

Can You Bottle Happiness?

Happiness means different things to different people. What lifts your spirits? What makes you laugh or smile? Create your own happiness bottle to lift your spirits on those grey days.

Wellbeing benefits:

Feel optimistic
Feel relaxed



"I really like the 'Can You Bottle Happiness?' idea, the jar is still on my kitchen table and the whole family are joining in!"

Examples of how this activity can help me:

I want to be more aware of the positive things in my life.
I want to find fun ways to relax.

Length:

This exercise takes five minutes and is an activity that we recommend doing on a regular basis to get the most out of it.

Who can I do this activity with?

On my own, or with work colleagues, family, housemates or friends.

Where can I do this activity?

Online - using our interactive happiness bottle or create one offline (away from the computer) for the home or workplace using printable instructions.

How often can I do this activity?

At the end of every day or week.

What will I need?

Online:

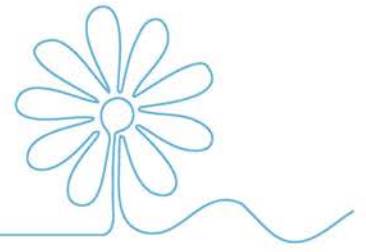
- Computer
- Internet access

Offline:

- A container – something that you can easily put your hand in
- (x30) Small pieces of paper
- A pencil or pen

Did you know?

Scientific studies show that happier people are healthier, hard working, caring and more successful in their work and social lives. Positive emotions make people think faster and more creatively. But the same studies show that negative thoughts are deeply ingrained in the human psyche, and so we may have to make a conscious effort to change our thought habits for the better.



1

Write a short message:

On a piece of paper (a quarter of A4 is a good size), write a short message to yourself describing something or someone that lifted your spirits today.



2

Each day for a month:

Take a square of paper and write a short message to yourself describing something or someone that lifted your spirits that day. Fold up the message and place in the container.



3

At the end of the month:

Read all the messages, looking for any 'themes' running through your 'happiness triggers,' so you can arrange to have more of those triggers in your life.

Did the exercise help you shift your focus from negative to positive?



4

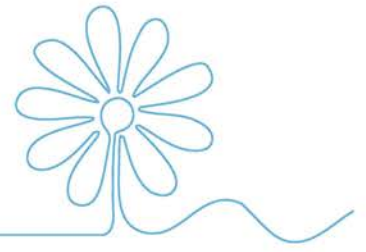
Add to your happiness bottle:

Some or all of the following, or think of your own:

- Something that makes you smile
- Your favourite joke
- Inspirational quotes
- A compliment that someone has given you
- Something that you've done well
- A strength of yours
- Something you've achieved
- Something that inspires you
- Qualities of someone you admire

Tip:

To brighten your happiness bottle you could decorate the outside by using wrapping paper, coloured card or by covering in your own hand-decorated papers. If you fancy trying this and would like some guidance, try our 'Create Your Own Collage Papers' [worksheet](#). (Improve Your Mood>Create Your Own Collage Papers)



What next?

- Fill in a Reflective Diary at the end of the month recording what you thought of the exercise
- Have you taken your Wellbeing Temperature recently? You can do this at www.start2.co.uk

Name:

Date:

Can You Bottle Happiness?

Reflective Diary

What did I do?

I made a Happiness Bottle.

Wellbeing benefits:

Creating a 'Bottle of Happiness,' can help me to:

- Feel optimistic
- Feel relaxed

I found that....

Reading back what I'd written in my Happiness Bottle each day for a month, made me feel....