



Happy Habits



Co-funded by
the European Union

NEWSLETTER | ISSUE NUMBER 3 | OCTOBER 2023



THE PROJECT

The project **Happy Habits (HaHa)** focuses on **improving the emotional and psychological wellbeing** of individuals and groups, especially those affected from the aftermath of the COVID-19 pandemic and/or other traumatic events. HaHa's main aim is to raise awareness on the importance of taking care of one's mental health, provide opportunities and support individuals on how to heal, amplify wellbeing, and fortify their psychological resilience.

Co-funded by the European Commission through the Erasmus Plus programme, the project has been running since January 2022 with the participation of five organisations from five different countries: Elan Interculturel (France), Associació La Xixa Teatre (Spain), Inova Aspire B.V. (Netherlands), CESIE (Italy), and the Institute of Development CY (Cyprus).

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happy-habits.eu

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Transnational Partners Meeting in Nicosia, Cyprus!

Between the 11th and 12th of October 2023, all the HaHa consortium met in Nicosia, Cyprus for the third transnational partners meeting.

Through a very nice chat, we had the opportunity to exchange views and discuss the progress of the project. A huge thank you to all our partners who participated in **cultivating happy habits!** Moreover, we have launched the IO3 compass Activity Book soon to be available through the project's website.

So we are getting ready for our **next adventure in Barcelona, Spain** in January 20th 2024 where experiential theatre and happiness workshops await us where participants can attend to test some of the activities developed during the project.

STAY TUNED!

The English version of the Manual can be accessed through our [website!](#)



THE RESULTS

HaHa Method Activity Book:

A collection of activities and practical applications that aimed to promote wellbeing and “happy moments” for individuals or to be utilised in- group settings.

HaHa Happy Compass and Interactive Notebook:

A “metacognition” tool that contained the experiences and feedback from those who will apply the HaHa activities. Their responses and reflections helped the Happy Habits Team to better adjust and design the contents.

Research Results:

A comparative report with the main findings and separate national reports are available and can be found here.

HaHa Self Learning Platform:

A simple, user-friendly, and free [e-learning space](#) open to the general public. This portal could be also utilised as a Self-Learning platform and an open educational resource for anyone who wants to find material and guidance on how to practise and cultivate wellbeing.



Partners



Coordinator

Élan Interculturel, France | www.elaninterculturel.com



Asociació La Xixa Teatre, Spain | www.laxixateatre.org



Inova Aspire B.V., Netherlands | www.inovaaspire.com



CESIE, Italy | www.cesie.org



Institute of Development LTD, Cyprus | iodevelopment.eu



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2021-1-FR01-KA220-ADU-000026001