HOW CAN MONEY MAKE US HAPPY?

When you're feeling down, what do you do to make yourself feel happier? A lot of people buy things to cheer themselves up. But can spending money on something like a shiny new watch or an expensive pair of sunglasses really make you feel more joy? Research shows that it can. But it depends on who you buy these things for.

In a recent study, researchers asked about 600 people three questions: How much money do you earn? How do you spend that money? And how happy are you? The researchers found that higher salaries affected people's happiness a little bit, but the effect was not significant. However, people who spent some of their money on others rated their happiness much higher than people who spent money only on themselves.

Another recent study focused on a group of 16 employees. They were each about to receive a bonus of between $3,000 and $8,000. First, the employees rated their own happiness before they got the bonus. Then they rated their happiness again six to eight weeks afterward. One group was definitely happier. Whose happiness increased the most? The people who received $8,000 were not any happier than those who got $3,000. Instead, the people who spent their bonus money on others reported the biggest increase in happiness.

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In a third study, researchers gave a group of people a small amount of money. Some of the people received $20 and others got $5. They had to spend all of the money by 5 P.M. that evening. They could spend it on themselves or they could spend it on someone else. Again, researchers found that people who spent the money on others were happier than those who bought things for themselves. They also found that the amount of money did not matter. Those who got $20 were not any happier than those who got $5.



The next time you're feeling sad, donate to charity or spend a little money on a friend or family member. You don't have to spend a lot of money. Take a friend out for a cup of coffee, invite someone to a concert, or buy someone flowers. Offer to pay the bill when you eat out with your friends. Consider being more generous on a daily basis. But be careful—don't spend all of your money on other people. Having no money can affect your happiness, too.

1. BASED ON THE READING TASK **MATCH** THE SENTENCE HALVES TO MAKE **TRUE SENTENCES** ABOUT THE ARTICLE.

LIVEWORKSHEETS

When some people are sad	not happier than people who got less money.
Researchers asked about 600 people	a little happier than people who have small salaries.
People who make a lot of money are	you can take a friend out for a meal.
Researchers studied 16 people	they buy things to make themselves happier.
People who received bigger bonuses were	who spent their bonuses on other people.
The happiest employees were the ones	about their salaries, how they spent money, and how happy they were.
In another study, people got a few dollars	to spend on themselves or someone else.
If you want to increase your happiness	who were going to get bonuses at work.

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