

Half - Empty or Half - Full?



Do you want to be happy? Of course, you do! It is natural to want to be happy. However, it can be difficult to find happiness because we do not know what it is. Do we become happy because we have many of the best things or because we are successful in our study or our work? Our clip today looks at one thing that we know changes our chances of being happy; the way we think.

If we think that we have many friends and feel connected to the society we live in, there is more chance that we will be happy and have a longer life. A feeling of good social connection actually changes our bodies so that we can have a longer life. If we want to be happier for longer, we should try to make good connections with other people.

Being optimistic or pessimistic, positive or negative in our thinking, can also affect our happiness. Research has shown that if we think positively, we can be happier and live healthier and longer lives. If we think negatively, then we are more likely to be unhappy and become sick. Even if you do not feel positive, you should try to be optimistic, so that you can be happy!

1. What are some things you do to make you happy?