

Happiness

1st – Read the information.

2nd – Write down the information so you can understand it.

Presentation is key



Questions

Sources

People who regularly spend about a **quarter** of their hours each day with family and friends are **12 times** as likely to report feeling joyful rather than feeling stressed or anxious. A 2012 survey of thousands of British adults found that having regular contact with **10 or more friends** had a significant impact on an individual's happiness level. Making more money makes us happier—up to a certain extent. A recent study from Princeton University found that once your salary hits **\$75,000**, making more money won't have much of an effect on your day-to-day happiness. When a friend who lives less than a mile from you becomes happy, your chance of getting happier increases by **25%**. Various studies and surveys have found **33, 55** and the **70s** to be the happiest age. 30-something birthday scored big because it's a time when people tend to have energy, wisdom, and money all at once. In another study, researchers found that people in their mid-fifties tend to smile the most. And in a third study researchers found that people's happiness is lowest around **44** then starts to build gradually until it peaks in the **70s**. It's an oversimplification to say that every single person can control exactly **40%** of their happiness, but scientists have determined that your happiness level is a result of a complex interaction of genes, behaviours, and life circumstances.