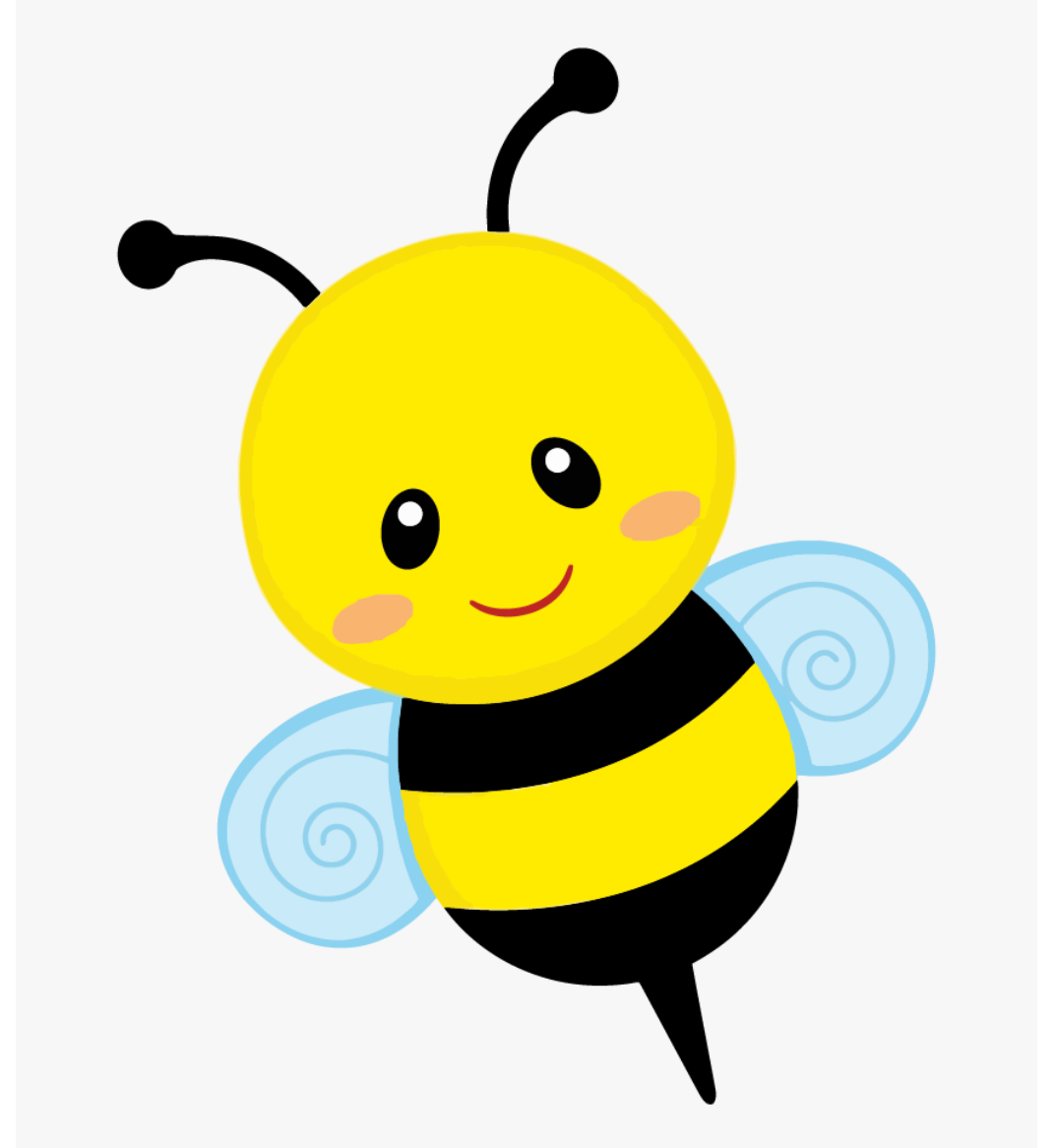
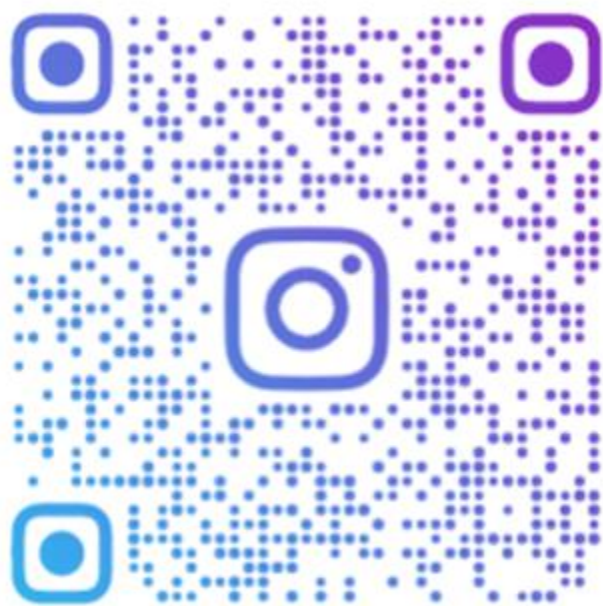


# Our group project

Create an Instagram account

Account: @waystobeehappy





WAYSTOBEEHAPPY

# Thought process

- For our group project we decided to create an Instagram containing happiness hacks
- We decided to create an Instagram account because most of our peers have an account and we believed with would be the easiest way to reach out to people
- We have allocated each happiness hub member with a happiness hack e.g. eight hours of sleep and writing a gratitude letter



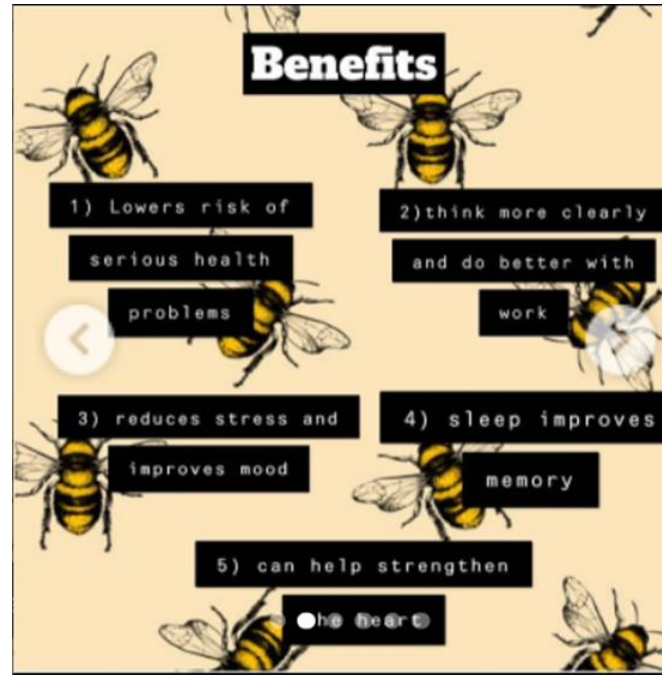
# Aims:

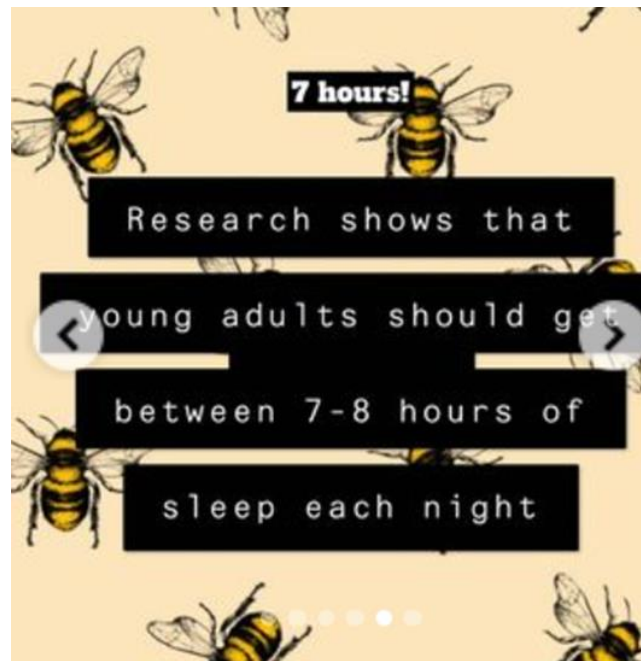
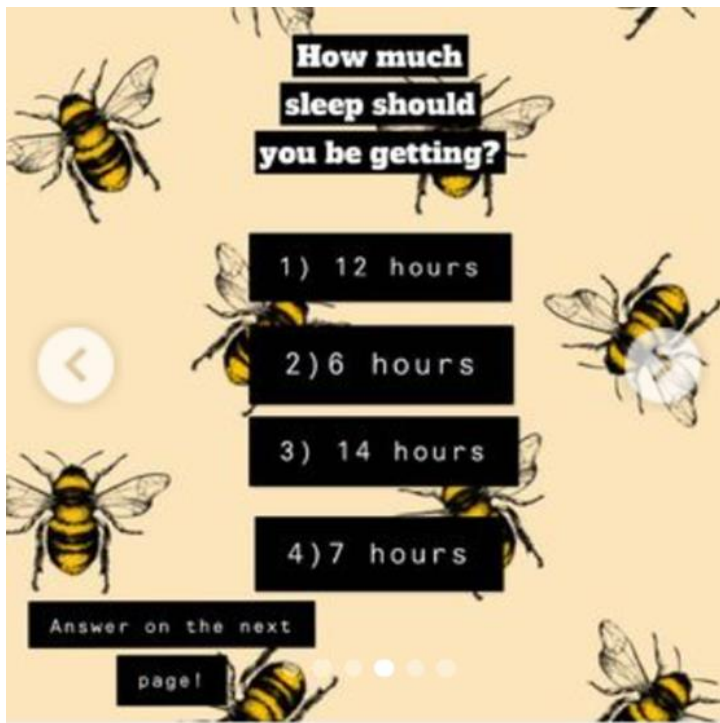
- The main aim of this project was to share our happiness hacks with friends and family to see if they benefitted from them
- We were interested in people's preference of hacks
- We also wanted to create a safe and happy space on social media where people felt they could share their feelings and experiences

# Format

- In this PowerPoint we will share:
- Our Instagram posts
- The science behind the hack/ further reading
- A general reflection on the whole project

# 8 hours of sleep- Hannah





waystobeehappy



waystobeehappy Thanks for reading this post. I hope it helps! Let us know if you found this helpful in the comments below [#happiness](#) [#choosehappiness](#) 🐝

6d



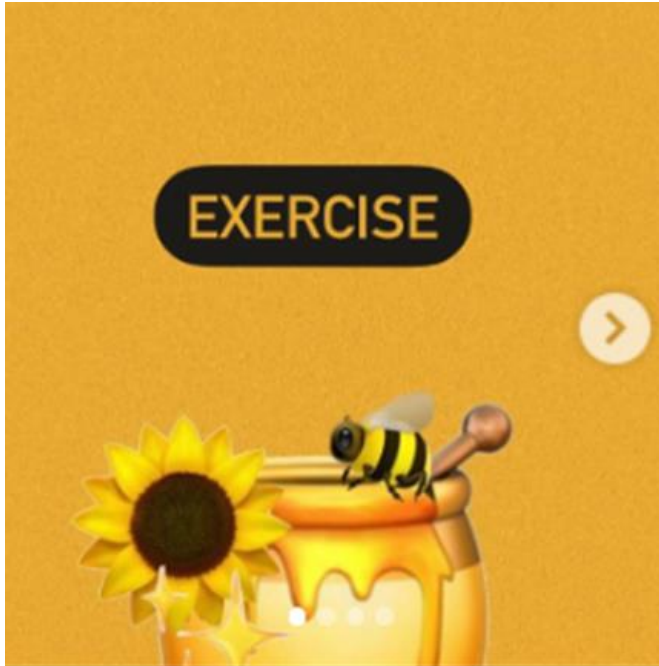
tom.donno I found this helpful



6d Reply



# Exercise- Emily







waystobeehappy



waystobeehappy Our fourth happiness  
hack: exercise 🐝

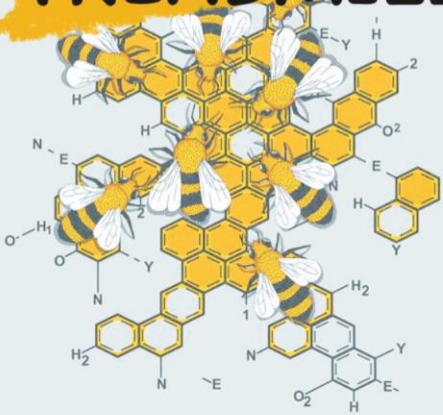
<https://www.mentalhealth.org.uk/publications/how-to-using-exercise>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

# Hedonic treadmill/ adapting- Poppy

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## HEDONIC TREADMILL



### Baseline level of happiness

People's level of happiness, after being moved in either a positive or negative direction, returns to a baseline level.

Bounce back from negative event

Happiness only lasts a little while

### Increase long term happiness

Mindfulness

Gratitude

Meditation

Accept your emotions

Breaking routines

Personal growth

Investing in relationships

Savour simple pleasures

Optimism

Set meaningful goals

Ups and Downs are normal!

Stay sane and be happy 😊

Links bellow!


# Letter of gratitude- Sienna

Further reading:


**BEE HAPPY**

[https://greatergood.berkeley.edu/article/item/how\\_gratitude\\_changes\\_your\\_brain](https://greatergood.berkeley.edu/article/item/how_gratitude_changes_your_brain)

<https://www.npr.org/sections/health-shots/2018/12/24/67823331/if-you-feel-thankful-write-it-down-its-good-for-your-health>



**Gratitude letter**



**What did I do?**

**- at the end of each day for a week, I wrote a short gratitude entry**




**Tips:**



- Start by thinking of 3 things your grateful for each day  
- begin to write these down (pen&paper)  
-this will soon become a healthy habit

**Findings**



Bee Happy

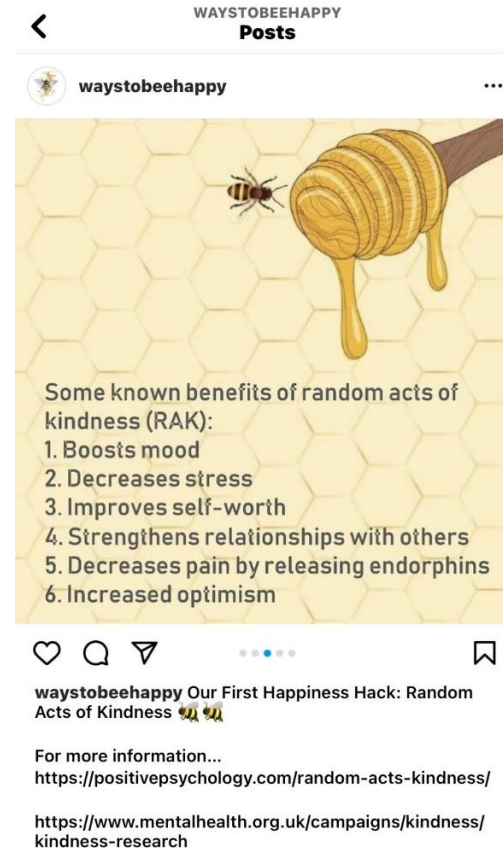
- 1) improved sleep
- 2) lowered stress
- 3)improved interpersonally relationships
- 4) encourages healthier behaviour
- 5)focus attention on more positivity

# Random acts of kindness- Mari

## Slide 1:



## Slide 2:



## Slide 3:





## Slide 4:

WAYSTOBEEHAPPY  
Posts

waystobeehappy



Acts of kindness do not have to be grand gestures or take up a lot of time, they can be as simple as asking someone how their day went.

Some examples of acts of kindness that YOU could carry out:

- Making your friend or family member a cup of tea/coffee
- Holding the door open for a stranger
- Donating money to a charity
- Listening to a friend's problems
- Volunteering

waystobeehappy Our First Happiness Hack: Random Acts of Kindness 🐝 🐝


For more information...  
<https://positivepsychology.com/random-acts-kindness/>

<https://www.mentalhealth.org.uk/campaigns/kindness/kindness-research>

## Slide 5:

WAYSTOBEEHAPPY  
Posts

waystobeehappy



So, give it a go! Make someone's day and increase your well-being, it's a win-win...

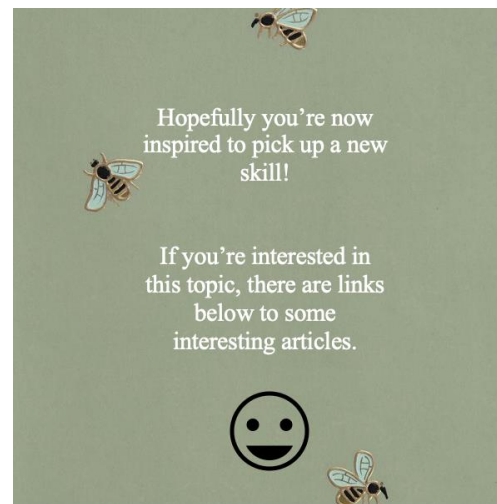
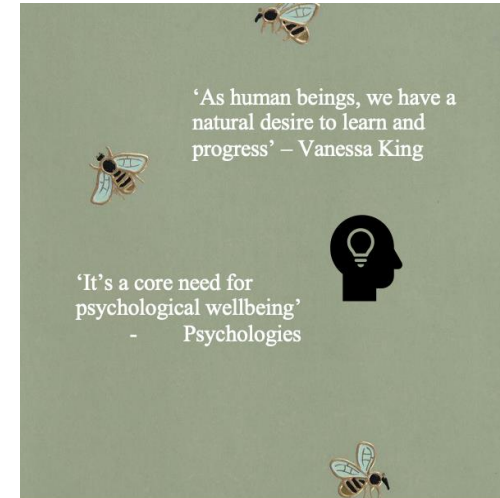
If you want to read more:  
<https://www.mentalhealth.org.uk/campaigns/kindness/kindness-research>  
<https://positivepsychology.com/random-acts-kindness/>

waystobeehappy Our First Happiness Hack: Random Acts of Kindness 🐝 🐝

For more information...  
<https://positivepsychology.com/random-acts-kindness/>

<https://www.mentalhealth.org.uk/campaigns/kindness/kindness-research>

# Learn a new skill- Zaz



# Self-care- Harvey

## Self-Care

### Exsamples of Self-Care

Exercise

Mindfulness

Socialising with friends and family

Sleep

Meditation

Reading a book or listening to a podcast that interests you

### Known Benefits...

- 1.Reduces stress & improves resilience
- 2.Increase in energy & Focus
- 3.Increase in quality sleep
- 4.Strengthen relationships

“It’s not selfish to love yourself, take care of yourself, and to make your happiness a priority. It’s necessary.”

Mandy Hale

“Self-Care is not self-indulgence, it is self-preservation.”

Audre Lorde

We hope that this has helped and encouraged you to start your Self-Care journey!

If you want to know more about Self-Care, there are links below!

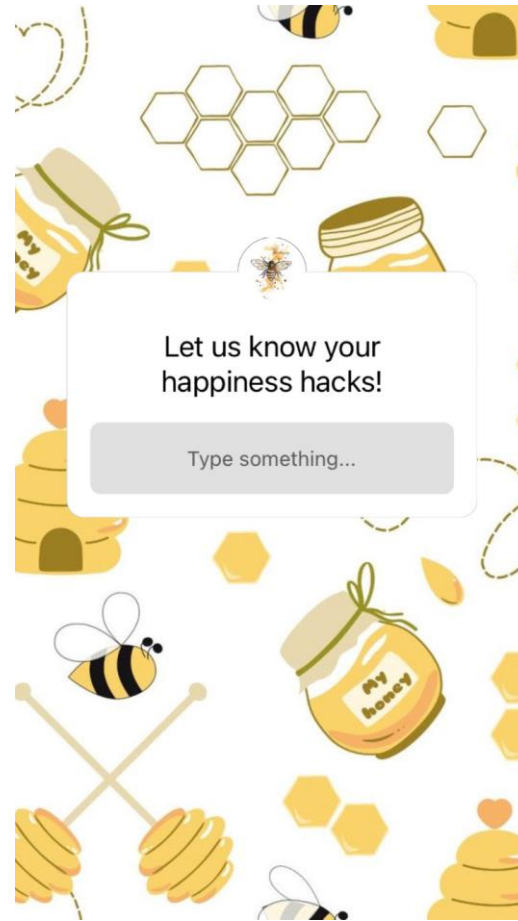




# Being in nature- Sara

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# Feedback/interaction with followers





# Reflection

- Overall, we enjoyed completing the project and received positive feedback from those who followed the page and engaged in the hacks
- if we were to do it again, we would:
  1. Maintain a more regular posting schedule
  2. Attempt to engage with the audience by sharing ways that have helped them e.g other methods of self-care.
  3. Introduce a feelgood song of the day which we would post on our story.