This weekend, we rock Earth Hour and International Happy Day. Is it coincidence that these events that celebrate nature and happiness occur on the same weekend? CSSI thinks not.

**Use your power**

At 8:30 p.m. local time on Saturday, March 19, people on six continents, in 24 time zones and more than 170 countries will unite as a global community as we turn out the lights for sixty minutes during Earth Hour.

In 2015, there were 70,500 Earth Hour events around the world. 10,400 landmarks and monuments switched off. 620,000 individuals recorded what they did during Earth Hour to change climate change. This video from the World Wildlife Fund shows some of them.

Surely we can all think of something to do without Netflix and PBS for that long:

- Converse
- Meditate
- Sleep
- Yoga
- Sit-ups (kidding)
- Play Monopoly by candlelight
- Ponder how you might challenge climate change this year. Talk to your kids about their ideas; they probably have lots.

**Climate change, politics, and people: a microcosm**

The Economist article Making waves (March 12, 2016) shows a lucid example of how global climate change is affecting one tiny country and what its then-president has done about it, from investing in property off-shore (in Fiji) to championing education.

The United Nations established International Happy Day (March 20) to recognize that happiness is a fundamental human goal, and to call upon countries to approach public policies in ways that improve the wellbeing of all peoples. By designating this special day, the UN aims to focus world attention on the idea that economic growth must be inclusive, equitable, and balanced, such that it promotes sustainable development, and alleviates poverty. Additionally the UN acknowledges that in order to attain global happiness, economic development must be accompanied by social and environmental wellbeing.

**From CSSI’s archives we bring you these treasures to help you get happy. Or happier.**

Happy Money: the science of smarter spending by UBC psychology prof Elizabeth Dunn and Harvard business prof Michael Norton. Fun, easy to read, and yes, professors, all based on research.

Happy, the movie. Does money make you happy? Kids and family? Your work? Do you live in a world that values and promotes happiness and wellbeing? Roko Belic, director of the Academy Award® nominated Genghis Blues brings us a film that sets out to answer these questions and more. Taking us from the bayous of Louisiana to the deserts of Namibia, from the beaches of Brazil to the villages of Okinawa, Happy explores the secrets behind our most valued emotion.