

# UN INTERNATIONAL DAY OF HAPPINESS 20 MARCH

## HAPPINESS ACTIONS - 5 THINGS TO DO AT WORK

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- 1** Tell a colleague how much you appreciate them (or even better, more than one!).
- 2** Take 5 minutes to reflect on the greater purpose of what you (and your team or organisation) do.
- 3** Don't just keep working through lunch; take some proper time out and eat mindfully (slowly savouring each and every taste).
- 4** List the 3 best things about your work and the people with whom you work.
- 5** Make a conscious effort to smile at those people with whom you interact throughout the day.

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