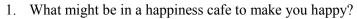# Abu Dhabi opens government 'Happiness Cafe'

The Abu Dhabi government has opened a special cafe for its employees that is dedicated to their happiness. The new 'Happiness Cafe' is located in the headquarters of the Ministry of Culture and Knowledge Development. Staff are being encouraged to take time out from their busy days to unwind and chill out so they can revitalize and rejuvenate themselves. The cafe is full of plush sofas and couches and has a specially designed decor to provide the perfect ambience for feeling happy and create an atmosphere of positivity. It even has its own garden and fountain to add a touch of nature to the surroundings. One worker enthused about the new cafe, saying it would help her to smile more at work. The cafe was opened by Sheikh Nahyan bin Mubarak, Minister of Culture and Knowledge Development. He hoped it would create a positive environment in the workplace, allow employees to better release their productive energy, and improve the work environment in the ministry. The Happiness Cafe is part of a program initiated by Sheikh Mohammed bin Rashid, Vice President and Ruler of Dubai, called the National Program for Happiness and Positivity. He said happiness was, "a renewable and sustainable asset". Sheikh Nahyan said this program intended to establish, "the values of positivity and happiness as a way of life in the UAE". He hoped it would eventually put the UAE in the top five of the world's happiest countries.

Sources: thenational.ae / khaleejtimes.com

SPEAK YOUR MIND

1. What might be in a happiness cafe to make you happy?
2. Should there be happiness cafes everywhere?
3. How good are the cafes in your town at making you happy? \
4. How might a happier workforce affect a company or organization?
5. What do you do to unwind or chill out?

How Do You Rank?

UNWIND

Rank these with your teacher
Put the best things to do to unwind at the top

- sleep
- read
- listen to music
- exercise

- play games
- take a bath
- go for a walk
- chat with a friend