



What Makes People Happy?

Vocabulary:

1. Universal
2. Strive
3. Subjective
4. Well-being
5. Fulfilled
6. Accomplishment
7. Gratitude
8. Physically active
9. Optimistic
10. Outlook

Happiness is a universal goal that most people strive for in their lives. It is often described as a positive emotional state that is characterized by feelings of joy, contentment, and satisfaction. While happiness is subjective and can be influenced by various factors, research has identified several common elements that contribute to people's overall sense of happiness.

One of the most important factors is social connection. Having strong relationships, being part of a community, and experiencing positive interactions with others are all linked to higher levels of happiness. People who feel socially connected have better mental health, experience less stress, and have a greater sense of well-being. This connection can be fostered through various activities such as spending time with loved ones, volunteering, and participating in group activities.

Another key element is engagement in activities that bring a sense of purpose, meaning, and accomplishment. Whether through work, hobbies, or volunteering, engaging in activities that align with one's values and interests can lead to greater happiness. People who have a clear sense of purpose and feel a sense of accomplishment from their activities are more likely to feel fulfilled and satisfied with their lives.

Practicing gratitude is another factor that contributes to happiness. Gratitude is the act of recognizing and appreciating the positive aspects of one's life. When people focus on the good in their lives, they are more likely to experience positive emotions and feel happier overall. This can be done through simple practices such as keeping a gratitude journal or expressing gratitude to others.

Being physically active is also linked to greater happiness. Exercise has been shown to improve mood, reduce stress, and increase overall well-being. It also provides an opportunity to connect with others, whether through group fitness classes or team sports.

Finally, having a positive outlook on life can contribute to happiness. People who are optimistic and have a positive attitude are more likely to experience positive emotions and feel happier overall. This doesn't mean that people should ignore negative experiences or emotions, but rather focus on the positive aspects of their lives and look for opportunities to grow and learn from challenges.

Comprehension questions:

1. What is happiness?
2. How does social connection contribute to happiness?
3. What is gratitude and how does it contribute to happiness?
4. How does exercise contribute to happiness?
5. Why is having a positive outlook on life important for happiness?

Discussion questions:

1. What makes you happy? Do you practice the five factors mentioned in the passage? If yes, please explain.
2. In your opinion, is happiness a choice or a result of circumstances?
3. How do cultural differences influence the pursuit of happiness?
4. Can happiness be sustained, or is it temporary?
5. How does age influence happiness?
6. Can money buy happiness? Why or why not?
7. What are some practical ways to increase happiness in one's life?
8. How does social media affect happiness?
9. Can happiness be measured? If so, how?
10. In what ways can people find purpose and meaning in their lives, and how does this relate to happiness?