

# JUNE NEWSLETTER

## 20% OFF STRONG MINDS SALE ENDS FRIDAY

### Gross National Happiness - Bhutan



#### GROSS NATIONAL HAPPINESS

- Bhutan is the only country in the world whose economic development is guided by Gross Domestic Happiness (GDP). Over the last 20 years numerous academics from around the world, led by the United Nations have developed measures of GDH. Today it has four pillars:

1. Good governance
2. Sustainable socio-economic development
3. Preservation and promotion of culture
4. Environmental conservation

- According to the Executive Director of the GDH Centre Dr Saamdu Chetri the conditions to practice happiness come from:

1. serving others
2. living in harmony with nature, and
3. realizing human values and wisdom

- Dr Saamdu Chetri's advice for wellbeing includes:

- practice gratitude

- incorporate mindfulness into your daily life

- do not become a servant to technology (leave your phone in a box when you arrive home)

- live in harmony with your environment

- "Learn to live with love as your foundation"

- in 2007 Bhutan had the second fastest growing GDP in the world, at the same time as maintaining their environment and cultural identity.

WHICH OF THESE WILL YOU ADOPT INTO YOUR LIFE?

#### Sitting Still Like a Frog

Mindfulness Exercises for Kids  
(and Their Parents)



Simple mindfulness practices to help your child deal with anxiety, improve concentration, and handle difficult emotions.

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Foreword by Jon Kabat-Zinn

#### Book Recommendation

An excellent book for primary school children to learn how to enhance the character strength Self-Regulation. Mindfulness plays a significant role in the lives of the Bhutanese.

[See More >>](#)

#### Positive Education Schools Association - PESA



PESA's mission is: "To lead and promote the science of wellbeing and positive psychology, enabling all students, schools and communities to flourish.

A school membership is only \$450/yr or individuals \$50/yr. Be up to date on the latest research in Positive Education, have full website access, access to recommended resources, etc.

[See More >>](#)



20% OFF  
STRONG MINDS  
only until  
30/6/17

BOOK NOW!  
or REQUEST AN INVOICE

Why Strong Minds?

- A cultural shift for sustained authentic wellbeing
- A whole school approach to wellbeing - all staff, students & families
- Evidence based
- Four PDHPE units of work
- Numerous Character Strength resources
- Available on KidsMatter
- Complies with the Wellbeing Framework for Schools 2015
- User friendly, implementation guides
- Cost Effective

[Learn More >>](#)

Contact us at:

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Warmest wishes,  
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