

The Ten Secrets of Happiness

Plant something and nurture it



Count your blessings: at least five, at the end of each day



Take time to talk. Have an hour-long conversation with a loved one each week



Phone a friend whom you have not spoken to for a while and arrange to meet up

Give yourself a treat every day and take the time to really enjoy it



Have a good laugh at least once a day



Get physical - exercise for half an hour three times a week

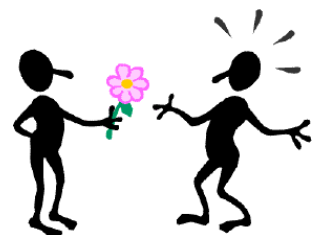


Smile at and/or say hello to a stranger at least once each day

Cut your TV viewing by half



Spread some kindness - do a good turn for someone every day



Stevens 2005 <http://news.bbc.co.uk/1/hi/4436482.stm>