

The

# WELLNESS COMMITTEE

NEWSLETTER

CHILD AND YOUTH MENTAL HEALTH WEEK

MAY 3<sup>rd</sup> TO MAY 10<sup>th</sup> 2015

## YOUR HAPPINESS IS PART OF SOMETHING BIGGER

After years of happiness research, one thing has proved fundamental - **the importance of our connections with other people.**

Yet modern societies are built as if the opposite was true. People surround us, yet we feel genuinely connected to almost none of them.



## WHAT CAN WE DO?



## DO SOMETHING ABOUT IT

### DO SOMETHING KIND FOR OTHERS

**1.** What goes around comes around - and with kindness it really does. Research shows that being kind to others increases our own levels of happiness as well as theirs. What's more it has a knock-on effect - kindness is contagious, so it makes our communities nicer places to be.

### VOLUNTEER YOUR TIME, ENERGY AND SKILLS

**2.** Whether it's a one-off or something you do on a regular basis, volunteering is good all round. As well as making a positive contribution to the happiness of others, it's a great way to meet people, get the most out of your local area and to increase your own happiness and wellbeing.

### **3. GET TO KNOW YOUR NEIGHBORS BETTER**

Getting to know the people who live nearby helps create a sense of belonging and shared identity in our local area. It also helps to strengthen connections and trust in our wider communities and contributes to a happier neighborhood for everyone.

### **4. UNDERSTAND EACH OTHER'S NEEDS**

Good communication is at the heart of happy relationships of all kinds. It's about, understanding what other peoples' needs are and having our needs heard. And it's a skill that can be learned that will help deepen our connections with the people around us.

### **5. LOOK FOR THE GOOD IN THOSE AROUND YOU**

It's easy to take our nearest and dearest for granted. Constant criticism can be highly destructive, but we often fall into this trap, especially in established relationships. But if we take time to bring to mind what we value and appreciate about others, we can both get more enjoyment from our time together.

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel" ~ Maya Angelou