



THE UNIVERSITY OF
BUCKINGHAM

PESA National Conference 2019

Keynote:
The Orange and Lemon of Happiness

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Vice-Chancellor

Thursday 11th April 2019

Ten keys to happier living



GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

ACTION FOR HAPPINESS

1



2



3



4



5



6



7







10



THE END