

How Does Being Happy Affect Our Health

ARTICLE

What is happiness? And what makes people happy?

Experts have recently got together to find out what makes people happy and have gotten astonishing results.

While money does play an important role for many, once they have enough to support their lifestyle they focus on other values. In a lot of cases, family and friends are more important. Most people also need quality and functional time to find happiness.

Studies have also found that there's an interrelation between health and happiness. Generally, good health. Their immune system and body condition are stronger and they are not as stressed as the other people. In addition, happier people may be able to live longer and enjoy their life. Study shows that those who laugh often have a good sense of humour and are often in a good mood.

They seem to be the happiest in the world. And did you know that your happiness could influence the happiness of others?

Life is too short to be wasted by something unimportant. So smile and be happy!

Share your happiness to other people around you 😊



VOCABULARY

Astonishing. extremely surprising or impressive; amazing.

Happiness. the state of being happy.

Stress. pressure or tension exerted on a material object.

Influence. the capacity to have an effect on the character, development, or behaviour of someone or something, or the effect itself.

Mood. a temporary state of mind or feeling.



QUESTIONS

1. What is happiness?
2. Are you a sensitive person?
3. When are emotions a problem?
4. What makes you feel very good?
5. Are you generally a positive person or a negative person?
6. Does money play an important role in life? Why or why not?
7. Do you agree that happiness could influence the happiness of others? Why or Why not?
8. What is your understanding about those who laugh often have a good sense of humour and are often in a good mood? Give examples.

