Everybody needs good neighbours

General well-being - or GWB - is the new buzzword in Westminster, where politicians are trying to work out what makes us happy so they can put the feel-good factor into new laws and policies. The latest joy research, commissioned earlier this year by Defra (the Department for Environment, Food and Rural Affairs) pinpointed the main causes of happiness around the world and found that chatting to your neighbour over the back fence and plenty of sex in a stable relationship are two of the top ways to stay cheerful. Gardening, going for walks and, perhaps more surprisingly, helping to support endangered species were also high on the list. So it seems your best bet for a happy life is having a family of giant pandas move in next door...

Fighting spirit

If you fancy the spiritual side of martial arts, a Peaceful Heart, Warrior Spirit workshop could be for you. ‘Tuning into your warrior spirit can help you beat fears and find your destiny,’ says Dan Millman, author of Way Of The Peaceful Warrior (£10.99, H J Kramer) who’s appearing at the Mind Body Spirit (MBS) festival in Victoria, London, on 23-28 May.

Health consultant Joanne Reid Rodrigues, 44, says the workshop has helped her develop inner strength. ‘I’d always felt connected to the universe but couldn’t tap into it,’ she says. ‘Learning about my warrior spirit helped me connect with my feelings and what I wanted in life.’

GIVEAWAY We’ve got 30 pairs of tickets to the MBS festival to give away. Send your name and address to MBS Spirit & Destiny offer, 755 Fulham Road, London SW6 6UJ. The closing date is 15 May. Call 020-7871 9191 or visit mindbodyspirit.co.uk for more information.

Something magic for the weekend

Get all your questions about spiritual, psychic and paranormal matters answered at The Mystic Arts exhibition at London’s Olympia on 12-13 May. There’ll be group trances, ‘night vigils’ and plenty of chances to get your palm read or just find out more about the unexplained things that happen in this world – and in other realms. Tickets from £7.50. Call 01787-224040 or visit themysticarts.com for more information.