

The Center for Happiness in the New Normal of Life, Ban Thung Kok.

Kumlai Somrak, Jirawan Klayvised, Kanyapak Pluemjai, Arhit Boonrodchu, Pridsadaporn Polprasarn

Core SDG: 3.3.2: Health outreach program, 3.3.1 Current collaborations with health institutions
 Relate SDG: 2.5.1 Access to food security knowledge.
 17.2.1: Relationships with regional NGOs and government for SDG policy.

01 Situation



- the COVID-19 pandemic.
- the community network weakened.
- The majority of women in the community take on the role of homemakers, caring for the elderly and children, which affects the family income.



02 Target Population



- 15 people of working team.
- 30 people of community members including the unemployed, who have debt and stress.



03 Procedure



- Establishing a new group "Happiness in the New Normal Life".
- Enhancing occupational skills, artificial rattan baskets and Thai desserts group.
- Providing skills or guidelines for meditation practice group .
- Providing knowledge about DM HT with a new normal life group.



04 Outcome

- Community members have gained knowledge about adopting a new normal way of life.
- Their skills in soil cultivation for planting crops have improved.
- They have found increased motivation in life through meditation practices.
- Patients with diabetes and high blood pressure have gained knowledge about managing their conditions.
- The community's mental health has improved through the adoption of the New Normal way of life, with a 50% or more increase in happiness.
- Stress levels have decreased by 50% or more.

05 More Information

<https://www.facebook.com/Taibon40>
[www.https://cas.wu.ac.th/](https://cas.wu.ac.th/),
<https://nurse.wu.ac.th/>
<https://hospital.wu.ac.th/>

