

Happiness varies greatly from person to person

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Happiness is something we all strive for in life. However, what constitutes happiness varies greatly from person to person. A new study into the state of being happy shows that our contentment depends on the interaction of a

wide variety of factors. Emorie Beck, assistant professor of psychology at the University of California, led an investigation into what makes us happy. Understanding this could help mental health professionals to provide better treatments for people struggling with depression and anxiety. Professor Beck wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in the journal "Nature Human Behaviour".

Professor Beck suggested that happiness can come from external circumstances (like income, job satisfaction, and possessions) or internal feelings. Beck wrote about three models of happiness. The first is the "bottom-up" frame of mind. This is based on our overall satisfaction with factors like wealth, jobs and relationships. This framework is the one used for the World Happiness Report. The second model is a "top-down" perspective. This suggests happiness comes from internal attitudes towards life. People can control this through things like meditation or therapy. The final model is a bidirectional one. This is where the bottom-up and top-down models interact to create happiness.

Sources:
neurosciencenews.com / phys.org / nationalgeographic.com

Writing

Money can buy happiness. Discuss.

Chat

Talk about these words from the article.

happiness / study / contentment / variety / psychology / investigation / depression / income / job satisfaction / possessions / frame of mind / meditation / therapy / life

True / False

- 1) The article says happiness can cause us strife in our lives. T / F
- 2) There are very few factors that make us happy or unhappy. T / F
- 3) Knowing what makes us happy can help with treatments for anxiety. T / F
- 4) The study on happiness is now published in a journal. T / F
- 5) A professor said money cannot make us happy. T / F
- 6) The professor said there are two models of happiness. T / F
- 7) The World Happiness Report uses a bottom-up model of happiness. T / F
- 8) A top-down model of happiness can involve meditation. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-------------------------|-------------------|
| 1. strive for | a. happiness |
| 2. varies | b. mood |
| 3. contentment | c. successful |
| 4. treatments | d. points of view |
| 5. effective | e. factors |
| 6. circumstances | f. aspire to |
| 7. frame of mind | g. general |
| 8. overall | h. differs |
| 9. attitudes | i. link |
| 10. interact | j. therapies |

Discussion – Student A

- a) How happy are you?
- b) What affects your levels of happiness?
- c) How much do you strive to be happy?
- d) What constitutes happiness for you?
- e) When are the happiest years of our life?
- f) What can we do to help people with depression?
- g) Have you ever suffered from anxiety?
- h) Can money buy happiness?

Phrase Match

1. Happiness is something we all strive
 2. contentment depends on the interaction of
 3. people struggling with depression
 4. build effective
 5. Her study has been published
 6. happiness can come from external
 7. Beck wrote about three models
 8. the "bottom-up" frame
 9. attitudes
 10. control this through things like meditation
- a. a wide variety of factors
 - b. or therapy
 - c. of happiness
 - d. in the journal
 - e. towards life
 - f. and anxiety
 - g. of mind
 - h. for in life
 - i. interventions
 - j. circumstances

Discussion – Student B

- a) What do you think about what you read?
- b) How happy are you with your job?
- c) To what degree do your possessions make you happy?
- d) How can meditation affect your happiness?
- e) How happy would your friends say you are?
- f) Should all governments have a department of happiness?
- g) What would make you happier in life?
- h) What questions would you like to ask the researchers?

Spelling

1. something we all svirte for in life
2. what sotctueinst happiness
3. assistant professor of yphsology
4. depression and nyiaetx
5. build effective esntinvoirnte
6. Her study has been published in the nloaruj
7. external uccmirtsanesc
8. job satisfaction and sossesopins
9. based on our laelrov satisfaction
10. a "top-down" petscpeirev
11. things like mdteaiiton or therapy
12. The final model is a ocliindbtiera one

Answers – Synonym Match

1. f	2. h	3. a	4. j	5. c
6. e	7. b	8. g	9. d	10. i

Comprehension Questions

Listen to / read the news article. Answer these questions.
(Answers are on p. 27 of the 27-page PDF.)

1.	What does the article say we strive for in life?
2.	What did the study say our contentment depends on?
3.	What kind of professionals could the study help?
4.	What could the study lead to better treatments in besides depression?
5.	What's the name of the journal in which the research is published?
6.	What external circumstance was there besides income and possessions?
7.	What was the first model of happiness to be mentioned?
8.	What is the first-mentioned model used for?
9.	What can people do to control their internal attitudes?
10.	What does a bidirectional model of happiness allow other models to do?

Speaking – Happy Things

Rank these with your partner. Put the things that make you most happy at the top. Change partners often and share your rankings.

- Friends
- Clothes
- Social media
- Good food
- Watching sport
- Reading a book
- Sleeping
- Shopping

Answers – True False

1 F	2 F	3 T	4 T	5 F	6 F	7 T	8 T
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Answers to Phrase Match and Spelling are in the text.