



# ACTION FOR HAPPINESS

## Northamptonshire Action for Happiness Coping Strategies

The Northampton Action for Happiness Steering Group are happy to share the following resources to support our community at this difficult time.

We will also be regularly sharing support ideas and positive messages so please follow us [@A4HNorthants](#) on Facebook, Instagram and Twitter.

Friday 20<sup>th</sup> March is the International Day of Happiness. As we face a global crisis together, let's find positive ways to look after ourselves and each other.

Get involved by sharing the following links as far and wide as possible: -

A new coping calendar containing 30 suggested actions to look after ourselves and each other as we face this global crisis together, find it @

[www.actionforhappiness.org/coping-calendar](http://www.actionforhappiness.org/coping-calendar)

Or @ twitter

<https://twitter.com/actionhappiness/status/1240267615379116032>

Also being launched is a new email coaching course, each day you will receive new ideas from the science of positive psychology and discover new ways to boost wellbeing for yourself and others: -

<https://www.dayofhappiness.net/#new>

Please don't forget the main Action for Happiness website which has lots of links and ideas for keeping well <https://www.actionforhappiness.org/>

Finally, please remember to use mobile phones for what they were originally intended for, to call, not everyone has access to the internet. Please remember to phone friends and relatives to check in and stay in touch that way 😊

## **Other Useful Sites and Information: -**

To support and help our NHS we can all follow the latest advice on self-isolation and follow their guidance.

There are also some great sources of information, only a few are listed below: -

Northamptonshire Healthcare NHS Foundation Trust (NHFT) website can provide support and help together with signposting people to NHS community and mental health services.

[www.nhft.nhs.uk](http://www.nhft.nhs.uk)

The Royal College of Occupational Therapists has a very useful website on managing everyday Socially distanced life:

[https://www.rcot.co.uk/file/6427/download?token=Mni\\_gc0b](https://www.rcot.co.uk/file/6427/download?token=Mni_gc0b)

The Mental Health Foundation has produced an online guide How to look after your mental health during the Coronavirus outbreak, the link:

<https://mentalhealth.org.uk/coronavirus>