

UN INTERNATIONAL DAY OF HAPPINESS 20 MARCH

HAPPINESS ACTIONS - 5 THINGS TO DO WITH FRIENDS

- 1** Call up an old friend with whom you've not spoken for some time.
- 2** Tell one of your closest friends how grateful you are to have them in your life.
- 3** Check in with someone who might need a bit of support and ask if they're OK.
- 4** Write and send a card or letter expressing your appreciation to someone who's done something significant to or for you.
- 5** Do yourself a favour and forgive that friend or relative with whom you've been angry or upset.

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