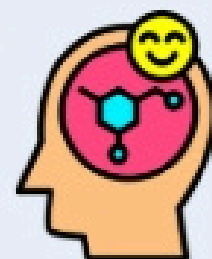
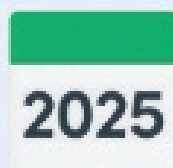
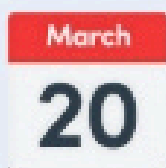


# International Day of Happiness

## Thursday 20th March 2025



This year's International Day of Happiness arrives on Thursday 20th March and its 2025 theme is Caring And Sharing. International Day of Happiness calls attention to how happiness is crucial to our everyday lives and well-being. You can find-out more about Caring And Sharing on <https://www.dayofhappiness.net/> Read on for some tips about how you can make more happiness in your life.



### 1 Do something you enjoy everyday

Whether it's taking the dog out for a walk or relaxing on the sofa watching the latest episode from your favourite series, did you know that making time to do one thing you enjoy everyday not only boosts your happiness levels but also increases your motivation to do more!



### 2 Make one accomplishment everyday

When you achieve a goal, your dopamine levels surge giving you more confidence to tackle challenges whilst improving your happiness levels. Your accomplishment does not have to be racing across the world or flying into space but rather something that YOU want to work on and will benefit from such as, finally getting around to mowing the lawn or starting up a conversation with the person behind the till in the supermarket.



[Click this link to hear 'Baz Luhrmann - Everybody's Free To Wear Sunscreen' and listen-out for the verse, 'Do one thing everyday that scares you'.](#)

### 3 Give care and spread kindness to others

Caring and being kind not only helps others and makes them feel happier but also makes you feel happier. Caring for nature and wildlife around you, holding the door open for someone or giving a compliment spreads happiness in a positive cycle that you will instantly be a part of!



By Grace Wilks  
from MacIntyre's Easy Read Team and  
MacIntyre's Autism Steering Group



MacIntyre  
Providing support...your way