

The Science of Joy and Happiness

Joy and happiness are not just emotions — they are experiences that support mental and physical health.

Benefits of Joy

- Reduces stress
- Improves emotional resilience
- Strengthens relationships
- Supports overall wellbeing

Creating Joy in Daily Life

- Practice gratitude
- Connect with others
- Engage in meaningful activities
- Celebrate small moments

At Harmony in Daily Happiness, we believe joy is a vital part of emotional wellness.

FOUNDATION, INC.