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## HAPPINESS IN PRACTICE: POSITIVE PSYCHOLOGY & COMMUNITY RESILIENCE



Erasmus Project N° 2025-1-IT02-KA210-ADU-000350376

Small-scale Partnerships in Adult Education

# Newsletter 01

November 2025

We begin a new journey. Happiness in Practice is an Erasmus+ project that promotes emotional well-being and resilience among adults from different communities across Europe.

We want to support those experiencing stress, exhaustion, or disconnection by offering spaces to restore calm, joy, and a sense of belonging.

We believe that happiness is not a destination to reach, but a daily practice: small gestures, mindful attention, and simple tools that we can share and cultivate together, as a community.



### Why Happiness in Practice?

The project was created to support adults (approximately 35–60 years old) who experience anxiety, emotional exhaustion, or low life satisfaction—often linked to family, work, or financial pressures.

These circumstances can lead to feelings of isolation or the sense of “being on autopilot,” without space to pause or breathe.

Across Europe, mental health is an increasing concern, yet most resources are directed toward treatment rather than prevention. That’s why Happiness in Practice proposes a different approach: creating safe, accessible, and non-clinical environments where well-being can be strengthened through daily practice, human connection, and mutual support.

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### Target Groups:

- Adults in vulnerable situations (migrants, refugees, unemployed individuals, among others).
- Educators, trainers, and social workers, who will receive training in positive psychology techniques to strengthen their competences in emotional support and guidance.

### Main Objectives:

- Foster well-being, resilience, and happiness through evidence-based strategies.
- Provide practical tools for trainers and professionals.
- Create support networks and communities of practice.
- Promote sustainable lifestyles by connecting mental, emotional, and environmental health.

### Project Partners:



SOLIS SRLS (Italy) – Project coordinator, specialized in social innovation and autobiographical theatre.



ESA – European Social Art (Spain) – Association dedicated to social art, inclusion, and community participation.



PFE – Projects for Europe (Belgium) – Organization focused on training, research, and European cooperation.

Together, these entities foster a path toward shared resilience, where individual and collective well-being are built through empathy, creativity, and mutual learning.

## Kick-off Meeting of the Happiness in Practice Project:

On 15 September 2025, we held the kick-off meeting of Happiness in Practice in a virtual format. This gathering marked the official start of our twelve-month international collaboration.

During the session, the teams from SOLIS SRLS (Italy), European Social Art – ESA (Spain), and PFE (Belgium) shared the project's vision, objectives, and the first steps for launching the planned activities.



During the session, SOLIS SRLS, the coordinating organisation, presented the overall framework of the project and opened a space for dialogue with ESA and PFE to define the strategic and practical aspects that will guide the actions throughout the year.

## Project Activities

The project runs from September 2025 to August 2026 and includes the following main activities:

- First international workshop in Italy (January 2026): introducing and training educators and facilitators in the project's methodologies.
- Second international workshop in Spain (Spring 2026): focused on adapting these methodologies to different local contexts.
- "Happiness Workshops" and Empathy Circles in each partner country, open to the wider community.
- Creation of an online platform with resources and support materials.
- Development of a practical Toolkit, enabling the long-term replication and sustainability of the project's tools.
- Final online conference, to share insights, results, and collective experiences.

## Second Online Meeting of the Happiness in Practice Project:

On 8 October, the second online meeting of the Happiness in Practice project took place, coordinated by SOLIS SRLS (Italy), with the participation of partners PFE – Projects for Europe (Belgium) and ESA – European Social Art (Spain).



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During the second online meeting, the partner organisations reviewed the project's initial progress and coordinated the upcoming steps.

The first international workshop in Modena (Italy) was confirmed for January 2026, and work advanced on the preparation of communication materials.

During the session, the official project logo—developed collaboratively by SOLIS SRLS and ESA—was also presented, symbolising human connection, shared joy, and community well-being.

### Visual Identity and Online Presence:

The project features its official logo, which represents human connection and a smile as a symbol of shared well-being, using a color palette that combines positivity (yellow), harmony (blue), and sustainability (green).



In addition, the project already has an official website and social media channels, where we will be sharing news, activities, and resources as we move forward.

- Project website
- Social media channels
- Open resources and materials

These spaces will allow us to share activities, provide tools, and keep the community connected throughout the project.

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### Next steps:

In January 2026, we will carry out the project's first international workshop in Modena (Italy), coordinated by SOLIS SRLS with the support of the Comune di Modena – Assessorato alle Politiche Sociali, Sanitarie e dell'Inclusione.

Over three days, facilitators and educators from the participating countries will work together on:

- Positive psychology applied to daily life
- Emotional well-being practices and stress management
- Empathy circles and active listening
- Autobiographical and creative workshops
- Co-creation of tools for implementation in their local communities

The confirmed dates are 19, 20, and 21 January 2026, at Sala Redecocca (Modena).



Website



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