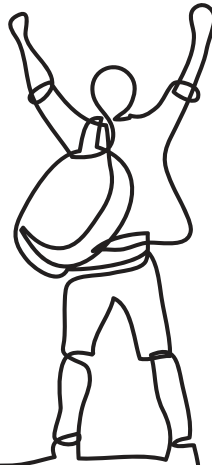


INDICATORS OF HAPPINESS

Happier people are more inclined to enjoy simple pleasures in life than fancy material goods or luxurious lifestyles. It is usually someone who likes to walk their dog, smell the flowers or get their feet wet in the ocean who seem to have higher satisfaction ratings in life. Consequently, the happiest people:

- > Smile and laugh often
- > Don't play the victim or the martyr
- > Practise compassion regularly
- > Are always grateful
- > Are humble and patient
- > Don't hold grudges
- > Are open to learning new things
- > Live with meaning and purpose
- > Don't feel entitled
- > Have fewer expectations
- > Exercise self-care
- > Go with the flow
- > Easy to get one with
- > Enjoy healthy relationships
- > Don't anger quickly
- > Don't play mind or emotional games
- > Know how to give/receive love in a healthy way



Be happy
with what you have
and excited
about what you want!

The Twelve Pillars of Usher Group consist of 12 intentions, spread out over a period of 12 months.

JANUARY	Gratitude and Reflection Reflect on the year past and express gratitude and reflection for the future year ahead.
FEBRUARY	Love Valentine's Day 14th February
MARCH	Happiness International Day of Happiness 20th March International Womens Day 8th March
APRIL	Truth International Day for the Right to the Truth 24th March
MAY	Creativity World Creativity and Innovation Day 21st April Mother Day 2nd Sunday of May
JUNE	Awareness World Environment Day 5th June World Ocean Day 8th June Global Day of Parents 1st June International Children's Day 1st June
JULY	Forgiveness National Day of Forgiveness 7th July
AUGUST	Accountability International Day of Worlds Indigenous People 9th August World Humanitarian Day 19th August
SEPTEMBER	Generosity International Day of Charity 5th September
OCTOBER	Kindness World Kindness Day 13th November
NOVEMBER	Compassion World Compassion Day 28th November
DECEMBER	Family Holiday Season is a time of Family



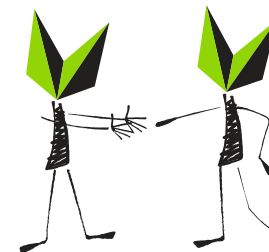
USHER | CARE
We care.

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12
PILLARS



HAPPINESS



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HAPPINESS

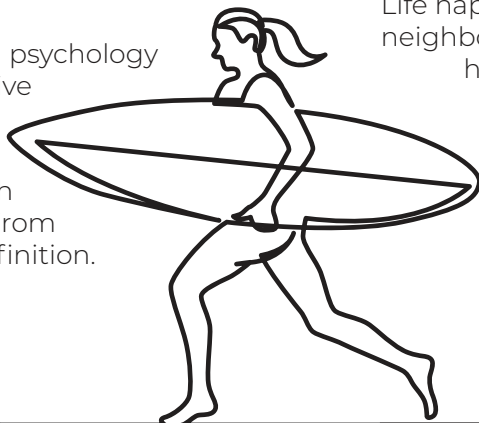
- > What is Happiness?
- > Does it exist?
- > How do you achieve it?
- > Does it make a difference?

HAPPINESS: IMPORTANT FOR LIFE

- > Plays a huge roll in our lives
- > Although we cannot agree on a definition, there are certain criteria common to most humans

TOWARDS A MEANING OF HAPPINESS

- > A common term used in psychology for Happiness is Subjective Well-being (SWB).
- > Wellbeing primarily dependent on what each individual understands from his/her own personal definition.



SOURCES OF TRUE PERSONAL HAPPINESS

When we collate the various theories and findings around happiness, the most common factors are:

- > Family relationships
- > Health
- > Social relationships
- > Moral values
- > Work satisfaction
- > Income



CAN WE LEARN HOW?

- > **YES!**
You can increase your happiness by choosing a particular way of life, theory of life or lifestyle.
- > By reflecting on the list above
- > Research and find a particular way of thinking or acting
- > E.g. work on becoming physically healthier, spend more time on relationships
- > Increase positivity

HOW TO BE HAPPY

Research has shown that achieving happiness usually involves periods of discomfort. Life happenings, marital status, social contact, neighbours and/or family can all influence how happy you are. To gain a higher level of life satisfaction people generally:

- > Set and meet goals
- > Look for purpose outside of self
- > Indulge in small pleasures
- > Absorb themselves in challenging activities
- > Maintain close family and social relationships

BENEFITS OF BEING HAPPY

Life satisfaction and personal well-being are heavily linked to happiness.

Happy people generally:

1. Are healthier
2. Are positive influencers
3. Live longer
4. Are more productive
5. Are more creative
6. Are more helpful
7. Get sick less
8. Are more successful
9. Donate more to charity
10. Volunteer more
11. Have more friends
12. Have better social support networks
13. Have less issues with mental health

