



Newsletter

No 13

02/07/2020

Welcome to our 13th newsletter. It's hard to believe that this is our 13th week, and exactly 3 months since we embarked on this latest stage in the Recovery in Mind journey. We started as spring was approaching, and now here we are in summer. We hope that you are all continuing to keep safe and well, as we anticipate a greater easing of restrictions from the weekend onwards.

This week's theme is 'happiness', and I think it's fair to say that we've found this topic a little more challenging, as 'happiness' seems pretty subjective, perhaps even elusive, and means different things to different people. A dictionary definition is, 'a feeling of pleasure or contentment', which is all well and good, but how do we go about trying to cultivate that for ourselves? Is it even possible?

There are a number of things we might like to consider in relation to happiness. What gives us pleasure? What engages us (ie what activities can we get fully absorbed in and experience that sense of 'flow')? What brings meaning to our lives, and gives us a sense of purpose and belonging? What things give us a sense of achievement and accomplishment? And what about positive relationships and good experiences with others? All of these could be useful things to consider when thinking about how we might increase our own sense of happiness in whatever ways are meaningful to each of us as individuals, to enable ourselves to flourish.

"Every day may not be good, but there is something good in every day" (Alice Morse Earle). I believe there is a lot of truth in this statement. I'm writing this sitting outside in the sunshine, which always makes me feel happier (there are some benefits to working from home!) But it's also a reminder to me that there are positive things to discover, do and enjoy during the dull wet days too - I might just have to work a bit harder to find them.

I was flicking through the photos on my phone this week, both recent and throughout the past year or so, which triggered lots of happy memories, both from this time of lockdown and from previous less restricted times. I realized that rather than feeling glum about the things I haven't done and might not be able to do this year (although there's nothing wrong in acknowledging our feelings of sadness and disappointment - it's important that we do accept them), I could re-create the positive memories in my mind, and generate feelings of contentment and gratitude - whether it was something 'big', like a family holiday, or something 'small', like the photo of a flower growing in my garden.

We have gathered together our findings, reflections and suggestions in this newsletter, along with our usual range of poems, songs and activities, which we hope will give you pleasure; a sense of accomplishment and belonging (we are all still very much a part of the Recovery in Mind community, even if we're physically distant at present); and things to consider in the development of your own happiness and wellbeing.

We hope that you enjoy it as much as we have enjoyed compiling it. Stay safe and well.

With very best wishes from all of us at the Recovery in Mind team.

Don't miss Angela on Kennet Radio on a Friday morning just after the news around 8:03am!

In This Week's Issue

- Happiness by Angela
- Finding happiness can seem hard in the modern world by Fiona
- Action for Happiness July calendar
- Happiness Idioms by Fiona
- Martin Seligmans Authentic Happiness Theory (Wellbeing theory)
- Happiness by Lynette, Peer Trainer
- Ways to feel more content by Fiona
- Creating a 'happy' paper face by Sarah
- 'Happiness' wordsearch by Fiona
- Students' Corner
- External links and further help and support

Happiness

A state you must dare not enter
with hopes of staying,
quicksand in the marshes, and all

the roads leading to a castle
that doesn't exist.

But there it is, as promised,

with its perfect bridge above
the crocodiles,
and its doors forever open.

Stephen Dunn



Happiness by Angela

This week's theme has proved to be a challenging one. It felt like a homework assignment, 'Write 200 words on 'Happiness'. So, I decided to write a list. Here goes.....

Half full not half empty: You hear people say, 'Is your (life) glass half full or half empty?' meaning that do you do your best to make the most of what you have rather than wish you had more? Always wanting and yearning for something that is or is not possible can lower your mood and make you feel like you are failing. *Which leads me onto.....*

Appreciation: Of those that I have in my life - family & friends - and all that is good in it. *So, do I have.....*

Purpose: Starting & running Recovery in Mind with the team gives me (& them) a sense of purpose. Most mornings I get up and think about the positive things going on and recognise that there will be challenges too but that we can overcome them. *But it can't just be about work and the serious side of life.....*

Play: Adults aren't expected to play, are they? But hold on, what about those hobbies or interests we enjoy or could try? Play is good for adults too. I love to make things, play games, ride my bike or go for a swim with family and friends. These opportunities make me smile, laugh and bring a sense of overall wellbeing. *So, if I haven't got anyone to play with then I could work on.....*

Included: Finding a group of people, your 'tribe' where you feel included and that what you bring really matters. This could be a club, organisation, spiritual opportunity or friendship group. It increases confidence and boosts self-esteem which in turn makes you feel a little more happy. *But one of my favourite things, and it's free to us all is.....*

Nature: Today the sun is shining and that gives me joy and makes me feel good. *So, shouldn't I always feel this way?*

Expectations: We feel that we should feel 'happy' much of the time. However, I think it's often a fleeting emotion that sometimes comes from the unexpected. If I was happy all the time it would be weird and exhausting! *So start off by looking for the.....*

Small things: By taking notice of simple pleasures like bird song, listening to my favourite music or enjoying nature, I feel content and that things will be OK. *In return this will give you more*

Satisfaction: Feeling satisfied isn't always easy. It's not that I want 'more'. It's that I struggle to feel satisfied that I am 'good enough' or trying hard enough. I need to continue to work on this in order to experience more satisfaction.

Finding happiness can seem hard in the modern world.

Happiness is a state we all want to achieve, but is it even realistically possible to be upbeat and content the whole time? And what exactly is happiness? Would you consider it a way of life, a certain mood, or a state of mind? It is clear happiness levels fluctuate, but is there a way to increase or regulate them?

In fact, as most of us have probably realized by now, there's no magic way to stay joyful all the time. However, there is some science behind the nature of happiness. Furthermore, once we understand this, we can develop our skills to remain happier and more joyful for longer periods consistently. So, follow these science-backed ways to increase your levels of happiness and you should be able to see a positive difference in your daily well-being.

1. Stay social and build quality relationships

Science is clear on this one: you can find and maintain happiness through developing quality relationships. We humans are a social species and need regular contact and in fact, loneliness is proven to decrease levels of happiness. Don't start adding people on Facebook just yet; simply having many different acquaintances doesn't lead to a boost in happiness levels: it's the quality of those relationships that's key. Having any relationship with a stable and consistently caring person made the difference. So, take time to nurture more meaningful relationships with the people you love, whilst also eliminating toxic friendships. Build your bliss: find happiness by staying close to great friends.

2. Force out a smile

Buddhist Thích Nhất Hạnh wrote, "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." In fact, studies have shown that smiling and other external expressions work as a continual feedback loop, helping to reinforce our internal emotions. An American study in which they assessed the impact of smiling on one's physical and mental state, concluded that making yourself smile can help lower your heart rate during stressful activities. So, smiling even when we feel down or unhappy will gradually make us feel happier. Try smiling at strangers too as happiness is contagious and you may just get a friendly grin back that lifts you up.



3. Do things you love: find your 'flow'.

It sounds simple, but make time to think about what you really love doing in life, and make an effort to do more of it. Go for simple things you can fit into your schedule on a daily or weekly basis. Maybe it's being in nature. Perhaps it's reading, swimming, visiting an art gallery, cooking a delicious meal, or just dancing around the living room being silly. Whatever your daily happy buzz, make time for it in your life and you will find greater



happiness. Better still, if you can find an activity where your mind is fully immersed in a feeling of focus, involvement and enjoyment, you've probably found your 'flow'. This blissful state, (which I'm always 'on about') where you're totally 'in the zone', creates true moments of joy and helps you forget any worries. Find your flow: do what you love and find deeper happiness.

4. Develop a more meaningful life.

Meaningfulness is a happy factor that you can extend into your whole life and reap the benefits. Whether it's gardening, volunteering, or becoming politically active, meaningful activities have been shown to boost people's happiness and reduce stress levels at the same time.

5. Think positive thoughts.

Some people seem to live by the 'glass half full' and 'every cloud has a silver lining' anecdotes, and for good reason. In fact, you could increase your happiness levels by focusing on positive



things and reducing negative thinking. Here's a tip: every time you think a negative thought, try and replace it with a positive one. This practice will help to retrain your usual thought patterns to bring more positive thoughts into your life. Changing your perspective on your situation can help you find happiness. If you've made a mistake - however big - focus

on your past achievements instead, visualizing your successes. Learn how to stop ruminating and start to live with hope and appreciation.

6. Practise gratitude.

Be grateful for what you already have: your home, food on the table, clothing, and money to get you by in life. So many millions of people in the world don't have these things (and many of them actually remain happy). Science shows that writing a daily or weekly gratitude journal can make finding happiness easier. So, put pen to paper and be grateful for your day; journaling helps you appreciate your life.



7. Don't compare yourself to others.

In our social media savvy world, flaunting your travels, purchases and money on Facebook or Instagram is all too common. However, comparing yourself to other people will only lead to unhappiness. Data from a 2010 Europe-wide survey of 19,000 people showed that those who compared their incomes to others were less happy with what they had. The comparisons that were most damaging to happiness were when people compared their incomes to those of school and university friends. While other people's lives may appear 'perfect', there's always a hidden story we're unaware of. Think about it: you probably also only share your best moments on social media, rather than your darkest fears and anxieties. Instead of comparing yourself to others, focus on achieving your own dreams and goals. If needed, change your social media habits and/or delete accounts.

8. Exercise daily



Working out is proven to boost levels of happiness. In fact, exercise has such a profound effect on well-being that it's an effective strategy for tackling depression. In a study cited in 'The Happiness Advantage' - a book by Shawn Achor - three groups of patients treated their depression with medication, exercise, or a combination of both. All three groups experienced similar improvements in their happiness levels in early days, but the later follow-up assessments proved the exercise group relapse rate was very low, suggesting it really did make a difference to improved happiness. So, make sure you fit some exercise

into your daily life. If you're struggling to find time to get to the gym, you could try some gratitude yoga at home or just go for walk and connect with nature or boost your well-being with cycling.

9. Get plenty of sleep.

If you don't rest enough, you won't be able to function at your best. Regular sleep deprivation breaks down our productivity, alertness, mood and - potentially - relationships. Aim for between seven and nine hours sleep a night, and this will help keep your happiness levels up.



10. Practise meditation.

Starting your day with just five to ten minutes of meditation will help you in finding happiness. Try meditating in the morning shortly after waking: the immediate heightened inner clarity and focus it will give you will set you up for the rest of the day. There are many studies that have shown that meditation can boost happiness levels by reducing stress hormones, shrinking the part of the brain that controls anxiety, and by stopping rumination, amongst other things. And, according to 'Psychology Today', meditation is the strongest mental practice that has the power to reset your happiness set point, thus turning you into a more joyful person, and literally rewiring major areas in your brain so you can be happier.



11. Go outside more often.

While we can't control the weather, spending time outside is important for our well-being. In 'The Happiness Advantage' book, Shawn Achor recommends spending time in the fresh air to improve your happiness. "Making time to go outside on a nice day also delivers a huge advantage," he says. "One study found that spending 20 minutes outside in good weather not only boosted positive mood, but broadened thinking and improved working memory. Meanwhile, a study from the University of Sussex corroborated that being outdoors made people happier: "Being outdoors, near the sea, on a warm, sunny weekend afternoon is the perfect spot for most. In fact, participants were found to be substantially happier outdoors in natural environments than they were in urban environments." So, whatever the weather, make sure you get outside of your four walls to boost your well-being.

One last thing. Science suggests that some people are simply 'born happier'; we all enter this world with different temperaments, and often maintain a certain state of happiness over our lifetimes. In 'The How of Happiness', researcher Sonja Lyubormisky suggests that only around 40 per cent of our happiness is under our control, as recent life events and biological set points predetermine the other 60 per cent. So, if accurate, this research means only about half of happiness levels can be controlled at any given moment. If you can incorporate as many of these 11 steps into your daily life, you should be able to increase your happiness levels over time. Seeking out a positive state of mind, practising certain actions, and enhancing quality relationships all help, but these habits require consistent work to be successful and help you find deeper happiness. Fiona





RESILIENCE CALENDAR: JUMP BACK JULY 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



We can't control what happens to us, but we can choose how we respond

5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them

12 When things go wrong, be compassionate to yourself

13 Challenge negative thoughts. Find an alternative interpretation

14 Set yourself an achievable goal and make it happen

15 Go for a walk to clear your head when you feel overwhelmed

16 When things get tough, say to yourself "this too shall pass"

17 Write your worries down and save them for a specific 'worry time'

18 Let go of the small stuff and focus on the things that matter

19 Notice something positive to come out of a difficult situation

20 Ask yourself: What's the best thing that can happen?

21 If you can't change it, change the way you think about it

22 Make a list of 3 things that you can feel hopeful about

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgemental and be kind instead

26 Get back in touch with a supportive friend and have a chat

27 Write down 3 things you're grateful for (even if today was hard)

28 Catch yourself over-reacting and take a deep breath

29 Think about what you can learn from a recent challenge

30 Ask for help from a loved one or colleague. Be specific

31 Remember that you are not alone. We all struggle at times



ACTION FOR HAPPINESS

actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Happiness Idioms by Fiona

Happiness is a subject on which numerous idioms or sayings have been written over the centuries. Here are some of them & I have tried to find out something about a few of them. Have you heard them before & when would you use them? Why do you think there are so many on this topic?

Seventh Heaven.

Seen especially in Islam and the cabala, it is the highest **heaven**, where God and the most exalted angels dwell. It means a state of intense happiness; bliss: An example is, "We were in **seventh heaven** in our new home."

Cloud Nine.

1. A commonly heard explanation is that the expression originated as one of the classifications of cloud which were defined by the US Weather Bureau in the 1950s, in which '**Cloud Nine**' denotes the fluffy cumulonimbus type that are considered so attractive.
2. **Cloud 9** is a phrase used to express a very high state of happiness due to some achievement, recognition or emotional satisfaction. **Cloud 9** is the common name of clouds formed from cumulus clouds transformed by weather into cumulonimbus clouds. ... A very happy person is on **cloud 9** to show his /her height of happiness. This expression is probably derived from the numbered cloud categories used by the US Weather Bureau. Cloud nine, cumulonimbus, is the highest and occurs at about 30,000 ft. At this height and above, clouds consist of ice crystals rather than water vapour. There are various conflicting stories regarding the origin of the phrase. One of the origin stories is linked to the ten steps to enlightenment in the Buddhist faith. However, there is little evidence to support this.
3. In the 1896 edition of the International Cloud Atlas, clouds were assigned numerical orders. The cumulonimbus cloud was assigned the number 9. It is the highest reaching cloud and rises up to 10km into the sky. Thus, being on top of it would mean that you are in a sense "on top of the world."
4. The origin might not be known but the phrase has been used since the 1950s and relates to the cumulonimbus cloud and seems to have gained popularity during this time. There was even a yacht that took part in a race around Catalina Island in June 1947 called Cloud Nine



Tickled pink.

1. The meaning of tickling has found its way into several phrases relating to pleasure, dating back to the early 17th century. - Samuel Hieron, Works, 1617: "Well might they have their eares ticled with some pleasing noise."
2. The term, first recorded in 1922, alludes to one's face turning **pink** with laughter when one is being **tickled**. The variant, clearly a hyperbole, dates from about 1800.



Walking on air.

Like many other idioms, there are a few different theories of where this originated from. This is a relatively new phrase and has only been used since the late 1800s. The idea that someone is so happy that they feel like they are floating is believed to have led to the saying. It is also said that it is meant to be the opposite of being depressed. When someone is depressed, they often compare it to feeling "down." If you are not down, you are up. Some sources believe that it might be related to the word elated. This is a synonym for happy. It comes from the Latin word that means "to be lifted up or carried away".

Pleased as Punch.

1. Means to be delighted. In the Punch-and-Judy shows of old, the character Punch is always enormously satisfied with the success of his evil deeds. The simile, first recorded in the late 1700s, was in common use for any kind of extreme satisfaction by the mid-nineteenth century. Dickens used it in *Hard Times* (1854): "When Sissy got into the school . . . her father was pleased as Punch."

2. Punch is deliciously self-satisfied with his sadism, constantly uttering his catchphrase: "That's the way to do it!" Punch's strutting pride in his awful deeds is what led to the coining of the phrase (in the early 1800s) of being "pleased as Punch."



Happy as Larry.

Meaning: to be very happy. But who is Larry? No one is certain, but it is believed that 'Larry' refers to an Australian boxer called Larry Foley (1878 - 1917), who after receiving a large payment after winning a fight was described in a newspaper as being 'happy'. Somehow this description stuck and is now used all these years later.

Jump for Joy

More fun than a barrel of monkeys!

Over the moon

Happy -go-lucky

On top of the world

Barrel of laughs

Paint the town red

Happy as a flea in a doghouse

Walking on air

Thrilled to bits

Like a dog with 2 tails

Full of the joys of spring

Whale of a time

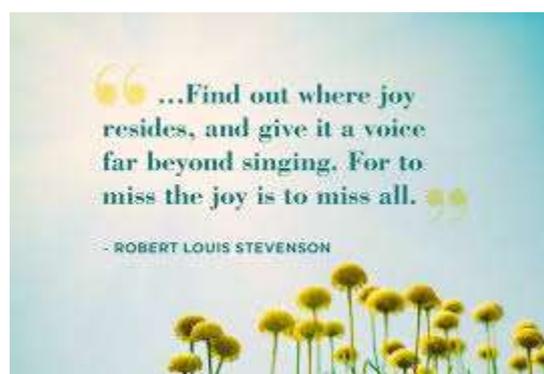
Grin from ear to ear

Jump for joy

Grin like a Cheshire cat

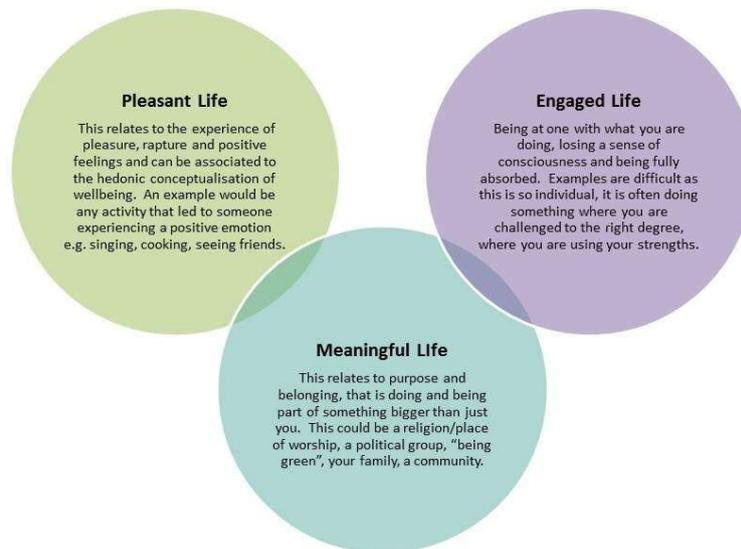
Can you think of anymore?

Have you any ideas for some new Recovery in Mind sayings? We could have a few of our own!

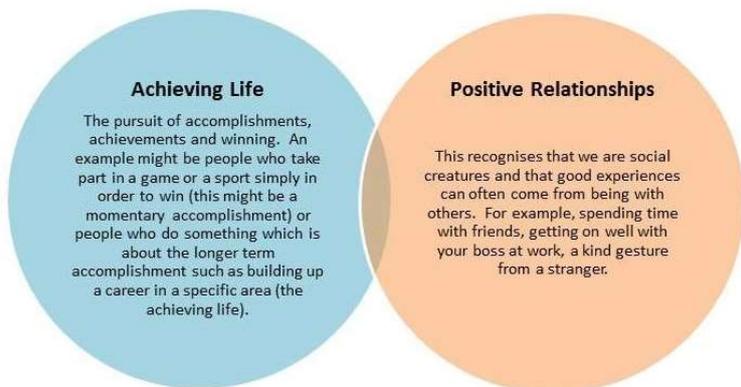


Martin Seligmans Authentic Happiness Theory (Wellbeing theory)

This theory under the umbrella of Positive Psychology is useful in explaining what humans need to feel more authentically happy. There is more explanation online if you are interested to read more about it.



Recently, Martin Seligman revised his authentic happiness theory into the wellbeing theory and added 2 more aspects of life to his model.

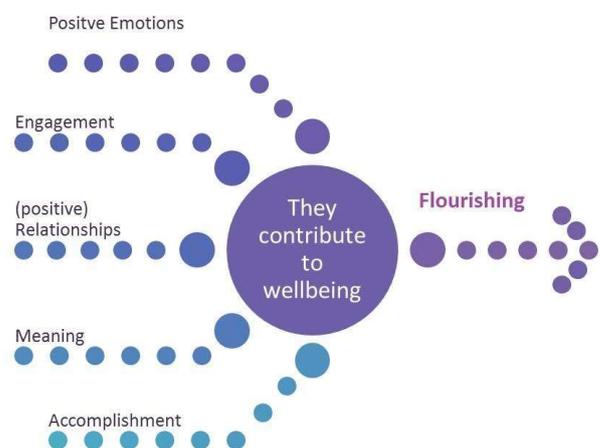


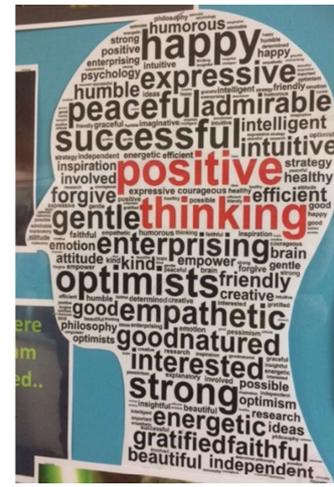
PERMA:

PERMA stands for:

Positive emotions, **E**ngagement, **R**elationships, **M**eaning and **A**ccomplishment.

When put together these different lifestyles give us a map to highlight our strengths and give us the opportunity to work on our weaknesses. This theory isn't trying to suggest that we need to exceed at all of these areas in order to be happy. Simply it is showing that we are individuals and have different needs, wishes and goals for our lives. Also, these aspects of life are typically mixed for each of us anyway. You will probably be able to relate to more than one, and that's not a bad thing. Some people are highly driven by one, and others are driven by a more diverse range. Seligman suggests that if we get the right balance, for us, between these aspects of life that it will lead to us flourishing and feeling 'happier'.





Source: 'Action for Happiness' website

Angela's picture of happiness

I have had ponies since I was a child. At present F and I are loving having Samber and 'Big' to love and look after. They give us so much happiness - I'm not sure I would say that on a cold and wet January morning though!



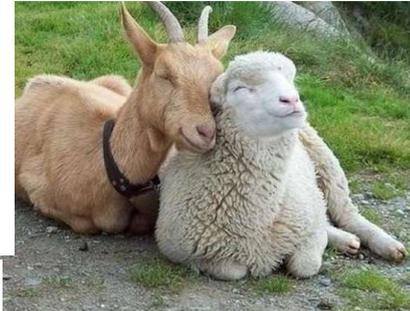
Cath's Alphabet Photography



'H A P P I N E S S'

HAPPINESS

By Lynette, Peer Trainer



Angela, Fiona and Cath rushing to get back in September?!

Ways to Feel More Content

Have you been feeling restless, bored, or unfulfilled with your life lately? It happens to us all! Here are a few simple things to do when you want to feel calmer and more content with your life and raise your happiness levels!

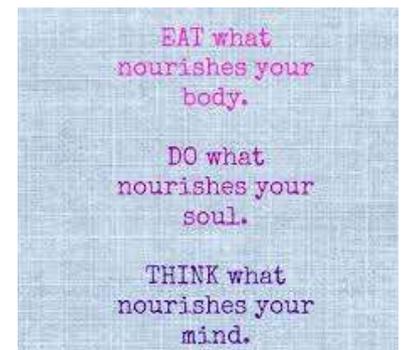
1. Live your values

When your actions and thoughts are in line with your values, you can be your authentic self more easily. Being your authentic self is ultimately going to provide you with a greater sense of contentment. Values are essentially what we care about most in life. They provide us with motivation; they give us energy and/or calm us down; and they give us a sense of fulfilment. Values are what drive you toward what it is you want out of life. If you find that you are dissatisfied with life or constantly thinking about the future, ask yourself if you're honouring your values in your daily life. If not, make a plan to live by them every day.

If you're not sure what your values are, find an online list of personal values to choose from. Go down the list and write down any that pop out at you. The goal is to narrow the list down to about five values that are the most important to you. If you're having trouble identifying your values, think about the things that make you feel motivated, passionate, fulfilled, and rewarded. We did a values-based course a while ago with RiM, and it was very thought-provoking!

2. Nourish your mind, body, and soul

Start taking care of yourself inside and out. Sometimes we stay focused on the future because we imagine ourselves healthier, slimmer, happier, etc., but the only way to get to that state is to act right now. There are plenty of ways to take care of yourself, so see if you can come up with your own list, as you know your own abilities better than anyone else!



3. Play up your strengths

We spend a lot of our lives trying to change what we don't like about ourselves. If we aren't changing them, we're complaining about them. It's hard to shake off the mentality that we must be good at everything, but the reality is that everyone will have their weaknesses. Rather than focusing on what you're not so good at, it can be so much more beneficial and productive to continue developing your current skills and strengths. Once you've pinpointed your strengths, think about how you can use them to the best of your ability. This way you can spend less time dwelling on the things you don't like about yourself, and more time living a fulfilling life by emphasizing the parts that you do like.

4. Embrace your curiosity

We often repress our curiosity because we can't see the value it might add to our lives. People are generally curious about other people but tend to shy away from asking questions because they're afraid of coming across as nosy. There are also certain activities you may be curious to try, but something always holds you back from signing up for sessions. Asking questions and learning about new things can give us so many answers, even to questions we never knew we had. We can either be brave and embrace our curiosity, or spend our whole lives wondering what it might have been like to talk to so-and-so or do this-and-that. Be curious about everything, and you'll never be bored.

5. Start a mindfulness practice

A mindfulness practice is one of the best ways to cultivate inner peace and reduce stress. The definition of mindfulness is being present in the moment without judgment (aka the ultimate way to find contentment wherever you may be). Mindfulness is about appreciating where you are without striving to change anything or make something happen. If you want to start enjoying your life more, try doing something three days a week that will help you to stop living in the past/future, whether it's meditation, yoga, or a nature walk. This will be the beginning of accepting your life as it really is.

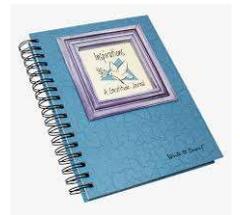
6. Reverse the negativity bias

We humans have a knack for focusing on the negative. We make a huge deal about the things that go wrong in our lives, yet when something good happens; it has less of an impact on us.

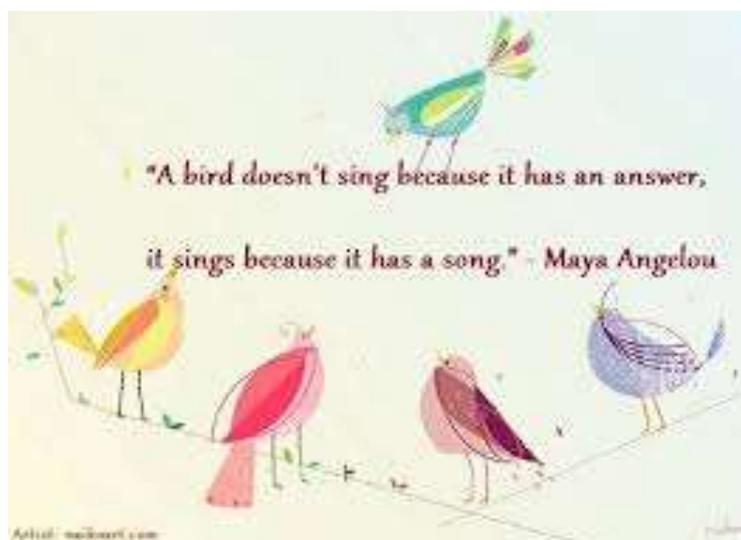
That's something called the negativity bias which is when we react to and learn from negative stimuli more intensely than positive stimuli. To reverse this negativity bias, we need to focus on fully experiencing the positive experiences in our lives. When something good happens to you, try to really savour the moment. Write it down, take a picture or video; tell somebody about it - anything to keep it alive as long as you can. Feel it becoming a part of you. This doesn't mean you need to suppress the negative things that happen, but rather give the positive things more attention. Angela is great at this and will often bring in a photo she took on her way to work or a piece of artwork by her daughter.

7. Keep a gratitude diary.

Often when we hear about expressing gratitude, we think of the people and things that we're grateful for. Our friends, family, partners, home, cat, food, etc. Of course, it really does help put things into perspective when you think of your life without those things, but you could go even deeper when it comes to gratitude. Think about your accomplishments, how you handled your day, how your own values came into play, which strengths you're grateful for, what you're proud of, what you're excited about, and what's good in your life right now. Most of the time we forget to be grateful for ourselves, so start giving yourself a little more daily self-love through a gratitude diary.



Your turn now! Fiona



Creating a "Happy" paper face by Sarah

To make this you will need the following things:

- a piece of cardboard for the backing
- a dinner plate to draw around
- a few old magazines - or one magazine and two packs of 100 cheap square sticky notes
- a bottle of PVA or household glue
- a pencil and pen
- scissors
- "tools" to roll the paper around - I used a cocktail stick for small scrolls and a chopstick for the other ones

First, using piece of card, draw around the plate and cut out the backing circle. Draw on your face design and then go over the final design in ink.



Starting with the detail parts first - eyes, smiley mouth, edging circle - cut out strips of paper - mine were 1cm by 10cm.



Put some blobs of glue on the eyes and spread them out to cover all the inked areas of the eyes.

Roll each strip of paper around the bigger "tool" to form a 'scroll' and stick the scroll of paper on the glued surface - complete each eye in turn, then the outline circle. I used the smaller "tool" for the scrolls for the smiley mouth.



Next - using slightly wider strips of paper (1.5cm) start the background colour. I have used magazine paper for some of the smiley face to show the effect that it gives. If you want a sharper, cleaner finish, then use just the post-its. This process takes a while, but the finished article is quite striking!



I fixed a loop of string through mine to hang it by.

Have fun!



'Happiness' Wordsearch by Fiona

S	O	T	E	C	N	E	C	S	E	V	R	E	F	F	E
S	E	N	J	O	Y	M	E	N	T	I	M	N	P	O	X
E	D	E	T	H	G	I	L	E	D	R	A	U	E	N	U
N	E	M	O	T	C	I	T	S	I	M	I	T	P	O	B
L	E	T	N	H	G	P	L	E	A	S	U	R	E	I	E
U	L	N	O	R	N	R	O	C	T	U	R	O	J	T	R
F	G	E	I	I	I	O	T	S	H	C	R	F	O	A	A
R	O	T	T	V	C	G	R	T	R	C	E	D	V	C	N
E	O	N	C	I	I	R	O	A	I	E	T	O	I	I	C
E	D	O	A	N	O	E	F	S	L	S	H	O	A	F	E
H	H	C	F	G	J	S	M	Y	L	S	G	G	L	I	H
C	U	S	S	E	E	S	O	W	E	U	U	A	I	T	T
A	M	S	I	S	R	T	C	A	D	N	A	Y	T	A	R
N	O	I	T	A	L	I	B	U	J	O	L	L	Y	R	I
U	U	L	A	E	H	T	L	A	E	H	D	O	O	G	M
F	R	B	S	V	I	M	A	N	D	V	I	G	O	U	R

Good humour
Effervescence
Contentment
Enjoyment
Jubilation
Delighted
Optimistic
Good fortune
Joviality
Laughter
Success
Progress
Comfort
Ecstasy

Fun
Ease
Cheerfulness
Exuberance
Satisfaction
Vim and vigour
Gratification
Good health
Jolly
Pleasure
Thriving
Rejoicing
Glee
Mirth

Thrilled
Gay
Bliss
Pep
Sun

HAPPINESS IS A GIFT
AND THE TRICK IS NOT TO
EXPECT IT
BUT TO
delight
IN IT WHEN IT COMES
AND TO ADD TO
OTHER PEOPLE'S STORE OF IT.
CHARLES DICKENS

Students' Corner

Revelations (or life after Thursday night NHS clapping).

I can live simply
I do not need to shop every day
I can make things last
With a little planning I can live simply.

I can live simply
I do not need more stuff
I can live with what I've got
With a little sorting I can live simply.

I can live simply
I do not need to feel guilty
I can just stop
With a little thought I can live simply.

I can turn off things
I can meet my neighbour and walk
We can walk and talk
We never met before.

C

This seemed very apt to go with C's lovely poem...

