



# Celebrate the United Nations' International Day of Happiness on March 20

## Create a Happiness Wall in Your Business!

On Friday, March 20, 2015, the world will celebrate International Day of Happiness. For those of us at work on that day, we want to help provide the tools for businesses to create their own celebrations of this special day.

Fact: Unhappy employees cost employers \$300 billion each year in lost productivity.

## What is the International Day of Happiness?

It was the United Nations that declared March 20, 2013, as the first ever International Day of Happiness. This year will be the third annual, with ever-growing involvement from not just individuals but businesses, civic causes, schools, universities, even entire governments.

UN Secretary-General Ban Ki-moon explained on last year's day of happiness, "Happiness may have different meanings for different people. But we can all agree that it means working to end conflict, poverty and other unfortunate conditions in which so many of our fellow human beings live."

Happiness is a goal for all people, of all ages, of all backgrounds, all over the world. And it can be found in companies and businesses of all sizes.

Fact: Happy employees are 12 percent more productive than the average, while unhappy employees were 10 percent less productive.

## What are the benefits of happiness at work?

What's good for the workforce is good for the workplace. In other words, if people at work are happy, the workplace is likely to be happy. Personal happiness fosters professional happiness.

## Happiness in the workplace: A case study.

When Prudential Insurance introduced positive organizational principles to its staff, the company was going through a tough transition, and executives feared they could lose 50 percent of their customers. Instead they retained 95 percent and increased bottom-line revenue by 5 percent.

What was at the heart of Prudential's positive upswing? A concentration on employee happiness that spilled over from the world into their personal lives.

## How can I bring the International Day of Happiness to my workplace?

First start by checking with any supervisors or executives that may be required to provide approval for your happiness movement. You can even share this guide with them and help them understand the importance of happiness in the workplace.



Next, for only \$25 order your happiness wall kit at [store.livehappy.com](http://store.livehappy.com). Each Happy Acts kit includes:

- 100 Happy Acts wall cards
- 100 Happy Acts bracelets
- 100 Happy Acts round stickers
- 2 Live Happy logo stickers
- 2 Happy Acts board stickers

Once you receive your Happy Acts wall kit you can easily create a happiness wall for your workplace!

- Step 1: Find a perfect spot.** A blank wall. A clean whiteboard. A bulletin board. Big or small, there's a spot that will work for a happiness wall.
- Step 2: Start decorating.** People need to know what your happiness wall is all about! Get some colorful paper (orange is our favorite) and use the Live Happy logo stickers and Happy Acts stickers to decorate your board.
- Step 3: Gather supplies for sharing Happy Acts on the wall.** Make it easy to share Happy Acts on your wall by keeping supplies handy.

*That's it!* Now, to encourage others to share their acts (no one wants to be first!), break the ice by adding a few of your own.

Take photos and share them on Facebook, Twitter or Instagram using #happyacts.

#happyacts 

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