

# Post-Webinar Resource Sheet

## for: International Day of Happiness

Thank you again for joining Thrive Talking Webinar!  
Please read through this post-webinar handout to learn more about the resources available for International Day of Happiness!

### Why do we celebrate International Day of Happiness?

- To Promote Well-Being
- To Inspire Acts of Kindness
- To Recognise Global Happiness Efforts



## Resources:

### Podcasts/Talks:

**TED Talk:** The Surprising Science of Happiness  
– Dan Gilbert

**Podcast:** The Happiness Lab – Dr. Laurie Santos

**Podcast:** Feel Better, Live More – Dr. Rangan Chatterjee

### Organisations:

<https://actionforhappiness.org/>

<https://www.happinessresearchinstitute.com/>

<https://www.mind.org.uk/>

### Books:

**The Art of Happiness** by Dalai Lama & Howard Cutler

**The Happiness Advantage** by Shawn Achor  
**Ikigai: The Japanese Secret to a Long and Happy Life** by Héctor García & Francesc Miralles



### Support & Helplines:

**Samaritans** – Call 116 123

**Mind Infoline** – Call 0300 123 3393

**Shout** – Text 'SHOUT' to 85258



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