

A PRESCRIPTION FOR HAPPINESS

“Happiness is an inside job.”

Speaking

1. What affects happiness most, money, health or love?
2. What age are people happiest?
3. Should you smile when you are unhappy?
4. Why do we feel happier in some places than others?
5. How long does a hug usually last?



1. Understand the statistics.

Genetics determine about 50% of your happiness level. 10% comes from external factors like health and money. The rest depends on you. If you weren't born happy, work harder at it.

2. Don't think about your age.

Worrying about how old you are getting will make you sad. Happy people don't care about how appropriate something is for their age. If you want to wear **pigtails**, go for it. Most people get happier after the age of 50.



pigtails

3. Smile even if you're pretending.

Health experts say that smiling liberates natural pain-killers. These may help you fight off colds and flus. A false smile is better than no smile.

4. Surround yourself with beauty.

Happiness is mainly an inside job. However, a beautifully decorated room or office can improve your mood. Beautify the room you spend most of your time in. Stay organized.

5. Hug for at least 6 seconds.

A **hug** with a close friend or family member should last at least 6 seconds. Studies show that children who are hugged a lot become happier adults.



hug

6. Keep a daily to-do list.

Reaching objectives and finishing our work on time increase our sense of well-being. Make a new list each day, and always plan something to look forward to.

7. Count the positive things.

Even on bad days, you have to be grateful. Experts recommend keeping a gratitude journal. For best results, count the positive things in your life before you go to sleep.

BONUS TIP: Always end your day or activity on a happy note. This is the part you will remember and share with the world.

READING COMPREHENSION

True or False. Read the statements below. If the statement is true based on the reading, write T beside the sentence. If it is false, write F. If it is false, correct the information.

1. A quick hug is better than a long hug.
2. We control less than 50% of our happiness.
3. Deadlines make us sad.
4. A smile should last at least six seconds.
5. A gratitude journal is a way to control the good things in your life.

KEY

1. False. A hug should last at least six seconds. 2. True. 3. False. A sense of accomplishment from a deadline can make us happy. 4. False. The reading says a hug should last at least six seconds. 5. True.