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Habits for Happiness – Let's Go!

“If we don't stand for children, we don't stand for much.” Those words by Marian Wright Edelman, founder and president emerita of the Children's Defense Fund, are the driving force behind SoHaPP's initiative for this year. And by this year, we mean next year!

This is the fifth year for the **Science of Happiness and Positive Psychology** (SoHaPP) wellness program, and we want the focus to be on our younger citizens. Neuroscience shows mental well-being is improved with the cultivation of five habits, being more Positive, Kind, Mindful, Active and Grateful – our Habits for Happiness. Repeated behavior strengthens the connections within the mind, and by doing at least a little bit for thirty days in a row those connections become bigger, shorter, and more direct. Subconsciously those habits become more automatic, but it takes some effort to make it happen. Let's help children make it happen.

In prior years we began in November, but with holidays happening we bumped it by two months. We're also switching the order around, so January begins with being more Positive. An article in next week's paper will explain how you can assist children in this endeavor, and look for other materials we hope to share with the community. Share our Face Book page, and for further information or to help with the project visit www.SoHaPP.org or call (360) 825-5581.

Friends of SoHaPP