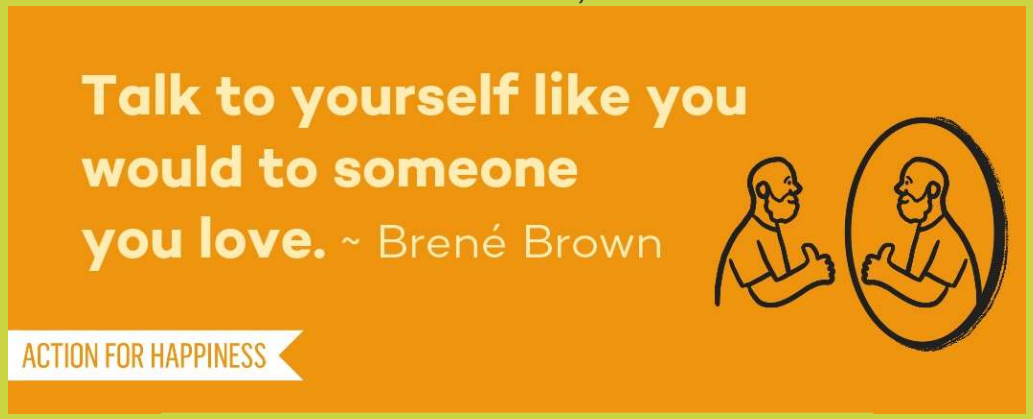
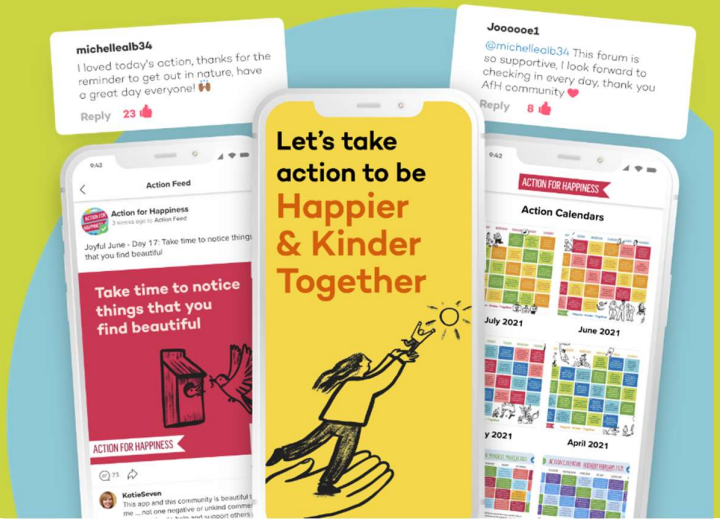
Self-care isn't selfish, it's essential.





10 Days of Happiness

Free online program to boost your wellbeing

Join the Program

Small daily actions for big positive changes

We all want to look after our mental wellbeing, but this can be hard to do - especially in challenging times. This program helps you learn simple daily actions which are proven to give you a boost and help you feel happier.

Learn how to be happier

10 Days of Happiness is a free online program to boost your wellbeing, through daily actions for happier living.

It is designed for challenging times, based on the latest research from positive psychology, neuroscience, and behavioural science.

And it takes just a few minutes each day!