



# HAPPY INTERNATIONAL DAY OF HAPPINESS

20th March 2023

Be **Mindful**. Be **Grateful**. Be **Kind**.

[#InternationalDayOfHappiness](#)



## #BeMindful

Stop what you're doing. Take a few slow breaths in and out and really notice how each breath feels.

## #BeGrateful

Before going to bed tonight, write down three good things about today.

## #BeKind

Do something nice for someone else today.