

Key



Happier Life



With the support of the
Erasmus+ Programme
of the European Union



HAPPINESS
QUOTES

HAPPINESS
GAMES

FINLAND
AS THE
HAPPIEST
COUNTRY

WORD
HAPPINESS
DAY

HORMONES
OF
HAPPINESS

WORLD
HAPPINESS
REPORT





“
HAPPINESS
IS THE
KEY
OF LIFE
”



HAPPINESS RECIPES

Try to find your happiness recipe by thinking the people, the things, the actions that make you happy.

Mix all the ingredients!

Bon Appetite!



CLICK
HERE
FOR THE
HAPPINESS
RECIPES
OF THE
PARTNER
STUDENTS

HAPPINESS ACTIONS



Happiness is contagious. Be so happy that when others look at you they become happy too.

Here you can find 33 keys that the project participants advice for a happier life.

33 Keys For A Happier Life

01 Spread happiness

02 Exercise regularly

03 Accept Diversity

04 Control your emotions

05 Smile more

06 Be a part of something bigger

07 Get a good night sleep

08 Meditate

09 Have goals to look forward to

10 Do things you love

11 Think positively

12 Spend time with people you love

13 Eat chocolate

14 Spend time in nature

15 Take care of your body

16 Have a pet

17 Take up new hobby

18 Listen to music

19 Find ways to bounce back

20 Watch movies

21 Spend time with family

22 Sing

23 Smile more

24 Be more tolerant

25 Spend time to relax

26 Feel the sun

27 Learn new things

28 Travel more

29 Read more

30 Focus on now

31 Help people in need

32 Hang out with friends

33 Make friends

HORMONES OF HAPPINESS

Hormones are chemicals produced by different glands across your body. They travel through the bloodstream, acting as messengers and playing a part in many bodily processes. Certain hormones are known to help promote positive feelings, including happiness and pleasure. These four hormones are;

DOPAMINE

Dopamine, also known as the “feel-good” hormone, is a hormone and neurotransmitter that’s an important part of your brain’s reward system.

How dopamine feels

Enjoyable, life-bound, self-confident

DEFICIENCY

Lazy, forgetful, bored, Parkinson's disease

TO RAISE

We need to listen to music and sleep, get happy hobbies, listen to music, consume vitamin C, eat foods containing tyro-sine (banana,cucumber)

OXYTOCIN

Oxytocin is a forest of happiness that gives a feeling of sharing and generosity. Often called the “love hormone,” oxytocin is essential strong parent-child bonding. This hormone can also help promote trust, empathy, and bonding in relationships.

How does oxytocin feels

Loving affection, generous and sharing

DEFICIENCY

Loneliness, loveless, restless

TO RAISE

We can dream to increase oxytocin, get massage



SEROTONIN

Serotonin is the happiness hormone that gives a feeling of happiness and vitality.

This hormone helps regulate your mood as well as your sleep, appetite, digestion, learning ability, and memory.

How Serotonin Feels

Cheerful, lively, energetic

DEFICIENCY

Depressed, moody, angry, tiredness, a bored mood.

TO RAISE

Practice yoga and eat tryptophan [almond, peanut, chocolate, egg, cheese] foods, exercise, sun's rays, sleep regularly



ENDORPHINS

Endorphins are the cheerful, positive-feeling happiness hormone.

Endorphins are your body's natural pain reliever, which your body produces in response to stress or discomfort.

How dopamine feels

Cheerful, Relaxed, Positive

DEFICIENCY

Stressful, nervous, reluctant

TO RAISE

Eat ice cream, strawberries and bananas and hot peppers, fall in love, take regular walks, watch videos that make you laugh, eat, work-out





FOODS TO INCREASE HORMONES OF HAPPINESS

Cook (and enjoy) a favorite meal with a loved one.

This tip could – in theory – boost all 4 of your happy hormones.

The enjoyment you get from eating something delicious can trigger the release of dopamine along with endorphins.

Sharing the meal with someone you love, and bonding over meal preparation, can boost oxytocin levels.

• → Spicy foods. Chocolate. Strawberries. Animal proteins. Oranges. Grapes. Nuts and seeds. Ginseng may trigger **endorphin** release

• → Dairy foods such as milk, cheese and yogurt. Unprocessed meats such as beef, chicken and turkey. Omega-3 rich fish such as salmon and mackerel. Eggs. Fruit and vegetables, in particular bananas. Nuts such as almonds and walnuts. Dark chocolate are linked to **dopamine** release

• → Foods high in tryptophan are linked to increase **serotonin** levels. Eggs. Cheese. Pineapples. Salmon. Nuts and seeds. Turkey.

• → Vitamin D, Vitamin C, fatty fish, mushrooms, peppers, tomatoes, spinach, avocados can increase the level of **oxytocin**.





World Happiness Day

March the 20th

The International Day of Happiness is celebrated throughout the world on the 20th of March. It was established by the United Nations General Assembly on 28 June 2012.

It's a day to be
happy, of course!

Since 2013, the United Nations has celebrated the International Day of Happiness as a way to recognise the importance of happiness in the lives of people around the world.

In 2015, the UN launched the 17 Sustainable Development Goals, which seek to end poverty, reduce inequality, and protect our planet – three key aspects that lead to well-being and happiness.

The United Nations invites each person of any age, plus every classroom, business and government to join in celebration of the International Day of Happiness.



WHAT ARE THE BENEFITS OF HAPPINESS?

- According to some scientists, the key to human wellness is strong social ties and a sense of purpose. That is involved in things that are for the 'greater good' of humanity.

- Some believe that a positive mindset also plays an important role and is responsible for as much as 90 percent of our feelings of well-being. Like helping others, to work together to improve the community or participation in a religion that promotes communal activities like regular worship.

- It is also said that people who are happy tend to live longer and have fewer health issues. Happier people also don't face a problem with high blood pressure and heart issues. Still, study and research are going on happiness, how to find or increase happiness levels.

- Therefore, the International Day of Happiness is a day to value yours and other happiness and make people happy. Realise the importance of happiness in life and work for it.



FINLAND

THE HAPPIEST COUNTRY OF THE WORLD

Finland is known for its welfare, low levels of corruption and well-functioning democracy. We also are quite good in the fight against inequality.

Everyone is looked after; from the rich to the poor. We have something called SISU that is similar to 'strength of will'. You'll make it in the end!

The happiness of the Finnish people also comes from freedom. When you are truly free to make your own choices - you are happy!

Finland is dark and cold in the winter, but then you can play with snow or travel to Lapland.

If you ask the people why they are so happy, you'll get answers like:

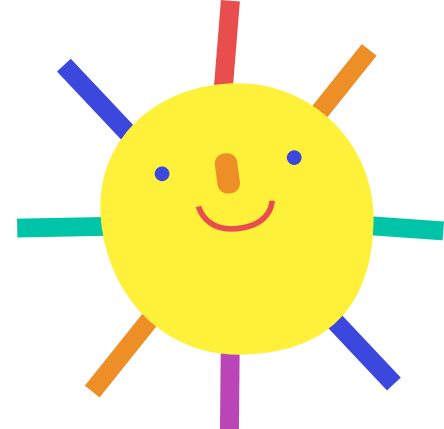
"It is about being content and being at peace with things"

"I am happy with my life"

"Because we are mostly punctual and efficient"

"We all have equal possibilities from birth."

PARTNER COUNTRIES HAPPINESS REPORT



What is happiness?

The question that has encouraged long lasting debates since ancient times.

For some of us happiness is a cup of hot tea during a windy, rainy autumn day, some other would find it in hobbies, friends whereas others hardly can spot happiness in small things around them.

This report outlines the data on the rate of happiness among partner countries and cities.

Country	Place
Finland	1
Italy	28
Lithuania	38
Greece	68
North Macedonia	94
Turkey	104

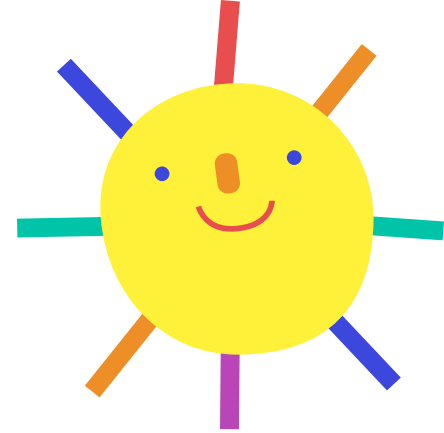
2020	2017-2019
1	1
25	28
29	35
51	59
75	66
78	68

The purple table shows 2018 – 2020 data on the position of happiness among Erasmus+ project partner countries. It is obvious that the happiest country is Finland, other partner countries: Italy and Lithuania are put in positions 28th and 38th respectively, countries that are seeking for becoming more happy are Greece, North Macedonia and Turkey.

The table reveals 2020 data compared to 2017-2019 data about the happiness of among Erasmus+ project partner countries. It can be seen that Finland remains on the same position for two years. Three countries have shown a slight rise since 2017, this could be indicated by Italy, Lithuania and Greece. However, two countries demonstrate a similar decrease in their position of happiness rate.



PARTNER CITIES HAPPINESS REPORT



This table shows 2020 data about the happiness of major cities among Erasmus+ project partner countries.

This table reveals that Helsinki is the capital of the happiest country Finland- position 1. The rate indicates that Lithuanian two cities Vilnius and Kaunas took 66th and 72nd positions respectively. Thessaloniki (Greece) and Ankara (Turkey) are very close according to their position in the rate of happiness. It can be surprising that two other cities Istanbul (Turkey) and Athens (Greece) make another similar pair of happiness rate on the roster of cities. The last pair belongs to Skopje (North Macedonia) and Izmir (Turkey) these cities scored 124 and 133 on the list of happy cities.

Country	City	Place
Finland	Helsinki	1
Lithuania	Kaunas	66
Lithuania	Vilnius	72
Greece	Thessaloniki	94
Turkey	Ankara	96
Turkey	Istanbul	115
Greece	Athens	121
North Macedonia	Skopje	124
Turkey	Izmir	133

DATA RESOURCES

1 table data. <https://happiness-report.s3.amazonaws.com/2021/Appendix1WHR2021C2.pdf>

2 table data. <https://happiness-report.s3.amazonaws.com/2021/WHR+21.pdf>

3 table data. https://happiness-report.s3.amazonaws.com/2020/WHR20_Ch3.pdf

World Happiness Report 2021



HAPPINESS QUOTES



Joy is always in the future or in the past, never in the present.

*Giacomo Leopardi, 1798-1837,
Italian writer*

The walls we build around us to keep sadness away also keep joy out.

*Jim Rohn, 1930-2009,
American self-help writer*

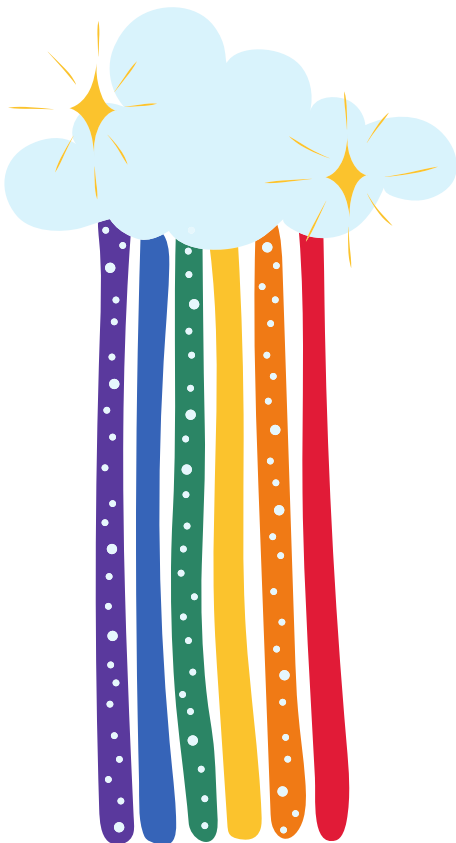
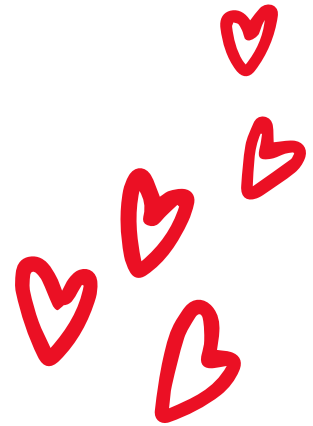


The joy that is not shared dies new.

Anne Sexton, 1928-1974, American poet

Once we exist, there is no way we can exist twice and we will probably never exist again. And you who do not rule tomorrow, postpone the joy. And life is wasted with procrastination and everyone dies busy.

*Auxiliary, 341-270 BC,
Ancient philosopher*



Helping your fellow human beings is nice, but only when it is done with joy, with all your heart and with a free spirit.

*Pearl Buck, 1892-1973, American author,
Nobel Laureate 1938*

GAME



PLAY

PRESS
START

HAPPINESS IS KEEPING YOUR MIND TRAINED

Here you can find game ideas that will make you relax with fun...



The pinball machine of happiness and other
games

[LINK](#)

[GAME 1](#)

[GAME 2](#)

[GAME 3](#)

[GAME 4](#)

An interactive whiteboard on which to draw
whatever you want

[LINK](#)



Games for cultural awareness

[GAME 1](#)

[GAME 2](#)

[GAME 3](#)

[GAME 4](#)

[GAME 5](#)

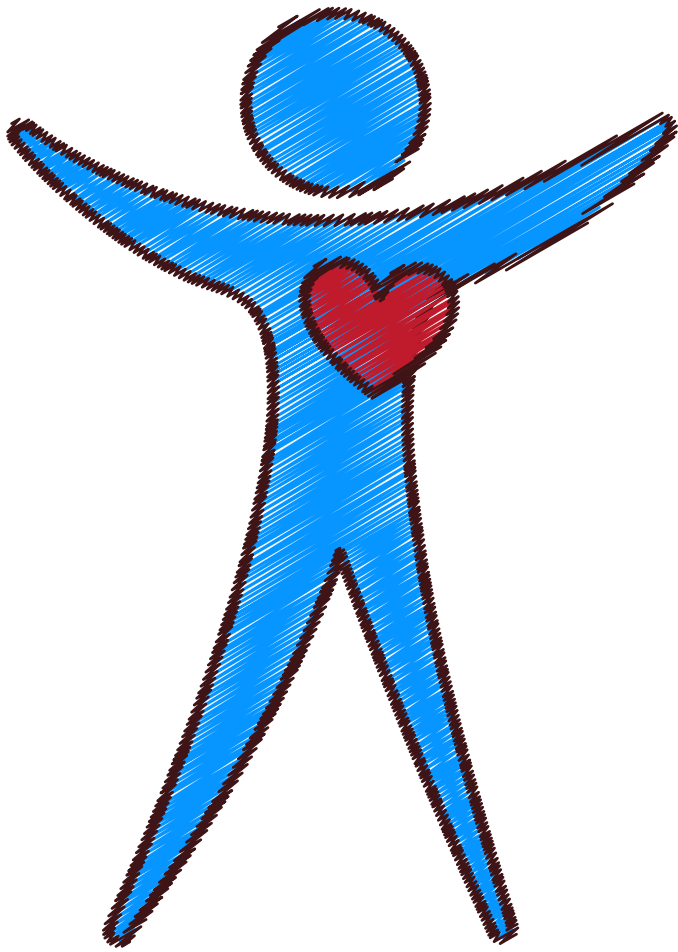
[GAME 6](#)

[GAME 7](#)

[GAME 8](#)

Drawing makes you happy

[LINK](#)



This booklet has been prepared collaboratively by the partners of the Erasmus+ Project of Game On to Create Healthy Habits and Promote Wellbeing.



TURKEY - GREECE
NORTH MACEDONIA
ITALY - FINLAND
LITHUANIA



With the support of the Erasmus+ Programme of the European Union