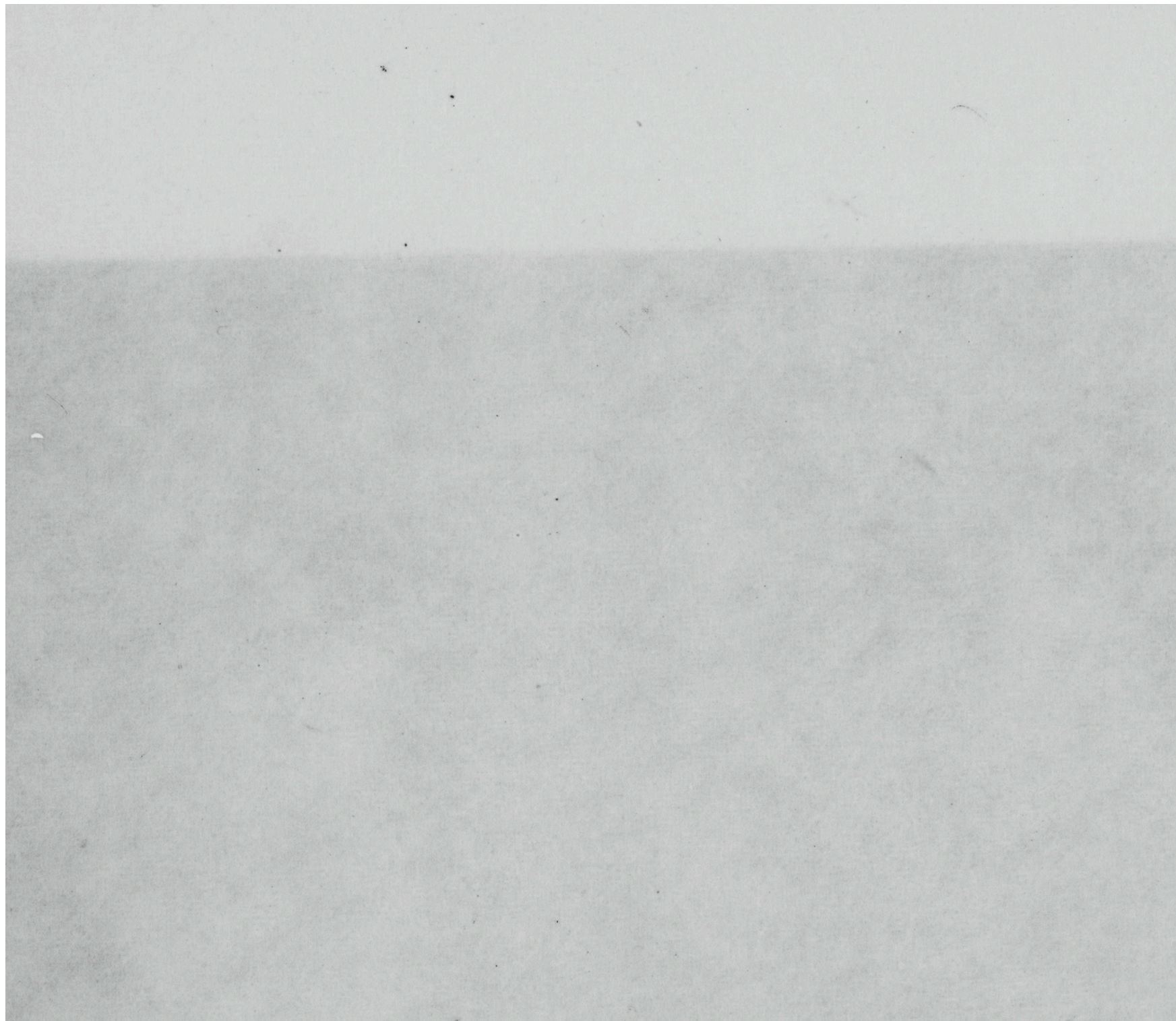
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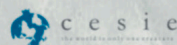
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LANGUAGES AND DOWNLOAD

This handbook is available in English, Spanish, Italian and Dutch, Greek and French on
online HAHA platform.







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