







The Ten Secrets of Happiness

| | |
|---|---|
| <p>Plant something and nurture it</p>  | <p>Count your blessings: at least five, at the end of each day</p>  |
|  <p>Take time to talk. Have an hour-long conversation with a loved one each week</p> |  <p>Phone a friend whom you have not spoken to for a while and arrange to meet up</p> |
| <p>Give yourself a treat every day and take the time to really enjoy it</p>  | <p>Have a good laugh at least once a day</p>  |
|  <p>Get physical - exercise for half an hour three times a week</p> | <p>Hello!</p>  <p>Smile at and/or say hello to a stranger at least once each day</p> |
| <p>Cut your TV viewing by half</p>  | <p>Spread some kindness - do a good turn for someone every day</p>  |

Stevens 2005 <http://news.bbc.co.uk/1/hi/4436482.stm>