



Press Release

Draft for approval, Tuesday, 1 March 2016

Chrissy B is in hot pursuit of happiness

In celebration of the fourth annual UN International Day of Happiness on 20 March 2016, the Chrissy B show airing a few days earlier will be all about making life happier, especially where mental illness is involved. The show can be seen at 10pm on 14 March, on My Channel Sky 203.

Special guests on the show will be Caroline Carr, founder of the Let the sunshine in website (<http://www.mypartnerisdepressed.com/>) and Vanessa King from the Action for Happiness organisation, which has the Dalai Lama as its patron. Caroline and Vanessa will be bringing a wealth of in-depth practical and academic experience on creating happy lives in the face of adversity.

Chrissy says: “The pursuit of happiness is far from being selfish and banal, since personal happiness combined with a holistic approach to the world’s problems has to be the way forward for humanity. In making this programme I’ve learnt that things like helping others, willingness to learn, resilience in the face of problems and having ambitious yet achievable goals are for a far better route to happiness than self-centred indulgence. And I’m looking forward to the discussion very much indeed.”

Other guests will include Richard Nelmes, head of outreach for the United Nations Association in the UK, and Sean Dagan Wood, editor in chief of Positive News, the online and print platform that looks at society’s challenges through a lens of progress and possibility. Molly Berry will be sharing her real life story, telling how a cochlear implant has transformed a life that was limited by severe deafness.

In addition, the show’s resident psychologist Dr Audrey Tang will be talking about the psychology behind happiness, Hannah Richards, will share happy and healthy recipes

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and Ben Cooper will provide fitness tips. To round off the Steel Pan Trust will be providing a burst of Caribbean cheerfulness with a special steel band performance

ENDS

Notes to Editors:

Chrissy Boodram is host of the UK's only TV chat show dedicated to promoting good mental health and wellbeing. The show is designed to help both men and women improve and maintain their mental wellbeing as well as taking a look at some of the major mental health issues of our time.

Chrissy Boodram holds a degree in Business Studies from the University of Westminster. She has been a TV presenter for over eight years and has hosted her own TV show on My Channel Sky 203 since June 2012. Her previous work experience includes public relations, HR, web and graphic design and community outreach. She loves to learn and develop and believes everyone can continue to learn, grow and improve irrespective of age and their circumstances.

Vanessa King of Action for Happiness translates the latest psychological research into practical action to help individuals, organisations and communities enhance their wellbeing and resilience. Vanessa's background is in professional services, with expertise in leadership, talent and organisational development and has she worked with numerous public companies, government bodies and NGOs. She holds a masters in Applied Positive Psychology from the University of Pennsylvania, having studied under Martin Seligman and many other leaders in this field.

For further information please contact contact@chrissybshow.tv or call 020 7686 6033.

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