

Five Golden Rules for Happy Café – April 5th 2023

1. We really listen to each other
2. We focus on what is positive and valuable
3. We practice safe boundaries
4. We are open about our feelings
5. We maintain a spirit of kindness

1. We really listen to each other

- *Aim to stay focused on the topic being explored*
- *Use your phone as little as possible*
- *Give each other full attention and respect when anyone is speaking*
- *Keeping our contributions to conversations relevant and concise so that everyone has the chance to share if they'd like to*

2. We focus on what is positive and valuable

- *We practice turning our attention to the positive and valuable, such as the things we feel grateful for and can learn from.*
- *This helps us appreciate each other, creates a more enjoyable session and demonstrates the spirit of Action for Happiness!*

3. We practice safe boundaries

- *Be aware that there is no formal mental health support here – it's not a therapy group*
- *Be wise about how much you decide to open up, so you don't feel too vulnerable or uncomfortable*
- *There is no need to answer a question or share your reflections if you do not want to – just listening is fine*
- *If you feel like leaving during the meeting that is also fine.*

4. We are open about our feelings

- *It helps to have a more meaningful connection with others if we are aware of our feelings and are willing to be open about them*
- *Talking about our emotions and experiences can create a richer, deeper discussion and more understanding between people*

5. We maintain a spirit of kindness

- *Please behave in a way that shows consideration for everyone else in the group*
- *Being respectful, kind and polite in the way that we speak to each other and how we engage with the speaker/workshop*