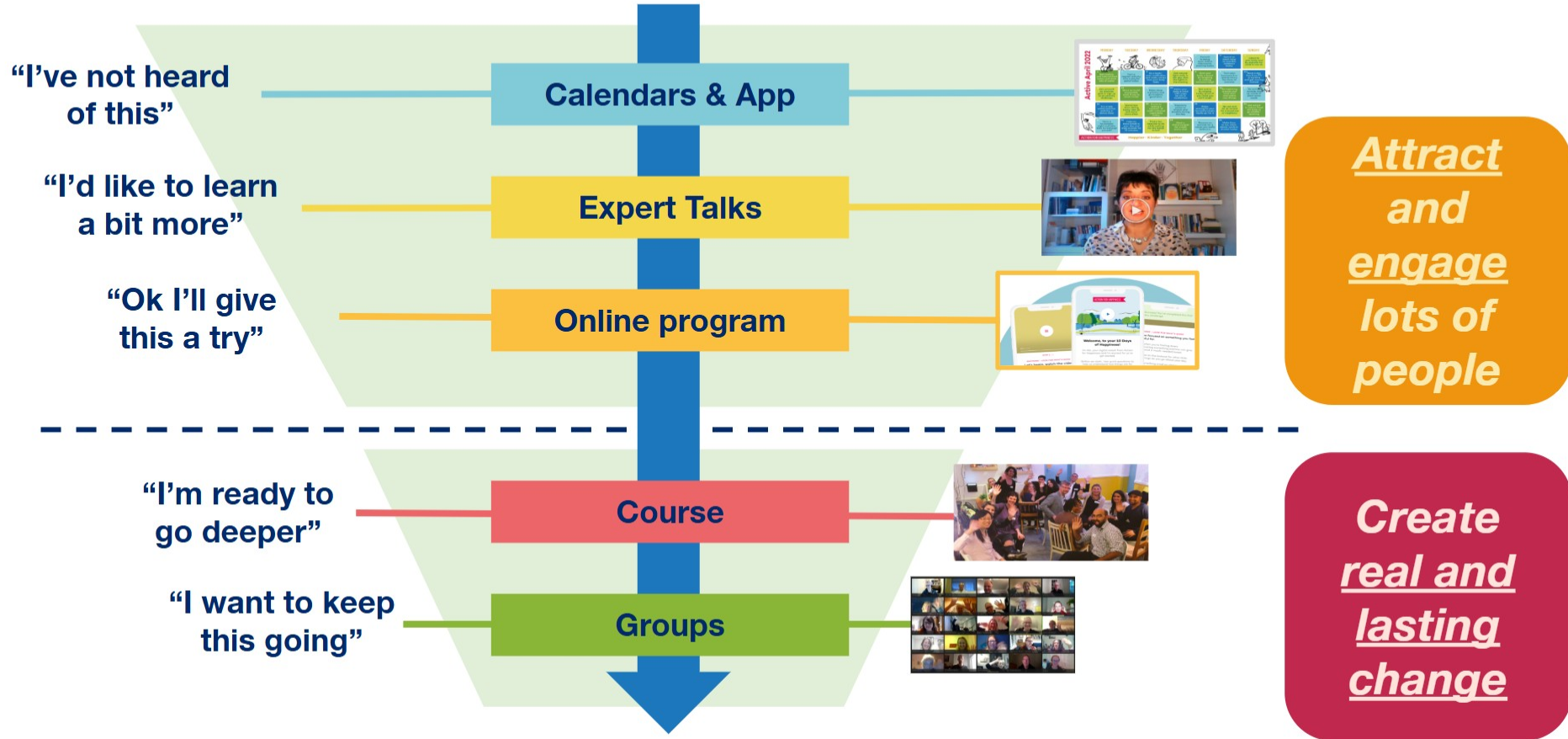


**Should Sheffield U3A start
an **Action for Happiness**
Interest Group?**

**Our mission is to promote
a happier world,
with a culture that prioritises
happiness and kindness
for all.**





“What are some of the things you are already doing that contribute to your happiness?”

What are your 10 keys to human happiness?





Giving

Do kind things
for others



Relating

Connect with
people



Exercising

Take care of your
body



Awareness

Live life mindfully



Trying Out

Keep learning
new things



Direction

Have goals to
look forward to



Resilience

Find ways to
bounce back



Emotions

Look for what's
good



Acceptance

Be comfortable
with who you are



Meaning

Be part of
something
bigger

Week 1: Gratitude



Week 2: Self-Care



Week 3: Relationships



Week 4: Resilience



Week 5: Kindness



Week 6: Meaning



“Think of three things from the last 24 hrs you feel grateful for and write them down”



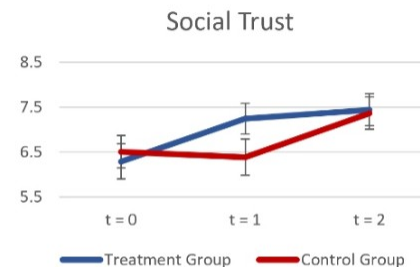
Focus on

Gratitude

Mindfulness

Kindness





“We found that it has **strong, positive causal effects on participants' subjective wellbeing and pro-sociality** while **lowering measures of mental ill health**. The impacts of the course are sustained for at least two months post-treatment”

What might Sheffield U3A do?

- Core happiness activist group
- Monthly group meetings with A4H resources
- Run 6 week U3A Happiness Habits courses
- Organise Happiness Lectures and events
- Research impact