



Happy Habits



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THE PROJECT

The project **Happy Habits (HaHa)** focuses on **improving the emotional and psychological wellbeing** of individuals and groups, especially those affected from the aftermath of the COVID-19 pandemic and/or other traumatic events. HaHa's main aim is to raise awareness on the importance of taking care of one's mental health, provide opportunities and support individuals on how to heal, amplify wellbeing, and fortify their psychological resilience.

Co-funded by the European Commission through the Erasmus Plus programme, the project has been running since January 2022 with the participation of five organisations from five different countries: Elan Interculturel (France), Associacio La Xixa Teatre (Spain), Inova Aspire B.V. (Netherlands), CESIE (Italy), and the Institute of Development CY (Cyprus).

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NEWS

Pilot training of the the HaHa Method Activity Book!

In March and April 2023 the HaHa consortium tested during pilot training the HaHa Method Activity Book in each of the five partners countries. The HaHa Method Activity Book provides a collection of activities and practical applications that will promote wellbeing and “**happy moments**” for individuals or to be utilized in-group settings. We are engaging individuals who are in search of finding novel and creative ways on how to cope with challenging emotions and how to elevate well-being through healthy and creative outlets! The HaHa Method Activity book deploys a collection of tools and techniques including **humour, positive psychology, dance therapy, theater, mindfulness, and laughter** to help individuals cultivate gratitude, be able to cope when challenging situations arise whilst also increase effectiveness in their professional and personal life.



Our piloting training reached 101 individuals belonging to different groups such as university students, migrants, seniors (+65) and people from the general population.





The impact of the pilot on the participants:

The piloting sessions were very successful with all participants stating that they would recommend the programme to others. Participants used words such as “positive”, “informative”, “interactive”, “useful”, “insightful”, “meaningful” and “relatable” to describe the sessions and content. The sessions were seen as a great opportunity to self-reflect, take some ‘me-time’, and meet other like-minded people.

It is worth mentioning that some of the members of our groups (such as the seniors) live by themselves and do not socialise much. Therefore, the HaHa community that we created gave them, as they said: “a sense of belongingness”, “a new approach to happiness”, “the possibility to reflect and identify the things they are grateful for”, “to focus on the present time and their wellbeing” and “to be creative and express themselves in a different way”.

SOME ADDITIONAL COMMENTS WE RECEIVED FROM OUR PARTICIPANTS WERE:

“It (the piloting) helped me realise about the importance of showing more love to people around us, to externalise our feelings and, never stop dreaming. It’s free!”

“By listening to other people, you feel more comfortable sharing about yourself too.”

“It gave me ideas about how to show and express my emotions.”

“It made me see the importance of focusing on what is happening right now.”

“The activities helped me see the importance on focusing on positive things happening around us”

“I learnt more about self-compassion, which was something new to me”



Moreover, when we asked participants which exercises they liked the most, there was a great variety in their answers indicating that trainees had their own personal preferences. This is also aligned with HaHa Method Activity Book’s purpose, which is to offer a good variety of activities, which can satisfy different needs, interests and preferences.

All in all, participants felt they left the session with new ideas and a new perspective on their lives. The session provided both the time and the tools necessary for self-reflection and allowed participants to connect and support one another. Hopefully these networks and connections made will continue after the sessions.

Stay tuned as our HaHa Method Activity Book will be soon available via our HaHa Self Learning Platform [here!](#)



THE RESULTS

HaHa Method Activity Book:

A collection of activities and practical applications that aim to promote wellbeing and “happy moments” for individuals or to be utilised in-group settings. The activities will be tested during pilot training in each of the partner countries.

HaHa Happy Compass and Interactive Notebook:

A “metacognition” tool that will contain the experiences and feedback from those who will apply the HaHa activities. Their responses and reflections will help the Happy Habits Team to better adjust and design the contents.

Research Results:

A comparative report with the main findings and separate national reports are available and can be found here.

HaHa Self Learning Platform:

A simple, user-friendly, and free e-learning space open to the general public. This portal could be also utilised as a Self-Learning platform and an open educational resource for anyone who wants to find material and guidance on how to practise and cultivate wellbeing.



Partners



élan interculturel



Coordinator

Élan Interculturel, France | www.elaninterculturel.com

Asociación La Xixa Teatre, Spain | www.laxixateatre.org

Inova Aspire B.V., Netherlands | www.inovaaspire.com

CESIE, Italy | www.cesie.org

Institute of Development LTD, Cyprus | iodevelopment.eu



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