

**INTERNATIONAL DAY OF HAPPINESS**



The **INTERNATIONAL DAY OF HAPPINESS** is a global event arranged by the United Nations annually every 20th of March. The goal of this celebration is to:

- Remind us that being happy is a human right and worth celebrating.
- Spread awareness that progress is not only about increasing bottom lines and encouraging economic growth, but well-being and happiness as well.

**REASONS WHY WE LOVE INTERNATIONAL DAY OF HAPPINESS**

- **Happiness isn't a given** - WHO estimates 300 million people are currently living with depression, facing undiagnosed lack of happiness in their lives and the like. It's time to put happiness in the spotlight.
- **Smiles are healthy** - several studies linked to something as simple smile can improved the mood, less stress and greater amusement.
- **It's contagious** - studies have shown that improving the mood of others may be simple as improving your own mood, and by sharing what online and goes viral like positive, happy and funny posts are shared more than negative ones.



**SOME WAYS TO GET INVOLVED IN INTERNATIONAL DAY OF HAPPINESS**

- Spread happiness
- Reflect to your own happiness
- Celebrate with others
- Learn about happiness

**Happiness** is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment. It has many different definitions; it is often described as involving positive emotions and life satisfaction.

**TWO KEY COMPONENTS OF HAPPINESS**

- **Balance of emotions** - everyone experiences both positive and negative emotions, feelings, and moods.
- **Life satisfaction** - it relates to how satisfied you feel with different areas of life including relationships, work achievements, and others to consider which is important.



With this year's theme "Keep Calm, Stay Wise, and Be Kind," know the signs of **HAPPINESS**

- Feeling like you are living the life you wanted
- Feeling satisfied with your life
- Going with the flow and a willingness to take life as it comes
- Feeling that the conditions of your life are good
- Enjoying positive, healthy relationships with other people
- Feeling that you have accomplished (or will accomplish) what you want in life
- Feeling positive more than negative
- Being open to new ideas and experiences
- Practicing self-care and treating yourself with kindness and compassion
- Experiencing gratitude
- Feeling that you are living life with a sense of meaning and purpose
- Wanting to share your happiness and joy with other



A calm mind can solve any problem or issue. We should stay wise and be wise both in our words of expression and our actions. We should be kind to everyone we meet and thankful for everything we have in our life.

**References:**

- <https://www.un.org/en/observances/happiness-day>
- <https://nationaltoday.com/international-day-happiness/>
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