



BOOKLET OF GOOD PRACTICES

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ESCAPE TO HAPPINESS NEWSLETTER - FEBRUARY 2024

In this Edition: Discover the Wealth of Well-being Practices in Our Booklet.

We're thrilled to unveil the latest gem from our ongoing Erasmus+ project, "Escape to Happiness" – the eagerly awaited Booklet of Good Practices. Compiled collaboratively by all our dedicated partners, this booklet is a treasure trove of insights and strategies aimed at fostering well-being and happiness among adults.

Chapter 1: Improving Adults' Well-being Practices In this chapter, we delve into a myriad of practices designed to enhance the well-being of adults. From self-care routines to stress management techniques, our partners have shared their most effective strategies for promoting mental, emotional, and physical wellness.

Chapter 2: Mindfulness & Reflection Practices Mindfulness and reflection are powerful tools for cultivating a deeper sense of presence and contentment. Within this section, you'll discover a wealth of practices aimed at fostering mindfulness, self-awareness, and inner peace. Whether it's meditation techniques or journaling prompts, there's something here for everyone looking to cultivate a more mindful existence.

Chapter 3: Outdoor Practices & Physical Activities Nature has an incredible capacity to uplift our spirits and rejuvenate our bodies. In this chapter, we explore the transformative power of outdoor practices and physical activities. From hiking and yoga to gardening and outdoor meditation, our partners share their favorite ways to connect with nature and boost overall well-being.

<https://escapetohappiness.edukopro.com/>

Chapter 4: Projects, Books & Tools In this final chapter, we highlight a selection of projects, books, and tools that have proven instrumental in promoting happiness and well-being. Whether you're looking for inspiration for your next project or seeking valuable resources to support your well-being journey, you'll find plenty of recommendations to explore.

**"Stay inspired.
Never stop
creating."**

Get Involved!

We encourage all our participants to dive into the Booklet of Good Practices and discover the wealth of knowledge and inspiration it has to offer. Whether you're a seasoned well-being enthusiast or just starting on your journey, there's something for everyone within its pages.

Stay tuned for more updates and exciting developments from our "Escape to Happiness" project. Together, we're creating a brighter, happier world for all.



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