



## **LOOKING FOR HAPPINESS**

Implementing strategies for the prevention and promotion of mental health is one of the major objectives of WHO's comprehensive mental health action plan. Mental health is not only the absence of disease, it is, "a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community" (WHO).

Let's explore this unique state of well-being that we often refer to as "Happiness.". Let's look together in a series of 3 workshops that will take place with a maximum 10 participants, at no cost to you.

**Workshop #1 - Introduction to Happiness:  
Thoughts, Expectations & Assumptions.  
June 2nd, 10.00-12.00 CET**

**Workshop #2 - Happiness and Me:  
Happiness, Emotions & Body Sensations.  
June 9th, 10.00-12.00 CET**

**Workshop #3 - Happiness and Us:  
How Relationships Support Happiness & Subjective Well-Being.  
June 16th, 10.00-12.00 CET**

Please only sign up if you can attend all three workshops, as they will build on each other and we will form a community of a maximum of 10 fellow explorers.

- Send an email to [Health@fawco.org](mailto:Health@fawco.org) to register and receive the Zoom Link. Or if you have any questions.

## ABOUT ANNA SIZORINA



### **Anna Sizorina**

MPhil in Psychology

Mental Health Professional  
(HP-Psychotherapie, Germany)

Emotionally Focused Therapist for  
couples and individuals, member of  
ICEEFT <https://iceeft.com>

Trauma therapist, EMDR therapist,  
Hypnosystemic therapist

Anna lives and works in Hamburg, Germany. Anna's specialization is individuals and couples stuck in stress, anxiety, and depression, experiencing the echoes of psychological trauma and human disconnection, and couples in crisis; special attention is given to clients struggling with cultural transition, losses, and other emotions associated with transnational experiences. Anna is well-regarded for her ability to develop a warm therapeutic alliance with her clients and create a secure base to explore stressful and traumatic experiences.

The core of Anna's work is helping the clients to create connections within: uniting their thoughts, emotions, and body sensations, and between themselves and people around them. As a part of her PhD endeavor Anna is conducting research on coping with emotional distress during the COVID-19 pandemic among women residing outside their countries of birth.

Anna's work is based on attachment science and a humanistic approach. Being committed to diversity, equity, and inclusion, Anna brings acceptance, humility, and culturally grounded research into the consulting room, creating a safe community where all individuals have their basic human needs met and they feel accepted and valuable without fear of persecution or marginalization as a result of ethnic or national origin, religion, sexual orientation and preferences, gender expression, family structure, age, class, mental health, physical character or disability.