

United Nations International Day Of Happiness

March 20, 2015

Whereas, Happiness for the entire Human Family is the main goal of the United Nations, the General Assembly adopted a resolution on 28 June 2013 to proclaim 20 March the celebration of the International Day of Happiness.

Whereas, the pursue of happiness is a personal experience and a personal decision, by freedom of choice, to decide to be happy, to decide to look for, and to focus on all the optimistic, creative and constructive aspects of you and of your life, to become a missionary at the moment, a happy person.

Whereas, the state of happiness by choice of a person affects its biochemistry and health, cuing the brain with personal choices of thoughts, emotions and a personal outlook of life, to produce neurotransmitters that drive our brain reward system like dopamine (pleasure-seeking behaviors), Serotonin a mood-booting neurotransmitter and Oxytocin a neurotransmitter and a hormone, (practicing kindness and being among friends and love ones), proving that these neurotransmitters improve our health, energy levels and influence natural endorphins (from pain to relief), mood and concentration, blood pressure, creativity and longevity.

Whereas, a conversation among a group of 86 elders 65+ on Happiness and Health, they concluded that; "It is foolish not to be happy" and "Happiness is a serious and an important aspect of Peace."

I invite YOU to reflect and choose on the importance of this personal choice, to make our world a better place, to be happy;

I, _____ Earthchitect of Humanity and
Citizen of The Planet Of Peace

Decide To Be From Today On a Happy Person, Spread and Co-Create
Happiness and To Become An Instrument Of Peace. Date _____.

