

HAPPINESS IS ...

HERE ARE SOME THINGS THAT MAKE TEENAGERS HAPPY!

For a modern busy teenager, life is complicated and fast paced. So, being able to get through it, HAPPY is a huge plus!

DO THE CHECKLIST AND REMEMBER TO MAKE HAPPINESS A HABIT!



INDEPENDENCE

Personal freedom and being able to make your own choices and decisions (up to a point) can give a great sense of happiness. (It's a control thing!)

MEANINGFUL RELATIONSHIPS

Having strong close friendships are so important for feeling loved and valued. If family bonds are strong and healthy it makes life easier and less stressful. A well-balanced romantic relationship can also make life wonderful! This includes self-love.



PERSONAL WELL-BEING

Having good mental health and being able to manage small and big stresses in life, is a big plus. Eating well, exercising and sleeping enough, keeps the HAPPY HORMONES buzzing.

PERSONAL FULFILLMENT

Doing what you love in your spare time is great. If you are into sport, arts, music, gaming, or anything else – make time for it. It becomes your HAPPINESS ZONE!

ACADEMIC SUCCESS

Achieving goals and receiving recognition in school can provide a GREAT sense of well-being. Doing your best and producing good work gives a fantastic feeling of satisfaction and happiness. The other benefit is knowing that you could have a great future in studying further to follow your dream career.



SOCIAL AWARENESS

Giving is better than receiving and being socially aware can give a new perspective and purpose to your life. There is nothing more gratifying than giving back to your community and feeling like a valuable, functioning member of a community. A sense of purpose and belonging makes life happy!



Spot On

Life Orientation
Learner's Book

9
Grade

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