

7 WAYS TO HAPPINESS

The physical, psychological and social well-being of happy people are generally better. We can adopt the following ways to experience and nourish happiness.



Develop interests and engage more in things we enjoy to enrich and brighten up our lives.

2

Smile at the people around us more, pay attention to the others' strengths and bright sides in daily life more to cultivate positive mood.



3

Practise consistent and healthy lifestyle to stabilise mood, relieve stress and strengthen health.

4

Forgive the others and let go of resentment. In doing so, we will feel more relaxed and relieved physically and mentally.



5

Show our care or offer help to the needy in the society proactively promotes the building of a caring community and sharing of joyfulness.



Focus on and enjoy the present to relax body and mind, reduce anxiety and stress.



Relieve stress regularly to improve physical and mental health, as well as enhance work performance.

For more information, please visit the feature topic “Practice” Makes Happiness:

<https://www.shallwetalk.hk/en/news/practice-makes-happiness/>



“Practice” Makes Happiness



Shall We Talk



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