

# March 20: International Day of Happiness

Since 2013, the United Nations has celebrated International Day of Happiness as a way to highlight the importance of happiness in the lives of people around the world.

Held every March 20, International Day of Happiness recognizes the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world. It also calls on all of us to be more inclusive and equitable in order to promote the well-being of all peoples.

If you're not feeling all that happy on International Day of Happiness, here are some brief tips to help you lift your mood so you can join in the celebration:



**Give a little something back.** It's been proven that moods can improve with random acts of kindness: helping someone with a chore, presenting a friend with a small gift or writing that note of appreciation you've been meaning to send.



**Get moving.** Whether it's peddling around the neighborhood on your bike, swimming a few laps at the local pool or training all-out for a marathon, exercise improves your physical and mental well-being.



**Remove that frown.** Even if you're faking it, a smile can improve your mood, confidence and the way others see you.



**Stay positive.** Instead of dwelling on what's wrong, or what you feel is wrong, get into the habit of positive self-talk. Remember, the way you think affects the way you feel.



**Give yourself some credit.** List your achievements on a piece of paper, then take some time to be proud of what you've accomplished.



**Talk to someone.** Whether it's a partner, friend, relative or a professional counselor, contact with other people gives you a chance to talk through what's bothering you and lighten your mood.

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