

Developed with Action for Happiness, this happy habits programme has been taken up by Do-ers in 43 countries around the world with amazing results.



The Programme

This was an intensive 6-week programme designed to help people develop habits proven to bring more happiness to themselves and the people around them.



Programme Pillars

Giving	Direction
Relating	Resilience
Exercising	Emotion
Appreciating	Acceptance
Trying Out	Meaning



Who Took Part

Over the first 6 months, over 1880 people from 43 countries around the world joined Do Happiness, sharing over 8,500 comments in the Do Zone.



Increases In Happiness

29.3%	More able to feel OK about myself as I am
21.8%	Happier
15.0%	Better relationship with the person closest to me



Benefits In Wellbeing

55%	Reduction in 'clinical' or 'at risk' levels of depression
51%	Reduction in 'clinical' or 'at risk' levels of anxiety
12.9%	Felt better about physical health



Do Zone Stories

“Since surviving a massive stroke I have suffered depression. Do Something Different has banished the low mood and I am finally feeling like myself again.”

“The best course I have ever done! Truly, It has made loads of difference to me and my family. Thank you.”