

Little Life steps...

1. Do things for others

Caring about others is fundamental to our happiness. Giving also creates stronger connections between people and helps to build a happier society for everyone.

Action ideas

Do three extra acts of kindness today.
Offer to help,
give away your change,
pay a compliment, make someone smile.
Reach out to help someone who's struggling.
Give a call or offer your support.
Let someone know you care.

2. Connect with people

Our relationships with other people are the most important thing for our happiness. People with strong relationships are happier, healthier and live longer.

Action ideas

Make more time for the people who matter.
Chat with a loved one or friend,
call your parents or play with the kids.
Make three extra connections today.
Stop to chat in the shop,
wave at a neighbor,
learn the name of someone new.

3. Take care of your body

Our body and mind are connected. Being active makes us happier as well as healthier. It instantly improves our mood

Action ideas

Be more active today.
Take the stairs,
turn off the TV, go for a walk – anything that gets you moving.
Eat nutritious food,
drink more water,
catch up on sleep.

4. Notice the world around you

Have you ever felt there must be more to life? Good news – there is. And it's right here in front of us. We just need to stop and take notice.

Action ideas

At least once a day, stop and take five minutes to just breathe and be in the moment.

Notice and appreciate good things around you every day, big or small.

Trees, birdsong, the smell of coffee, laughter perhaps?

5. Keep learning

Learning affects our wellbeing in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience.

Action ideas

Do something for the first time today.

Sample sushi, try a new route, read a different newspaper or visit a local place of interest.

Learn a new skill, however small.

A first aid technique or a new feature on your phone, perhaps.

Cook a new meal or use a new word.

6. Have goals to look forward to

Feeling good about the future is really important for our happiness. We all need goals to motivate us and these have to be challenging enough to excite us, but also achievable.

Action ideas

Take the first step. Think of a goal you're aiming for and do one thing to get started.

Make a call, fill in that form, tell others.

Share your dreams.

7. Find ways to bounce back

All of us have times of stress, loss, failure or trauma in our lives. How we respond to these events has a big impact on our wellbeing. We often cannot choose what happens to us, but we can choose how we react to what happens

Action ideas

Ask for help today. Confide in a friend, talk to an expert, reach out to a colleague.

When something is troubling you, do something you really enjoy.

Shift your mood and bring a new perspective on the problem.

8. Take a positive approach

Positive emotions – like joy, gratitude, contentment, inspiration and pride – don't just feel good when we experience them. They also help us perform better, broaden our perception, increase our resilience and improve our physical health.

Action ideas

Do something that you know will make you feel good.

Listen to music, watch something funny, get outside or call an old friend.

Try to smile and say something positive or constructive every time you walk into a room.

9. Be comfortable with who you are

Nobody's perfect. But so often we compare a negative view of ourselves with an unrealistic view of other people. Dwelling on our flaws – what we're not rather than what we've got – makes it much harder to be happy.

Action ideas

Ask a trusted friend or colleague to tell you what they think your real strengths are.

Try to make more use of these.

Be as kind to yourself as you are to others.

See your mistakes as opportunities to learn.

Notice things you do well, however small.

10. Be part of something bigger

People who have meaning and purpose in their lives are happier, feel more in control and get more out of what they do. They also experience less stress, anxiety and depression.

Action ideas

Do something special for your TOPS group.

Feel part of something bigger.

Spend time with children,

visit an inspiring location,

gaze at the stars

or join a club.

Be more charitable.

Give others your time, offer to help neighbors or friends,

consider giving blood or volunteering.