



ACTION FOR HAPPINESS

ACTION
FOR HAPPINESS



G

Giving

**Do things
for others**

A blue inverted triangle with a white border. Inside the triangle, the letter 'R' is written in a large, white, sans-serif font. Below the 'R', the word 'Relating' is written in a smaller, white, sans-serif font. Below 'Relating', the phrase 'Connect with people' is written in a smaller, white, sans-serif font, with 'Connect with' on one line and 'people' on the line below it.

R

Relating

**Connect with
people**



E

Exercising

**Take care of
your body**



A

Awareness

**Live life
mindfully**



T

Trying Out

**Keep
learning
new
things**





D

Direction


**Have goals
to look
forward
to**

An inverted orange triangle with a thin black border. Inside the triangle, the letter 'R' is centered at the top in a large, white, sans-serif font. Below it, the word 'Resilience' is centered in a smaller, white, sans-serif font. At the bottom, the phrase 'Find ways to bounce back' is centered in a white, sans-serif font, arranged in three lines.

R

Resilience

**Find ways
to bounce
back**



E

Emotions

**Look for
what's
good**



A

Acceptance

**Be comfortable
with who
you are**



M

Meaning

**Be part of
something
bigger**



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