

# Is unhappiness the secret to happiness?

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Unhappiness is one of the best ways of finding true happiness, according to one of the UK's leading happiness experts. But the key is overcoming unhappiness and developing resilience.

The findings come from behaviour expert and National Happiness Awards (<http://www.laughology.co.uk/happiness-awards/national-happiness-awards-2019>) founder Stephanie Davies, who is urging those who have triumphed over adversity to apply for this year's National Happiness Awards (<http://www.laughology.co.uk/happiness-awards/national-happiness-awards-2019>).

Ms Davies, an award-winning former stand-up comedian, entrepreneur and behavioural psychologist, explains: "One of the surprising things we've noticed since the National Happiness Awards (<http://www.laughology.co.uk/happiness-awards/national-happiness-awards-2019>) started is that many of those who do so well in creating happiness for others, have gone through some very unhappy experiences."

The awards honour the people and places making the world a better place through happiness. They are now in their fourth year and previous winners include a courageous schoolboy who beat life-threatening cancer, a burlesque dancer who overcame mental health problems and now uses her experience to help others and a health club manager who supported her team after the tragic death of a colleague. Britain's Got Talent finalist Flakefleet Primary School was also a winner last year and impressed judges with the lengths staff went to supporting underprivileged pupils.

Ms Davies continues: "A big percentage of winners in the individual categories have coped with difficulties, challenges and periods of unhappiness. This has given them resilience and enabled them to make life happier for others. It seems counter-intuitive, but to understand what happiness is and create it for yourself and others, you need to know how to deal with unhappiness."

The nomination period for this year's National Happiness Awards (<http://www.laughology.co.uk/happiness-awards/national-happiness-awards-2019>) is currently open and applications are welcome until October 29.

The awards have developed a reputation as the nation's brightest and boldest award scheme. Other previous winners include Bupa, Burges Salmon, Theodora Children's Charity and The Outward Bound Trust. Each National Happiness Awards (<http://www.laughology.co.uk/happiness-awards/national-happiness-awards-2019>) category is judged by an independent panel which includes business experts, HR professionals, education specialists and psychologists. Winners will be announced at a gala ceremony in London on November 22.

The awards are sponsored by Twinkl, Simply Better Events and Crown House Publishing.

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