

A Letter from the Founder
Harmony in Daily Happiness Foundation

Dear Friends, Supporters, and Community,

Thank you for being here.

Your presence — whether you are visiting our website, participating in our programs, supporting our mission, or simply seeking connection — means more than words can express. Harmony in Daily Happiness Foundation exists because of people like you who believe that mental health matters and that no one should ever feel alone in their journey.

Harmony in Daily Happiness was created from a deeply personal place. Like many, I have experienced seasons of stress, loss, anxiety, burnout, and emotional exhaustion. During those difficult times, I learned that mental health challenges often exist quietly beneath the surface, even when life appears stable on the outside.

What I needed most was not perfection or immediate solutions — what I needed was permission. Permission to pause. Permission to ask for help. Permission to care for myself without guilt. Through that experience, I discovered something powerful: healing does not always happen in big moments. More often, healing happens in small daily ones — a conversation, a moment of connection, a breath during stress, or simply choosing hope when things feel overwhelming.

From that understanding, Harmony in Daily Happiness Foundation was born.

Our mission is simple yet profound — to create opportunities for healing, connection, and emotional wellness so that every individual feels supported in their mental health journey. We are committed to building compassionate communities, providing resources and education, and creating safe spaces where people can experience joy, support, and belonging.

We believe:

- Mental health is an essential part of overall wellbeing.
- Connection is one of the most powerful tools for healing.
- Small daily practices create lasting change.
- Compassion can transform lives and communities.
- Hope is always possible.

Every program we offer, every resource we share, and every conversation we encourage is guided by these beliefs. Our work is rooted in the understanding that when one person begins to heal, that healing extends outward — strengthening families, inspiring communities, and creating a more compassionate world.

As we continue this journey, we invite you to be part of our mission. Whether you participate, volunteer, share our message, or support our work, your involvement helps create a future where mental health is openly discussed, compassion is practiced daily, and no one struggles in silence.

Together, we are building a community grounded in understanding, connection, and hope.

Thank you for believing in this vision. Thank you for walking alongside us. And thank you for helping create harmony and happiness in everyday life.

With gratitude and hope,

Heather D Hastings

Founder

Harmony in Daily Happiness Foundation



Harmony in
Daily Happiness

FOUNDATION, INC.