

Seasonal Happiness Programme

Align to the seasons for happiness, all year round



Seasonal Happiness Programme

Our seasons have a huge influence on the natural world and its habits. Animals and plants live and breathe with the ebb and flow of each season, responding to the warmth of the sun, the length of day and the position of the sun to the earth.

Yet we don't knowingly adapt our habits to the seasons, other than changing our wardrobes over from summer to winter clothing and dusting off the bar-be-que.

Imagine if, like nature, we could harmonise our happiness with the changing of the seasons and flow with more ease through the year. Seems like a great opportunity to increase our happiness levels, in perhaps a less obvious way than the self-help books might suggest.

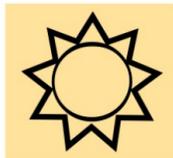
The Seasonal Happiness Programme is an on-line resource that comes in four series, one for each season. It helps us get to the heart of that quarter's seasonal gifts and actively explore, with curiosity how to enhance our happiness.

Here's a glimpse into how we can flourish in line summer's exuberant and vibrant energy.

Flourish in summer

Your guide to tuning into summer happiness

When you think about summer what comes to mind?



Yet, there's so much more to summer than this..

Nature & summer



Plants are at their best, in full bloom and insects are enjoying their abundance



Infants are finding their feet, playing and learning to fly



Vegetables, trees and shrubs are in their full glory, flourishing and full of vitality



The warm air and longer days create playfulness and easefulness



Tune into summer



Summer is about fire, heat and passion. How can you do more of what makes your heart beat and that brings you joy and happiness?



Summer is about freedom and playfulness - in what way could you let your inner child out to play a bit more?



How could you fuel and nourish your body by eating more in tune with the abundance of this beautiful season?



How could you respond to the positivity of summer to help your mental strength?



How can you make the most of being outside and getting some well deserved CV through exercise and activity?



Top Tips for summer



Lighten up your meals - we don't need heavy stews, we need colourful, vibrant food like fresh fruit, vegetables and salad.



Keep well hydrated. We need to drink more fluids - water especially during summer.



Get out more in nature and enjoy the freedom that being outside gives us.



Summer increases our Vitamin D intake - enjoy the sun responsibly.



Use the season's natural positivity to give yourself a lift. Notice the beauty of the world around you.



Practise positive affirmations that boost your self-esteem.



Use the longer days to be more productive and energised. Perhaps introduce some relaxation and meditation into your morning.



Allow your inner-child to come out to play and find fun, joyful moments to do that builds your inner happiness.



Use summer's exuberance to increase your own confidence and vitality by finding your voice and expressing it assertively.



Find ways of connecting with people during this fun and free-flowing season. Allow yourself to be social every now and again.

