Of this be sure: you do not find the happy life, you make it.

Start each day with a grateful heart.

today: be happy

tomorrow: be happy

everyday: be happy

Late Agay Zhaw, Rukha
Celebrations and acts of happiness are taking place all over the globe. It is a time of people rallying to focus on what really makes us happy (deeply), especially when we take the time to notice. Consider this an opportunity to make happiness alive and vibrant. Let us get involved and make happiness contagious. Happiness, like all emotions, is contagious.

We each have the capacity to influence the happiness of those around us (and so happiness spreads). Let us spread happiness!

Here’s a big shout-out of ‘Gratitude’ to all our donors and supporters, for making it possible for us to touch the lives of many people.

In this ‘In Touch’ edition, you will find the pictures of people voicing out their opinions as to what happiness mean to them. Also featured in this issue is an individual’s picture in order to honor them with their own definition of happiness.

As spring continues to unfold, enjoy this International Day of Happiness. May its promises of serving as a reminder to access the happiness that is already within, be present for you all year long.

With love,

Tarayana Foundation
Tashi Delek and Thank you!

“Happiness does not depend on what you have or who you are. It solely relies on what you think.”
-Buddha
Happy people have more energy, confidence and they live longer.

The greater the level of happiness in a community, the better the health, productivity and prosperity.

If you want to feel good, do good. “Action for happiness”

Do things for others!

Helping others is good for both the recipients and it also makes us happier and healthier too.

Giving also connects us to others, creating stronger communities and building happier societies. And it’s not all about money—we can also give our time, ideas and energy.

“So if you want to feel good, do good.”
People with strong and broad social relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support and increase our feelings of self-worth. Broad networks bring a sense of belonging. This is essential for happiness.

1. Be active

2. Relax

Relating—connect with people
Exercise (Take care of your body)

Our body and mind are connected. Being active makes us happier as well as being good for our physical health. It instantly improves our mood and can even lift us out of depression. We don’t all need to run marathons—there are simple things we all can do to be more active each day. And we can also boost our well-being by unplugging from technology, getting outside and importantly—making sure we get enough sleep.

Awareness: Live life mindfully

Ever felt there must be more to life? Well, good news, there is! And it’s right here in front of us. We just need to ‘STOP’ and take ‘NOTICE.’ Learning to be more mindful and aware can do wonders for our well-being in all areas of life—like our walk to work, the way we eat or our relationships. It helps us to get in tune with our feelings and stop dwelling on the past or worrying about the future—so we...
Find time to lose yourself

In what you love!

Trying out: Keep learning new things

Learning affects our well-being in lots of positive ways. It exposes us to new ideas and helps us to stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience. There are many ways to learn new things—not just through formal qualifications. We can share a skill with friends, join a club, and learn to sing, play a new sport and so much more.
It helps to know what you are looking forward to

If you can’t change it, change the way you think about it.

Resilience—Find ways to bounce back.

Don’t compare your insides.

Emotions—Look for what’s good!

See life as it is, but focus on the good bits.

Direction—Have goals to look forward to.

Acceptance—Be comfortable with who you are!

No one’s perfect. But so often we compare our insides to other people’s outside. Dwelling on our flaws—what we’re not rather than what we have got—makes it much harder to be happy. Learning to accept ourselves, warts and all, and being kinder to ourselves when things go wrong, increases our enjoyment of life, our resilience and our well-being. It also helps us accept others as they are.

The meaning of life is a life with Meaning.
Be a part of something bigger

People, who have purpose in their lives, are happier, feel more in control and get more out of what they do. They also experience less stress, anxiety and depression. But where do we find meaning and purpose?

But where do we find meaning and purpose?

It might be:

1. **Having a religious**

The answers vary from each other, but they all involve being connected to something bigger than us or ourselves.

2. **Being a parent**

3. **Doing a job that makes difference**

What does happiness mean to them?

Dhan Maya aged 31 from Dorona gewog under Dagana Dzongkhag says that to her happiness is being together with her family and eating together with them as they celebrate their lives together with both pain and joy.

On the other hand her husband Bir Dosa Rai, aged 37, from Kalikhola gewog under Dagana Dzongkhag perceives happiness as having a harmony in his home and being able to send his two children, of which both are daughters to school.
Jigme Wangmo aged 67 from Bjimina village, believes that having been allowed to live in Bhutan where the country is free from other causalities and ruled by a compassionate monarch who always make sure that there are peace and tranquility in the country is what happiness for her.

“Working in my field and being self-reliant without having to impose much of my family’s burden on others is happiness for me.” Says Ugyen Dorji, 45 years old from Bjimina village.

Find out what the children has to say about happiness.

For them happiness is playing with each other.

Happiness is playing with my puppy right after I wake up and see his tail wagging only for me.
Happiness for him is to play in the park while his mother sits and watch him laugh and giggle at him.

What is happiness to you?
International Day of Happiness
Support Tarayana Rural Crafts

Tarayana Rural Crafts is an initiative of the Tarayana Foundation in its efforts to improve the income earning capabilities of the rural artisans. More than thirty self help groups from different villages across the country are involved in the production of the products.

Each product is painstakingly handmade by the artisans, whose families have been involved in the craft for many generations, using locally available natural materials.

More than 65% of sale proceeds go directly to the artisans.

Tarayana Rural Crafts is an initiative of the Tarayana Foundation in its efforts to improve the income earning capabilities of the rural artisans. More than thirty self help groups from different villages across the country are involved in the production of the products.

Each product is painstakingly handmade by the artisans, whose families have been involved in the craft for many generations, using locally available natural materials.

More than 65% of sale proceeds go directly to the artisans.