



The Ten Secrets of Happiness

<p>Plant something and nurture it</p> 	<p>Count your blessings: at least five, at the end of each day</p> 
 <p>Take time to talk. Have an hour-long conversation with a loved one each week</p>	 <p>Phone a friend whom you have not spoken to for a while and arrange to meet up</p>
<p>Give yourself a treat every day and take the time to really enjoy it</p> 	<p>Have a good laugh at least once a day</p> 
 <p>Get physical - exercise for half an hour three times a week</p>	<p>Hello!</p>  <p>Smile at and/or say hello to a stranger at least once each day</p>
<p>Cut your TV viewing by half</p> 	<p>Spread some kindness - do a good turn for someone every day</p> 

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