

# International Day of Happiness 2021

20 March

Invitation

Time to  
Rise

Kaunas 2022



# Let us celebrate together!

Although the country is still limited by quarantine restrictions, it does not mean we cannot celebrate the International Day of Happiness. It is the day when we remind each other that happiness is not out of reach – it surrounds us every day.

Merely two years ago, two Žalgiris Arenas could not fit all of those who celebrate the Day of Happiness. Even if this year we cannot meet at one place at the same time, on the 20th of March let us celebrate happiness creatively!

# Time to Rise

This period in our life is unusual to all of us. We had to accommodate to a new lifestyle in the blink of an eye, and that raises a great challenge to our emotional wellbeing.

During the global pandemic, we have started to value things which we have taken for granted. Until the pandemic, it was normal to meet with friends, go to the cinema, restaurants, theatres, visit galleries and museums or watch basketball games in arenas filled with cheering fans. As we

had to abstain from this for quite a while now, the overall level of happiness has decreased for many as well.

That is why during this Day of Happiness we will discuss and pay special attention to our emotions and feelings. By inviting to rise, we invite to discover how to brighten our current everyday life together. This year's Day of Happiness is a great opportunity for all of us to rise from our couches and greet the spring sun!

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# How Can You Participate in the Day of Happiness?

Since rules which forbid gatherings still apply, participation in the Day of Happiness should be celebrated in a way which is safe for everyone.

Here are a few suggestions:

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- Decorate your office, home or vehicle with sturdy and outside visible symbols which represent rising for this Day of Happiness: kites, paper planes, wing motives, flower puffs and etc.
- Create healthy and satisfying packed lunches (full of fibres and healthy fats) or come up with ways how citizens, specifically for this occasion, could finally dine out leaving their home environment.
- Pull out your bicycle and go for a ride on a favourite route with a long-not-seen friend or meet up for a safe walk around the city's parks or forests.
- Entertain your long-not-seen visitors or clients in the most creative ways, utilising the outside space, windows, or other safe methods.
- Dedicate a fun activity and more time to those who need it the most during this time. Think of ways of how to reach out to and cheer up lonely people at home, doctors, and those who have not seen their relatives and friends all this time.
- Invite your neighbours for a joint dinner, lunch, or breakfast. Meet in your balconies, so that you could be reminded what a great feeling it is to dine together.

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For your ideas and wishes to participate, until the 5th of March please contact **[irute@kaunas2022.eu](mailto:irute@kaunas2022.eu)** and fill out the registration form at **[tiny.cc/LaimesDiena](https://tiny.cc/LaimesDiena)**

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Good luck!  
Kaunas 2022 Team

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