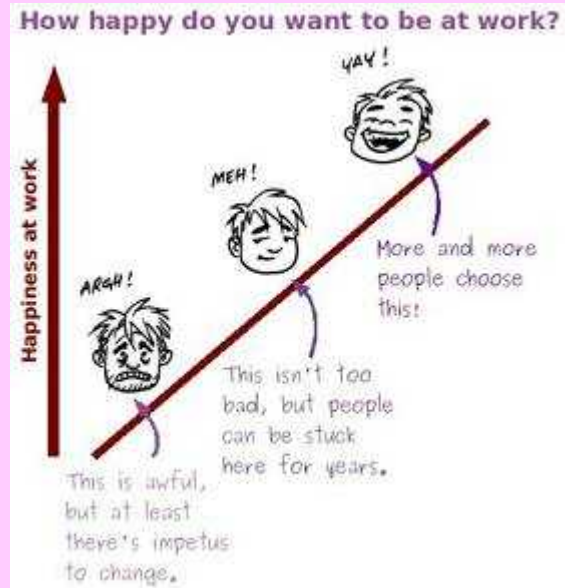


## JOY 02

# Life Benefits of Happiness-Being Happy Feels Good and Is Good For You

**Happiness brings us highly desirable life benefits, such as better health, longer life, successful relationships, and more.**



## Success in Work

- **Happier people are more satisfied with their jobs than less happy people. It is clear that more happiness causes higher job productivity.**
- **We need to work to be happy.**

## Better Health

- **Happy people are more likely to have stronger immune systems, researchers find.**
- **Happy people endure pain better than unhappy people**

## Longer Life

- **Optimists (a characteristic of happy people) live longer than pessimists.**

## **S**uccessful Relationships

- **Happy students had a rich and fulfilling social life.**
- **A few stronger predictions of happiness – better nurturing, equitable, intimate, lifelong companionships.**
- **Genuine smilers were more likely to be married, to stay married, and to experience more personal well being.**

## **B**etter Mental Health

- **Studies indicate happier people have less depression, less suicide, and less paranoia than unhappy people, as well as greater self control and coping skills.**