



Happy Habits



Co-funded by
the European Union

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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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Final Conference and Transnational Partners Meeting in Barcelona, Spain!

Between the 18th and 20th of January 2024, all the HaHa consortium met in Barcelona, Spain for the final conference and transnational partners meeting of the Happy Habits Project.

During the last meeting, the partners had the opportunity to address and resolve all the outstanding issues, bringing a sense of joy and emotion to the successful completion of the project. Additionally, the participants in Spain had a unique experience as they witnessed the captivating performance "Esto no pasa" by the talented theatre group, La XiXa. This remarkable performance shed light on the often overlooked societal challenges that we tend to normalize.

The exciting three-day celebration concluded with the highly anticipated final Happy Habits conference, which highlighted possible solutions to problems through the proposed methodology of the project. Over 80 participants attended this engaging event, where they not only received updates on the project results but also had the unique opportunity to engage in interactive workshops on dance therapy, positive psychology, self-compassion, and mindfulness facilitated by the consortium. It was a wonderful chance for everyone to not only learn but also experience these activities firsthand. Check out the images below!

The versions of the results 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. You can access it [here](#).

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. You can also visit our [HaHa TV](#) a television that offers you a unique programme of content for you to cultivate happy habits.



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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