

As part of the UN International Day of Happiness 2021 celebration on March 20th, Share-Net Bangladesh would like to wish you a happier year 2021 by keeping calm, staying wise and being kind to others. With the world going through anomalous challenges, it is high time to focus on our physical, mental, and environmental wellbeing.

WEEK OF HAPPINESS

	Keep Calm	Stay Wise	Be Kind
Sun	<p>○</p> <p>Take 5 minutes to sit still and breathe. Repeat regularly.</p>	<p>○</p> <p>Look for the good in others and notice their strengths.</p>	<p>○</p> <p>Contact a friend, relative and offer to help them</p>
Mon	<p>○</p> <p>Connect with nature. Breathe and notice life continuing.</p>	<p>○</p> <p>Make some progress on a project that matters to you.</p>	<p>○</p> <p>Find positive stories on the news and share with others.</p>
Tues	<p>○</p> <p>Rediscover your favorite music that really lifts up your spirit.</p>	<p>○</p> <p>Remember that all feelings and situations pass in time.</p>	<p>○</p> <p>Make a plan to meet up an old friend.</p>
Wed	<p>○</p> <p>Have a tech-free day. Stop scrolling and turn off the news.</p>	<p>○</p> <p>Learn something new or do something creative.</p>	<p>○</p> <p>Spend some quality time with a child. Read to them or teach something to them.</p>
Thurs	<p>○</p> <p>Make time for self-care. Do something kind to yourself.</p>	<p>○</p> <p>Take a small step towards an important goal.</p>	<p>○</p> <p>Thank three people you are grateful to and tell them why.</p>
Fri	<p>○</p> <p>Notice how you speak to yourself. Try to use kind words.</p>	<p>○</p> <p>Immerse yourself in to a new book, or podcast.</p>	<p>○</p> <p>Smile at the people you see and brighten their day.</p>
Sat	<p>○</p> <p>Pause to just watch the sky or clouds for a few minutes today.</p>	<p>○</p> <p>Find a fun way to do an extra 15 minutes of physical activity.</p>	<p>○</p> <p>Do three acts of kindness to help others, however small.</p>

“Life is 7 days. Because, it is in these 7 days that we make all our life’s plans and activities.”

- A wise person once said