

*Write summary from this text. Get the main point and deliver them with your own words. Good Luck.*

Serving others can help make people happier in any situation. When people are feeling stressed or unhappy, it is often because they are focused on their problems and worries. Focusing on our own problems and worries makes us feel more stressed about them. When we focus on helping other people with their problems, we feel happier because we are not focused on ourselves. Helping others also helps in the other areas of building happiness: it strengthens our relationships with others and it helps us feel more gratitude. When we serve others, we can become good friends with the people we help because they see how much we care about them. We feel more gratitude because we see the problems other people face and we realize that we are not the only ones who struggle with certain problems. Serving others is an essential key to living a happier life.