



HAPPINESS AT WORK ACTIVITIES



Hat Day Ambassador, Dr. Happy (aka Dr. Timothy Sharp – Founder & Chief Happiness Officer, The Happiness Institute)

Many organisations around Australia will be hosting a Hat Day event to shine a light on mental illness in Australia. As well as donating much-needed funds to mental health research, Hat Day is about starting important conversations to raise awareness and reduce stigma.

As a Hat Day ambassador, I'd love to share a sample of my new and exciting "Happiness at Work Program".

You might like to read these challenges out during your Hat Day event and have colleagues choose one challenge to take part in that day. Or maybe you can set your organisation a goal to do all 3 challenges over the next 3 days. The aim is to start thinking about happiness in the workplace and begin important conversations about mental wellness at work.

The program challenges users to practice at least one positivity booster each and every day, for 30 days, and we're very pleased to offer you the following 3 to get you started.

1. KICKING IT OFF WITH SOME FUN!

Living our optimum lives and functioning at our best involves much more than just having fun. That being said, research clearly shows that the appropriate use of fun and play enhances mood and performance in every context (including the workplace). So to get the program started, find at least one (appropriate) way you can have some fun and bring it to your job. Sounds like fun? Well that's the idea-so get to it!

Today's to-do: find at least one way to have fun in your job!

2. PRACTICE A RANDOM ACT OF KINDNESS

A wise man (the Dalai Lama) once said, “Be kind whenever possible. It’s always possible.” People who are kind are happier, healthier and more likeable; people who’re happier and more likeable at work tend to be more successful and are more likely to be promoted! Practising acts of kindness spreads happiness throughout social and occupational networks and everyone ultimately benefits (even if they only observe the act). So do something kind and nice for someone today – for no reason at all! Working on a team or organisation in which random acts of kindness take place is wonderful for all involved.

Today’s to-do: be kind to someone; then write down what you did, how you felt after doing it, and how others around you responded.

3. LIST AT LEAST 3 ASPECTS OF YOUR WORK FOR WHICH YOU’RE GRATEFUL

The practice of appreciation is one of the simplest and most effective paths to happiness – at home and at work. Grateful workplaces tend to attract and keep the best people; managers who express their gratitude tend to attract and get the best out of their best people. Practising gratitude takes little time, but it returns massive benefits; so today, grab a pen and paper and simply write down three aspects of your work and/or job for which you’re thankful.

Today’s to-do: what three aspects of your job, workplace and/or colleagues are you most thankful for?

HAT DAY RAISES VITAL FUNDS FOR MENTAL HEALTH RESEARCH

100% of donations to Hat Day will go directly to research aimed at finding preventions, treatments and cures for depression, anxiety, and a range of mental illnesses. Head to www.hatday.com.au to help hats help heads.

Thanks for taking part in this Happiness at Work Program sample, and thanks for spreading the joy amongst your colleagues. Most importantly, however, thanks for being a part of Hat Day and for raising awareness and much needed funds to ensure we even more effectively tackle mental ill-health in the future.

For more information on Dr. Happy’s 30-Day Happiness at Work Program:
visit www.thehappinessinstitute.com

or get in touch via The Happiness Institute on 02 9221 3306 or info@thehappinessinstitute.com

