

International Day of Happiness

With all the doom and gloom seemingly surrounding us – from the traffic tragedies we have been seeing almost every day on the news, to the ongoing wars and conflicts around the world, to the famine and hunger, the two years and counting of a pandemic – it is quite fitting to have a day, at the least, dedicated to the little things that can or make us happy.

The International Day of Happiness is celebrated by the United Nations as happiness is seen as a universal human right. This highlights how important happiness is to humanity. Happiness can have a general impact on an individual's overall well-being.

On this note, Aгенzija Zghazagh wanted to document and share the little things that make some of our staff happy. Some were quick with their responses of how being surrounded by loved ones was what made them warm at heart. Others looked at food as their source of smiles, with chocolate being a favourite amongst many.

It is not always easy to put a smile on our faces or feel genuinely happy and this day should not serve as a smokescreen to whatever other feelings we may experience. This day is not an excuse to promote toxic positivity (ie. the dismissal of negative emotions). However, it should serve as a reminder to appreciate whatever the little things that make us happy are and to find time each day to enjoy them.