



Do-It-Yourself Happiness



“The best training I have ever been on – I felt privileged to have been part of it”

DIY Happiness is an 8-session course based on the principles of positive psychology. It combines theory with lots of hands-on activities to explore the concept of happiness from both individual (me) and collective (we) perspectives.

The programme uses the “wheel of well-being” (WoW) as a framework to explore the component parts of happy lives from the perspectives of body, mind, spirit, people, place and planet.

Each of the 8 sessions explores a theme from the wheel of well-being and combines practical and theoretical learning activities. Each session builds on the previous to provide a deeper understanding and anchoring of key concepts.

The Wheel of Well-being (WoW) is a flexible and creative framework for health promotion that consists of a series of colour-coded icons that represent six universal aspects of well-being: *body, mind, spirit, people, place and planet*. The WOW approach is the centre-piece of a range of well-being initiatives including DIY Happiness, and www.wheelofwellbeing.org. The website features a range of free web-based tools and resources designed to encourage innovative new approaches to improving well-being at three distinct levels: individual, group/team and strategic/organisational level



Course Content

Session 1: An introduction to the science of happiness



The background to WoW
Positive Emotions
Positive emotions and health
What contributes to happiness?

Session 2: Body; be active



The causes of stress
The SNS and PSN nervous system
The impact of stress on body and mind
How to manage stress

Session 3: Mind; keep learning



The brain gut connection
Food and mood
Flow

Session 4: Spirit; give



The health benefits of gratitude
The heart brain connection
Gratitude activities

Session 5: People; connect



Social connections and health
Social Capital
How we connect

Session 6: Place; take notice



Mindfulness & Meditation
Benefits of Mindfulness
Place and wellbeing

Session 7: Planet; care



The blue zones
The Happy Planet Index

Session 8: Theory into Practice



Behaviour change
Apply WoW
Planning

Verification

Participants wishing to be verified to run WoW activities are required to attend an additional days training in the one day WoW workshop. They then deliver the workshop, as part of a team of four, observed by an Implemental trainer. On completion of a learning log participants are verified as a WoW practitioner and provided with 12 months electronic access to a range of WoW resources and the WoW practitioners community of practice.