



WELCOME. THIS IS A...



HAPPY CAFÉ

PART OF THE HAPPY CAFÉ NETWORK



ACTION FOR HAPPINESS

www.actionforhappiness.org

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JOIN US

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SEARCH

Let's take action for a happier world

Join the movement. Be the change 

THE MOVEMENT IS GROWING

107676 FROM 174 COUNTRIES

JOIN US

X



Action for Happiness helps people take action for a happier and more caring world

Our patron is The Dalai Lama and our members take action to increase wellbeing in their homes, workplaces, schools and local communities. Our vision is a happier world, with fewer people suffering with mental health problems and more people feeling good, functioning well and helping others.

Join the Action for Happiness course

JOIN US

WAYS YOU CAN TAKE ACTION

GREAT DREAM

Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- AWARENESS**  Live life mindfully
- TRYING OUT**  Keep learning new things

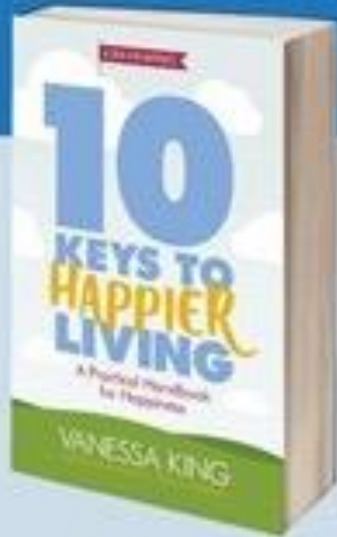
- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTIONS**  Look for what's good
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

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Discover how to be happier and create a happier world

- ❖ Find out what really makes people happy
- ❖ Explore science-based ingredients for living a happier life
- ❖ Reflect on what each key means for you personally
- ❖ Try out simple and inspiring actions that make a difference

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'Walking on Sunshine'

A presentation about building resilience and good mental health by

Rachel Kelly

author of

'Walking on Sunshine: 52 Small Steps to Happiness'

on Monday 10th July at 2pm
at Ely Cathedral Conference Centre
Donations welcome



to launch Happy Cafe Ely at Julia's Tea Rooms

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Bookstall provided by

**Topping
Company**
BOOKSELLERS

For more information www.actionforhappiness.org/happy-cafe

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Café

Point 64

Name

Julia's Tea Rooms

Area

Ely

Location

16-18 High St

Postcode

CB74JU

Website

<https://www.facebook.com/juliastearooms/?rf=280251442076982>



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EXPLORING WHAT MATTERS

THE ACTION FOR HAPPINESS COURSE

HOW TO BECOME A COURSE LEADER



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COURSE THEMES



WEEK 1: What really matters in life?

Lots of things are important in life, but how should we decide what really matters to us? This session explores whether a greater focus on happiness and wellbeing might be better for all of us. *(Video: Richard Layard)*



WEEK 2: What actually makes us happy?

We're told that happiness comes from having more and earning more, but is this really true? Does happiness come from our circumstances or our inner attitudes? And can we learn how to be happier? *(Video: Ed Diener)*



WEEK 3: Can we find peace of mind?

Life can be highly stressful. In this session we'll explore how to deal effectively with life's ups and downs and cope with adversity. And we'll look at some skills which can help us be more resilient. *(Video: Jon Kabat-Zinn)*



WEEK 4: How should we treat others?

Our society appears increasingly individualistic and competitive. Is this just human nature or are we naturally altruistic too? How should we behave towards others - and can we learn to be more compassionate? *(Video: Karen Armstrong)*



WEEK 5: What makes for great relationships?

We're a social species and most of us know that our connections with others are vitally important. But what really affects our relationships and are there practical things we can do to enhance them? *(Video: Brene Brown)*



WEEK 6: Can we be happier at work?

Work is a huge part of our lives, but many of us find our work to be stressful and frustrating. Do happier organisations get better results? What makes us happy at work? And what can we do about it? *(Video: Shawn Achor)*



WEEK 7: Can we build happier communities?

What does it mean to live well together - and why are some communities or societies much happier than others? In this session we'll explore how to create communities that are more caring, connected and happy. *(Video: Geoff Mulgan / Jody Williams)*



WEEK 8: How can we create a happier world?

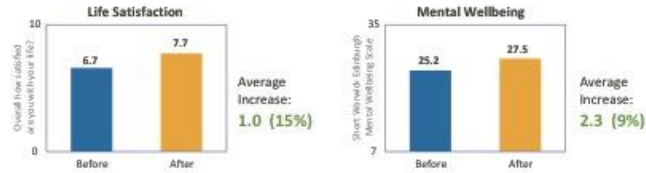
This session brings together everything we've covered during the course. It aims to inspire each of us to live in a way that contributes to a happier world, not just for ourselves but for others too. *(Video: Mark Williamson / Narayanan Krishnan)*

HOW THE COURSE HELPS

Previous courses have had very positive feedback, with **90%** of people giving it a 5 out of 5 rating! Analysis of the course has also found that it brings **two fantastic benefits**:

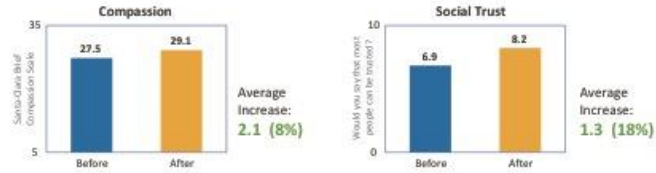
1. PEOPLE BECOME HAPPIER THEMSELVES

Course participants were found to be personally happier after the course, as shown by measurable increases in their average levels of Life Satisfaction and Mental Wellbeing.



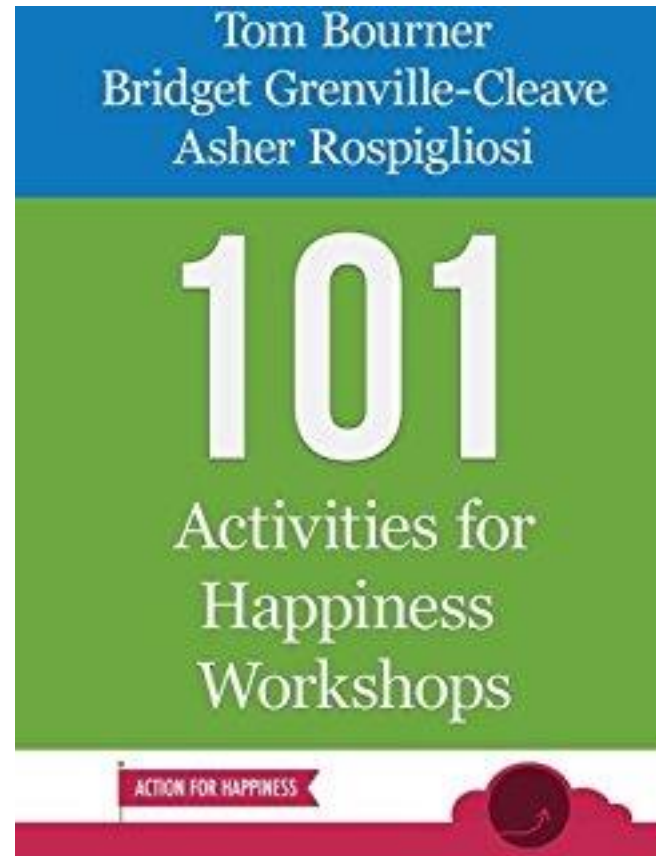
2. PEOPLE CARE MORE ABOUT OTHERS TOO

Course participants were also more likely to contribute to a happier world, as shown by measurable increases in their average levels of Compassion for others and Social Trust.



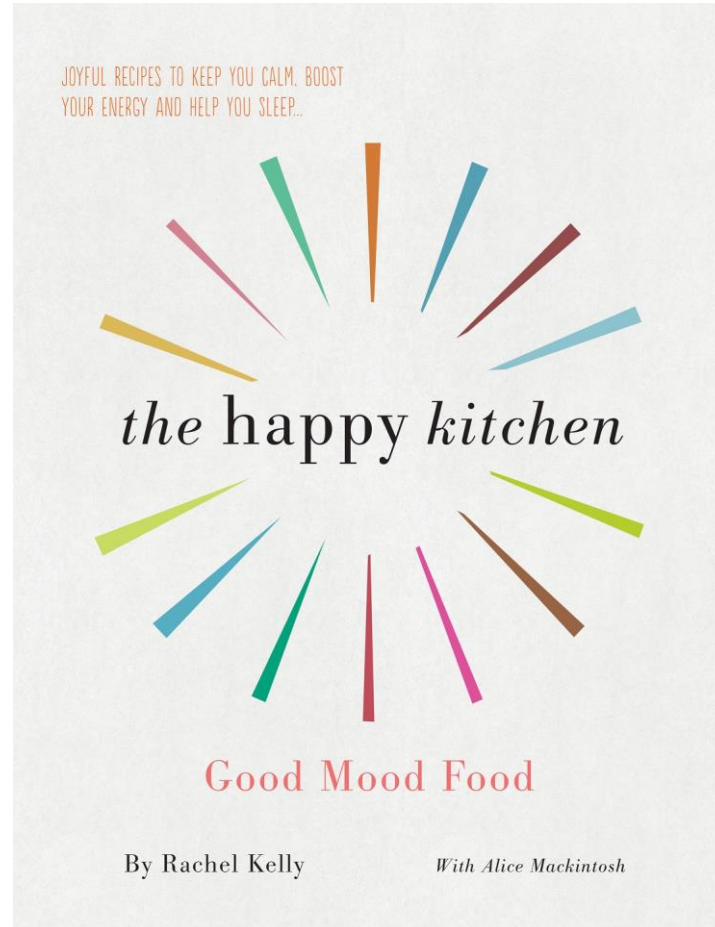
"Long after the course, so many of the great things that I picked up during those enjoyable weeks still remain with me. Attending was one of the most worthwhile things I've ever invested my time in"

Anh Nguyen, course participant



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1. Good Mood Food Workshops & Talks:

Enquire

Eating for optimum mental health

[What foods make us happy?](#)

Scientists are now discovering a proven link between what we eat and how we feel. **Good Mood Food** is based on the latest research and evidence on what to eat for optimum mental health and features recipes developed to **boost your mood, keep you calm and help you sleep.**

[Good Mood Food includes:](#)

- Rachel's personal story, how she went from suffering with depression and anxiety to feeling calm and well using the expert advice from nutritional therapist [Alice Mackintosh](#).
- Rachel and Alice's Ten Golden Rules for a Happy Kitchen.

- Alice's expert knowledge of the symptoms of low mood and anxiety, and what to eat to overcome them and boost your wellbeing.
- Sharing the conclusions of more than 140 nutritional studies.
- The recipes developed to address specific symptoms for participants to keep.
- Easy, practical ideas and take home messages for how to apply these principles into a busy modern lifestyle.
- The option for a cooking demonstration.
- The option for each participant to receive [The Happy Kitchen: Good Mood Food](#) to solidify and put into practise the valuable tools they've learned.

"This was one of the best seminars I've attended. It's great to hear about how a personal journey can turn into something so positive and powerful especially when something as accessible as diet can help. So much useful info. Both were brilliant speakers. Can't wait to get the book."

Tara Maxwell – **Rethink Mental Illness Charity** Good Mood Food workshop

"Just to let you know how much I enjoyed your workshop. I spoke to the others, during and at the end and they were equally impressed. Seriously, I needed this talk. It has changed my outlook on cooking. Thank you for enlightening us. It was brilliant!"

Eva Broberg – **The Idler Academy** Good Mood Food workshop

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KEEP IN TOUCH

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hello@happycafeely.org.uk



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@happycafeely

FIND US AT

Julia's Tearoom

16-18 High Street

Ely

CB7 4JU

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