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## Spreading Happiness By Sending Cards!

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Now in its fourth year, Thinking of You Week (18 - 25 June) inspires people to create a wave of love, caring and happiness by sending a card to a different person each day during the week.

**Sending cards generates positive feelings and wellbeing.** Science has shown that receiving a **handwritten card** creates a lovely warm positive boost and **makes people feel far more special** than receiving texts, emails or Facebook messages.

In fact, cognitive neuroscientist Dr Lynda Shaw firmly believes that receiving cards helps to **stave off feelings of loneliness** and isolation, **increases self esteem** and can even help to ward of the early stages of depression.

**So help to create the happiness wave by sending a card a day during this week!** and encourage your friends, family and colleagues to do the same.

...**Just to say hello**, send love, **make someone laugh** or smile, to **be supportive** in a time of trouble, wish someone better, **Kiss and make up**, or just to say... **thinking of you!**

Let us know what you are up to by emailing [Marieke.Meijer@johnsands.com.au](mailto:Marieke.Meijer@johnsands.com.au) or posting on Facebook.

