

This mark will
be given to
you later by
your teacher!!

Business

Measuring Happiness

The best things in life are free

Money helps people meet their basic needs for food, clothing, shelter, and health. More money can help people get more of the pleasures that make life less hard (like dishwashers) and more fun (like vacations). Beyond that, money doesn't tend to make people any happier. Sometimes we need more time, not more money. After all, you can't put a price on a hug from a friend or a glorious sunset.

Can happiness be measured...

...and if so, how?

Measuring HAPPINESS

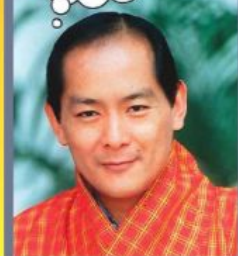
The government's job is to keep people safe and happy. Are things improving? To find out start with these...

- ☺ GDP is the amount of goods a country produces. GDP per person is sometimes used as a measure of well-being.
- ☺ STANDARD OF LIVING tells you the amount of goods and services people in a country are using.
- ☺ GENUINE PROGRESS INDICATOR is based on GDP but also considers welfare (e.g., health and crime rate).
- ☺ HUMAN DEVELOPEMENT INDEX looks at GDP, life expectancy, literacy, education, and standard of living.

Kingdom of happiness

In 1972, the King of Bhutan—a tiny Himalayan country between China and India—came up with Gross National Happiness (GNH). Rather than pursue economic growth, he said Bhutan's policies should aim to be economically fair, culturally suitable, safe for the environment, and lead to better government.

Happiness matters
more than money
so let's measure
GNH, not GDP.



Match the way the government can get money to its consequence.

GDP

amount of goods and services
people are using

Standard of living

looks at GDP, life expectancy, literacy,
education, and standard of living.

Genuine Progress
Indicator

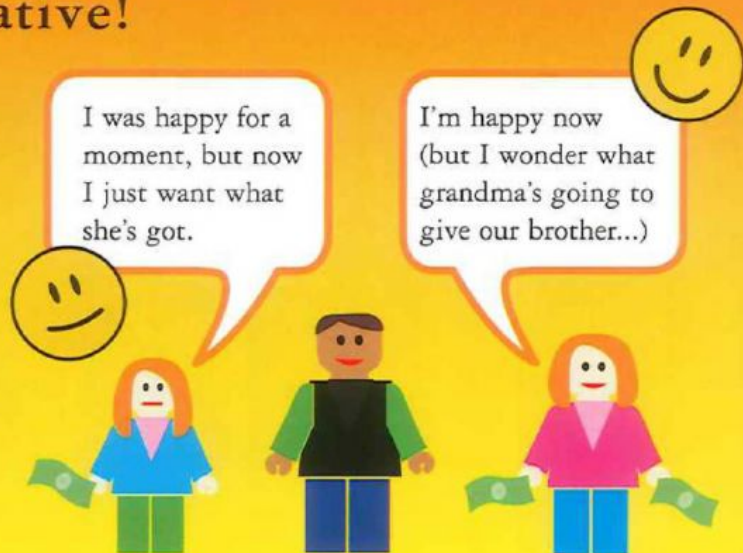
amount of goods a country
produces

Human Development
Index

based on GDP but considers
welfare

Happiness is relative!

If your grandma gave you \$100 you'd be happy. But if you then found out she had given your sister \$200 you would be annoyed. Why? You're still \$100 richer! Yes, but happiness is relative. People always compare what *they* have to what *other* people have. So if you want to feel rich, either don't ask, or choose poor friends!



A treat once in a while will make you *happier* than *a treat every day.*

HOW TO BE HAPPIER

You don't need to do anything complicated to feel happier. Try these simple rules:

-  Eat healthier food. You'll have more energy and feel happier.
-  Buy less stuff. Buying isn't satisfying; it leads to more buying!
-  Treat yourself, but not too often or it won't feel like a treat.
-  Do more sports. You'll sleep better, too.
-  Spend more time outdoors and in nature.
-  Watch less TV. Choose what you're going to watch.
-  Spend more time with people you like.
-  Think happy thoughts and make yourself smile.
-  Challenge yourself. You don't have to win.
-  Help out. Do something kind for someone else.
-  Laugh! The effects last for a long time.

**In your own words - what do
you remember?**

click here

