

Finding Happiness



As well as having a big impact on your physical health, losing weight can make a real difference to your mental health and wellbeing. The good news is that improved wellbeing can also help you to stay motivated and lose more weight, so the mind and body are working together to help you meet your weight loss goals. This leaflet explores the top ten areas around which our happiness and wellbeing centre, and how you can make them part of your daily routine. Make a note of your top ten goals under each one of the points below.

Giving

Doing things for others is a great way to experience the feel good factor. Paying someone else a compliment, offering to help a neighbour, or volunteering your time for a charity are all great ways to give something back.

Your goal: _____

Move More

Introducing some more activity into your days will help you to feel happier, whilst also helping you reach your weight loss goals even quicker.

Your goal: _____

Relating

Getting together with your local community, friends or family will help you to feel supported and give you an opportunity to relax and have some fun!

Your goal: _____

Appreciate

We all have things to be thankful for in our lives so take some time each day to appreciate all of the positive things in your life; make a mental list or take the time to write it down by making a gratitude diary.

Your goal: _____

Something New

You're never too old to try something new. It could be something small like trying a new recipe or more challenging like taking up a new hobby or learning a new skill.

Your goal: _____

Resilience

Everyone can slip up from time to time; the key to long term success is being able to get back on track and not giving up when something goes wrong. Think about past obstacles you've overcome and how you can use these experiences to help deal with future challenges.

Your goal: _____

Acceptance

We are often our own worst critics so remember to be kind to yourself and appreciate all of the positive qualities that you have to offer.

Your goal: _____

Finding Direction

Setting realistic goals that you can aim for and look forward to is a great way to keep your life going in the right direction.

Your goal: _____

Positivity

Staying positive and looking at the good in everyday situations can help you to feel happier and cope better when difficulties arise in your life. Try writing down three good things at the end of each day, or a list of things you want to attract into your life in the future.

Your goal: _____

Meaning

It's sometimes easy to forget the big things that really matter to us. Take some time to think about what gives your life meaning and make these things top of your priority list.

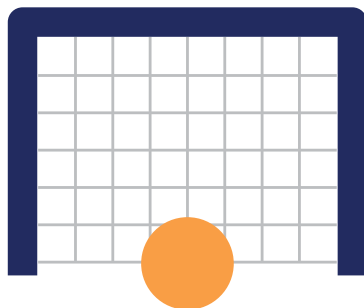
Your goal: _____

My Happy Goals

As part of your weight loss journey you will have already spent some time thinking about improving your happiness. Using the top ten areas for happiness we've covered, you have now made a note of some personal goals for each one. It can be helpful to take a look at these and consider which areas are most important for you to focus on to help improve your wellbeing as you take on the challenge to lose weight.

If some areas are easier to achieve for you than others, consider ways to keep these going whilst exploring

and practising some of the other ideas to help you feel good. For more information and advice take a look at **actionforhappiness.org** which has lots more information and research for you to explore.



Three Good Things

Why not start your positive thinking right now and write down three positive things that have happened to you today? Try doing this each day for one week and see if you're feeling happier at the end of the seven days.

Good things that happened today:

1.

2.

3.