5 ways article links:

1.

<https://www.dailymail.co.uk/news/article-3822502/Helping-DOES-make-happier-Doing-good-deeds-effect-like-paracetamol-improving-mood.html>

2.

<https://greatist.com/connect/easy-ways-to-make-someones-day#1>

3.

<https://wearethecity.com/5-ways-help-overcome-low-self-esteem/>

4.

<https://www.bbc.co.uk/news/uk-38285223>

5.

<https://www.bbc.co.uk/news/education-34220964>

6.

<https://www.spring.org.uk/2014/01/the-body-map-of-emotions-happiness-activates-the-whole-body.php>

7.

<https://www.theguardian.com/teacher-network/2016/oct/20/mental-health-young-people-schools?CMP=share_btn_tw>

8.

<https://happiful.com/8-soothing-affirmations-to-repeat-when-anxiety-strikes/?utm_source=newsletter&utm_medium=email&utm_campaign=week_20_40>