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## Time to get happy

Happiness seems to be the theme of the year, with David Cameron unveiling plans to [monitor the well being of UK workers using a 'Happiness Index'](#). This week has certainly been no exception with two significant news items that have caught our eye.

To celebrate the launch of a sparkling new charity called [Action for Happiness](#), the not-for-profit organisation has teamed up with the BBC to promote the [Happiness Challenge](#). Everyday this week, BBC Breakfast are in sunny Scarborough reporting on the charity's efforts to educate a group of glum volunteers to teach them how to be happy.

The Happiness Challenge pack they are using, (which is available for [free download](#), if you're interested) works on three cheery tasks to do everyday:

- ten minutes of mindfulness meditation
- Noting down things to be grateful for or writing a 'thank you' letter to someone who has helped you in some way
- Carrying out one or more 'kind' acts to someone.

Ironically, the challenge has been launched around the same time as recruitment consultant [Badenoch & Clark](#) revealed disappointing results of their four-year work-happiness survey.

Initiated in 2007, yearly results indicated that as a general rule, the majority of UK workers were happy in their jobs. In fact, last year, 78% of employees described themselves as very happy at work. This year is a different story. The survey found that a third of staff are 'ambivalent' about their jobs and a quarter of those surveyed described themselves as "unhappy" at work. Law and finance were the worst hit sectors, where dissatisfaction at work was rife.

This change is highly likely to be reflective of the current economic climate and the cuts implemented by the coalition government, although that is sore comfort to those unhappy survey respondents.


Perhaps the Happiness Challenge pack could be promoted to all UK organisations across the country? Maybe the government could make downloading it mandatory? (!).

One thing is certain: the Action for Happiness launch couldn't have come at a better time.

By PRinHR's Annie Makoff

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## One Response to *Time to get happy*

-  [Alison Ashford](#) says:  
[January 27, 2011 at 3:01 pm](#)

Great post, thanks for sharing the happiness! As a former HR Business Partner turned mindfulness trainer, I have personally experienced and seen in others the tremendous everyday benefits of mindfulness. Great workplace benefits too: mindfulness helps us concentrate, focus, listen and engage better; feel more at ease and less rushed; recognise and manage stress early; and develop capacity for wise decision-making. Not bad eh? So I'd most definitely encourage businesses to take up the Happiness Challenge with their employees! Alison

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