

Happiness Report Card

Fall 2021

Loneliness
Trust in Neighbors
Belonging to Community

What 2021 Data Tells Us For the Holidays

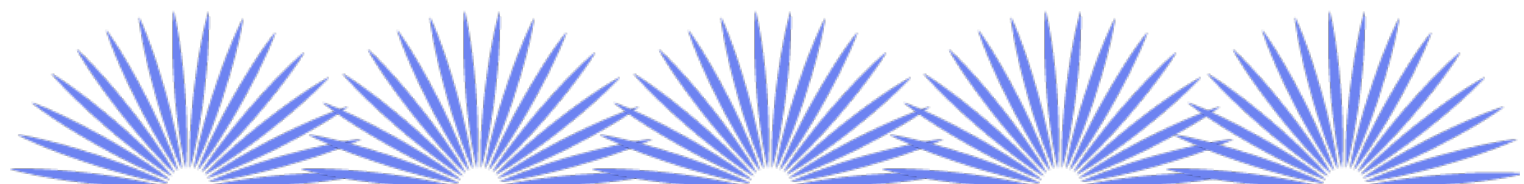
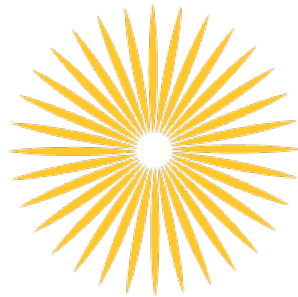
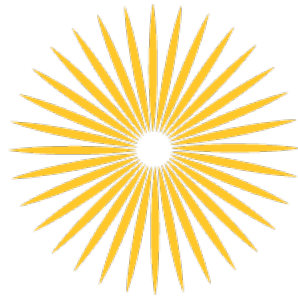
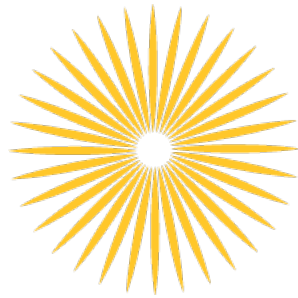



Happiness
Alliance

The Happiness Alliance

Our Mission

is to contribute to the transformation of economies and societies so that the happiness of people, the wellbeing of communities and the sustainability of ecosystems is the primary aim of governance, enterprise and people.



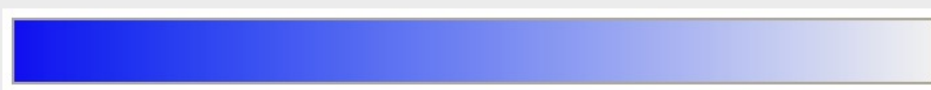
The Happiness Report Card Fall 2021
looks at data from a convenience
sampling with the Happiness Index
between January - September 2021,
with about 10,420 surveys taken.



Feeling Lonely



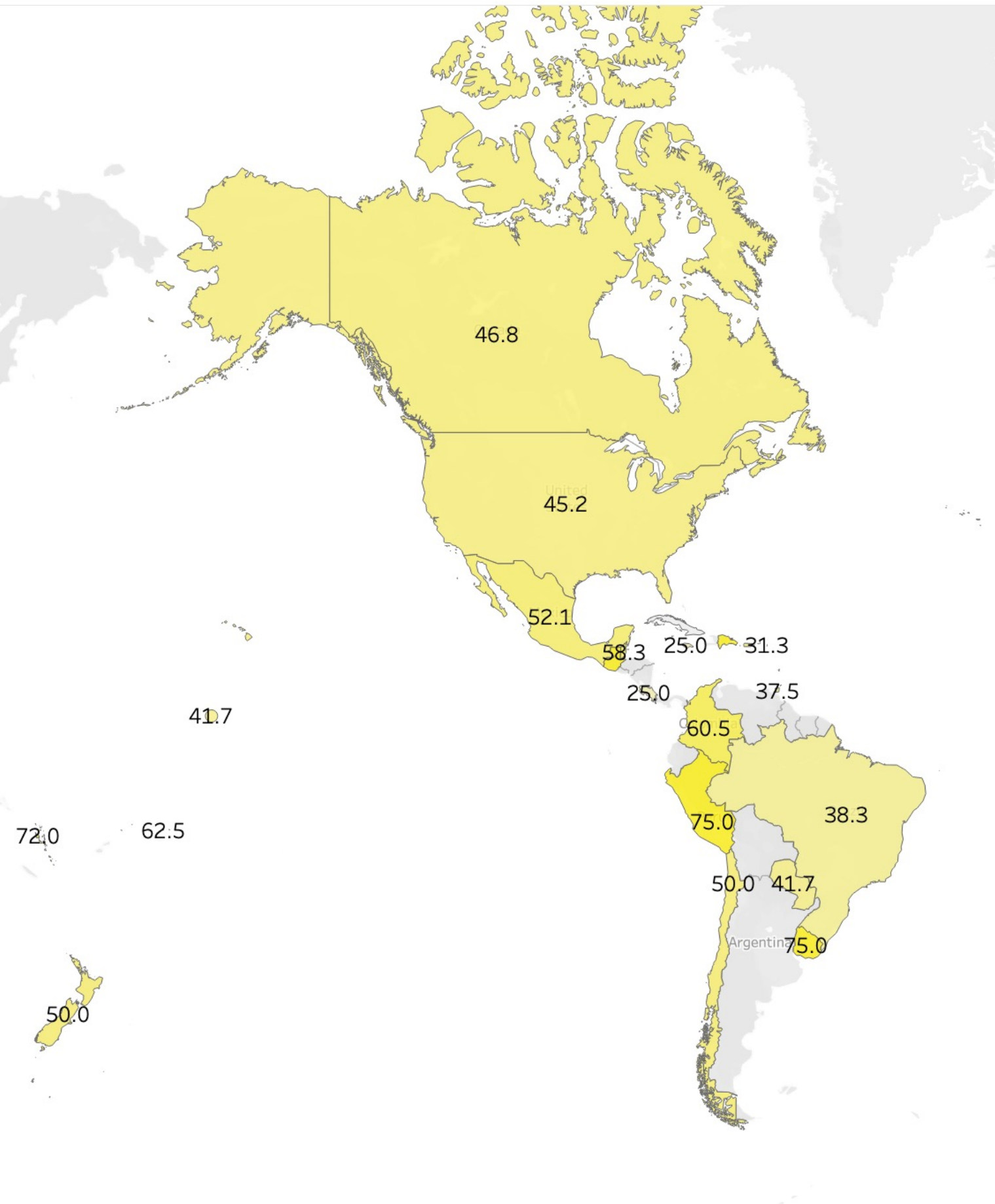
Feeling Lonely



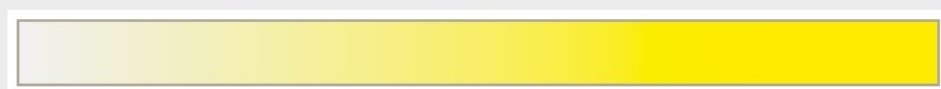
0.0
All the time

100.0
Never or Rarely

Sense of Belonging to Community

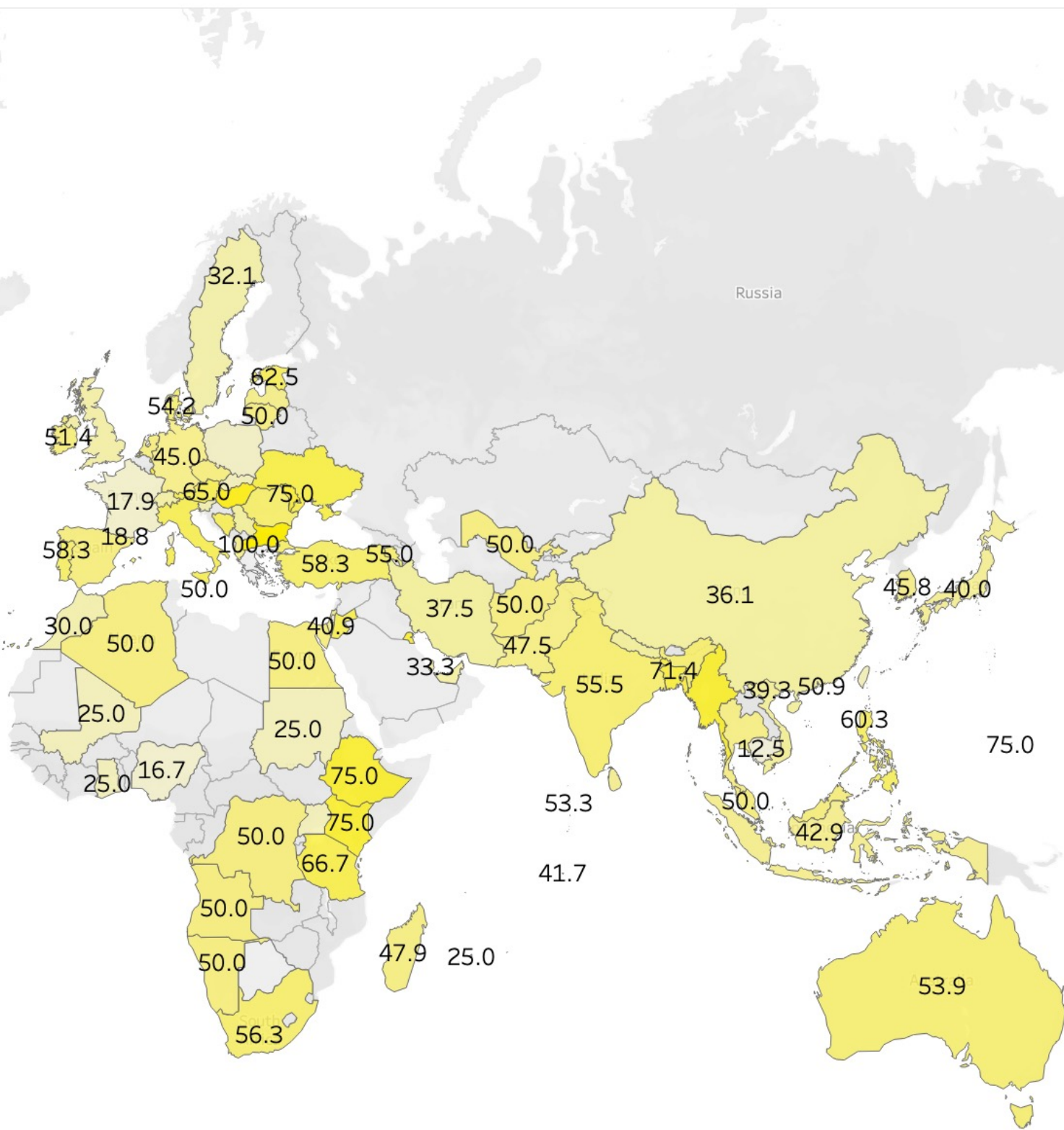


Sense of Belonging to Community



0.0
Not at all

100.0
Very much



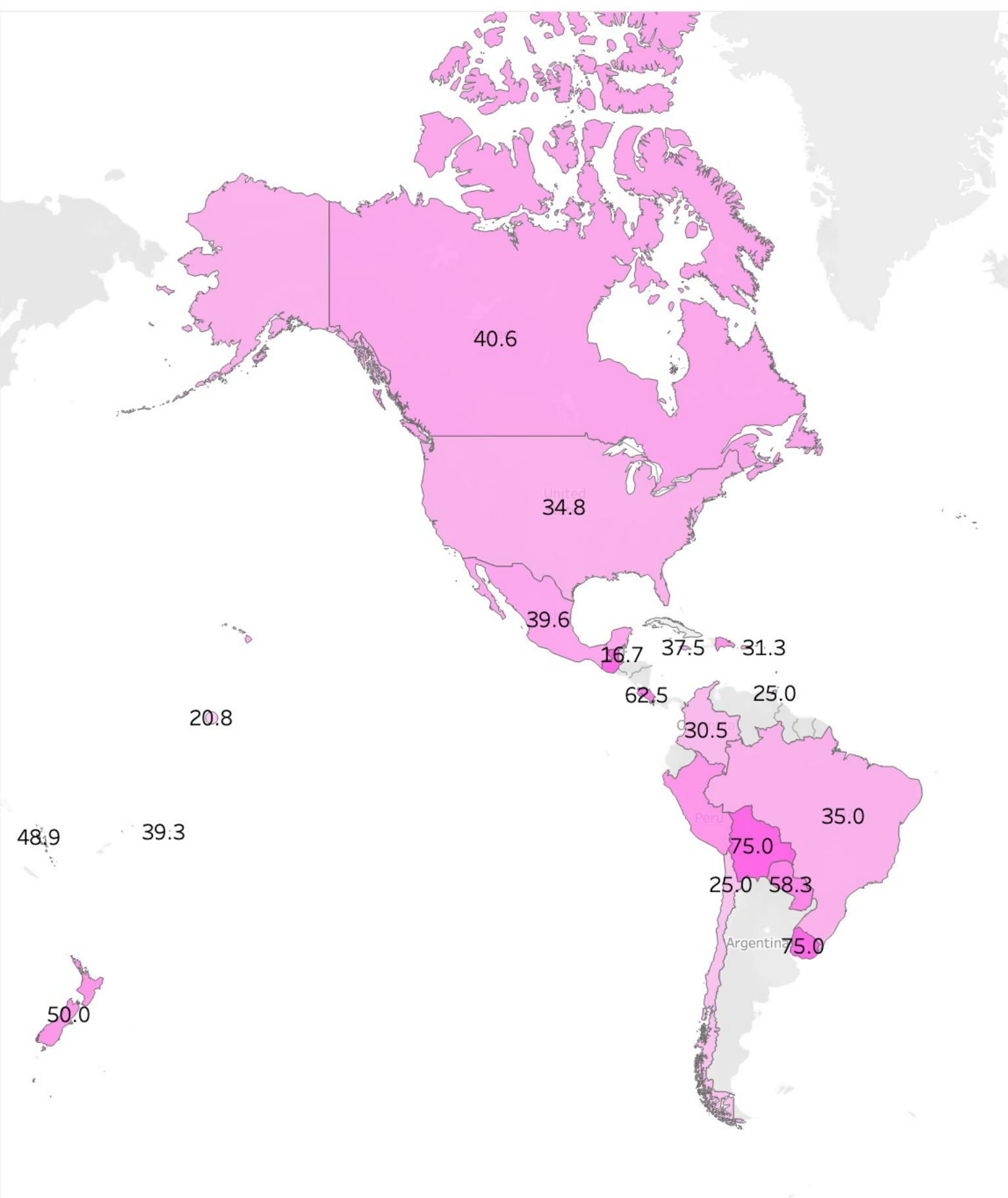
Sense of Belonging to Community



0.0
Not at all

100.0
Very much

Trust in Neighbors



Trust in Neighbors



0.0
Trust none

100.0
Trust all or most

Countries with the most people who contributed to the Happiness Index are:

United States: 3950

Australia: 1198

United Kingdom: 953

Canada: 718


India: 360

Other nations (combined): 3240

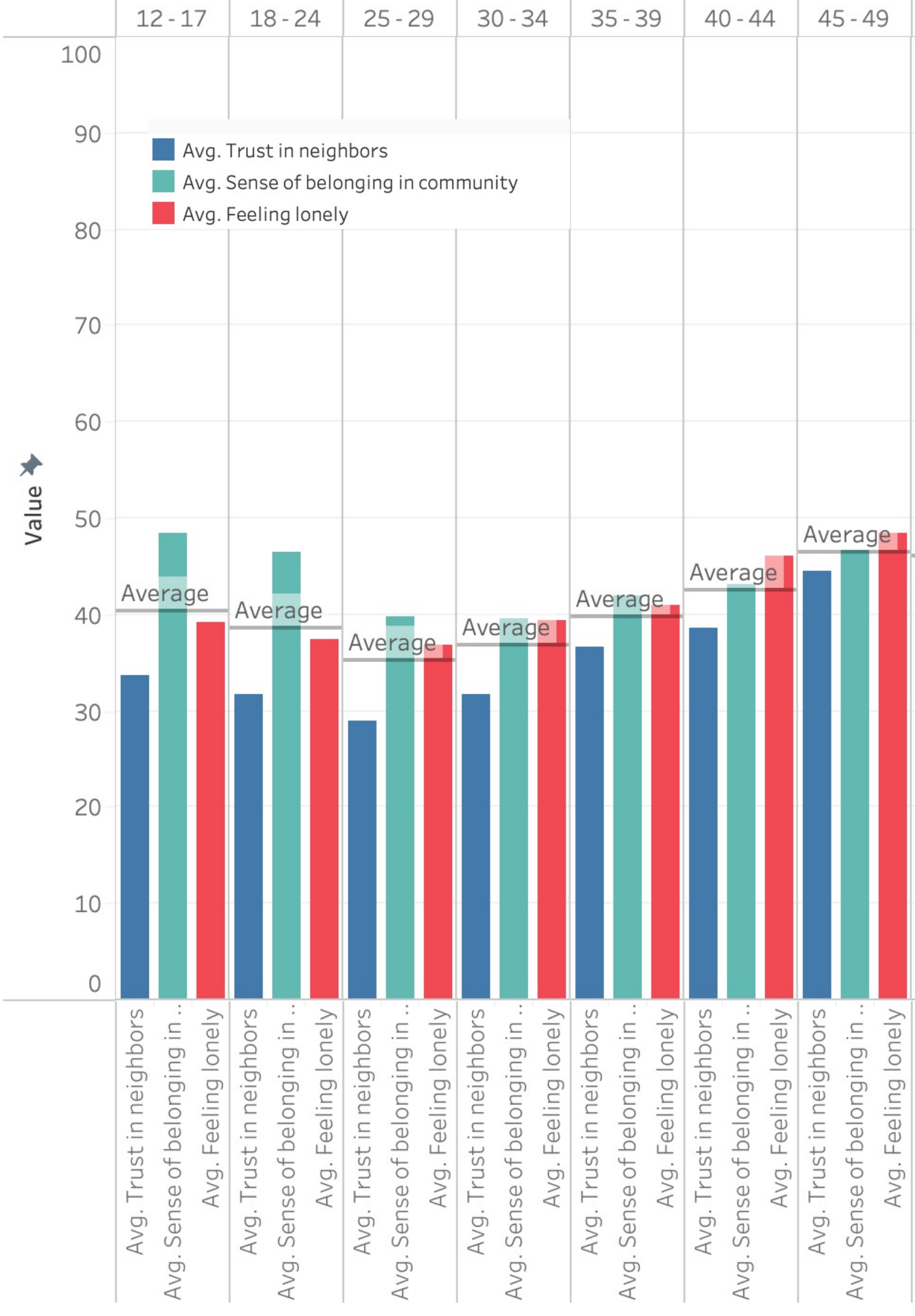
Most other nations contain data from 100 or fewer people.

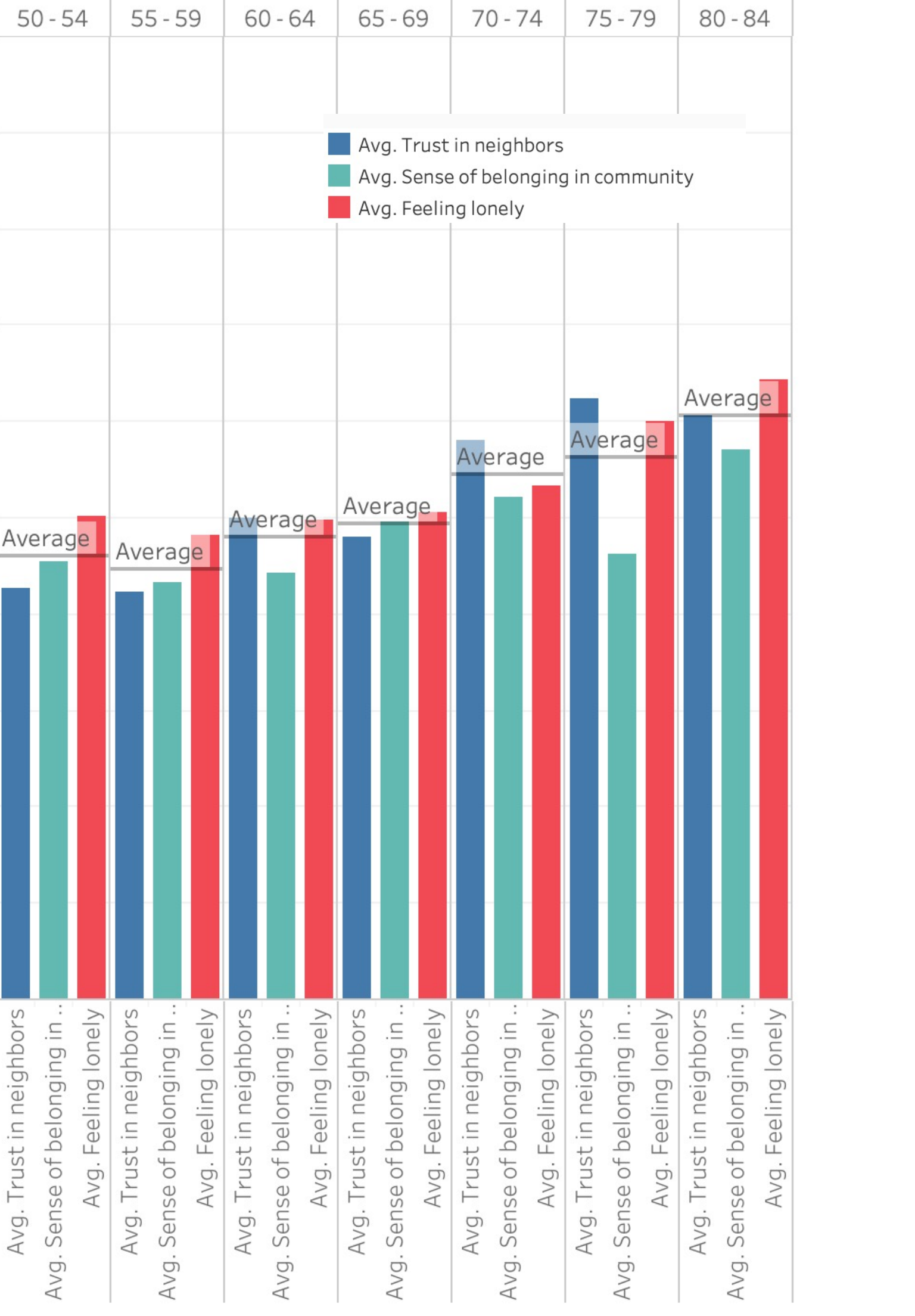
Why include this data?

To spark conversation, encourage participation and inspire action – like taking the [Happiness Index](#).



Overall, where there is data for a larger group of people in a nation, the scores indicate that loneliness, mistrust in neighbors and not feeling a sense of belonging in community is a globally shared problem.





Overall average scores for feeling lonely, trust in neighbors and sense of belonging in community are 12.29% higher for people who are 80-84 than people who are 12-17.





As we age, we tend to get happier.
However, getting older does not
mean you will get happier.
Moreover, you don't have to wait to
get old be happy.



How Often Do You Volunteer?

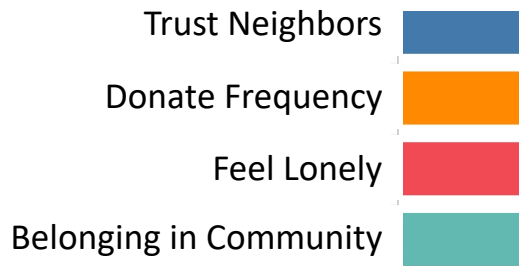
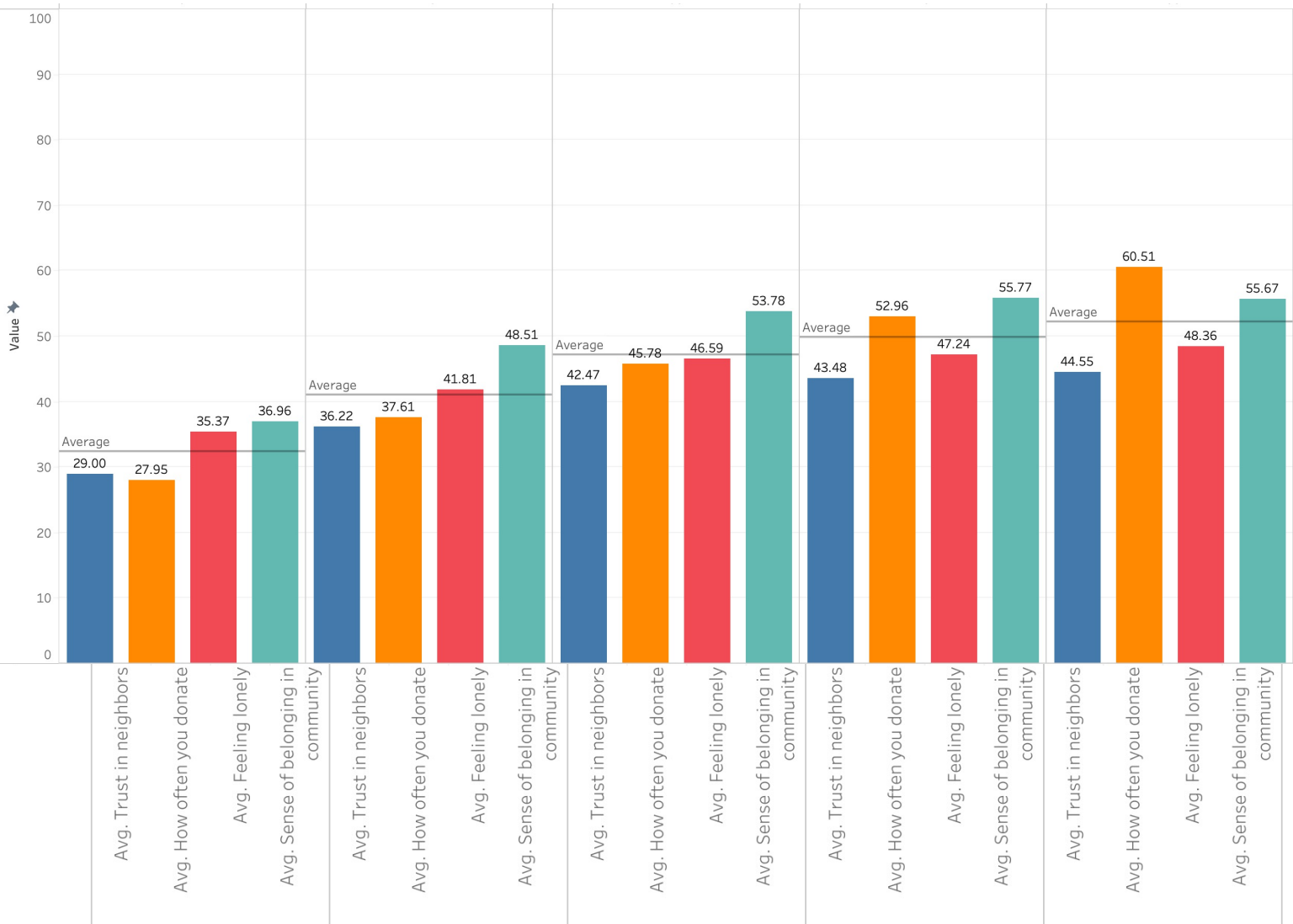
Never

About once a year

About twice a year

Every 3 months or so

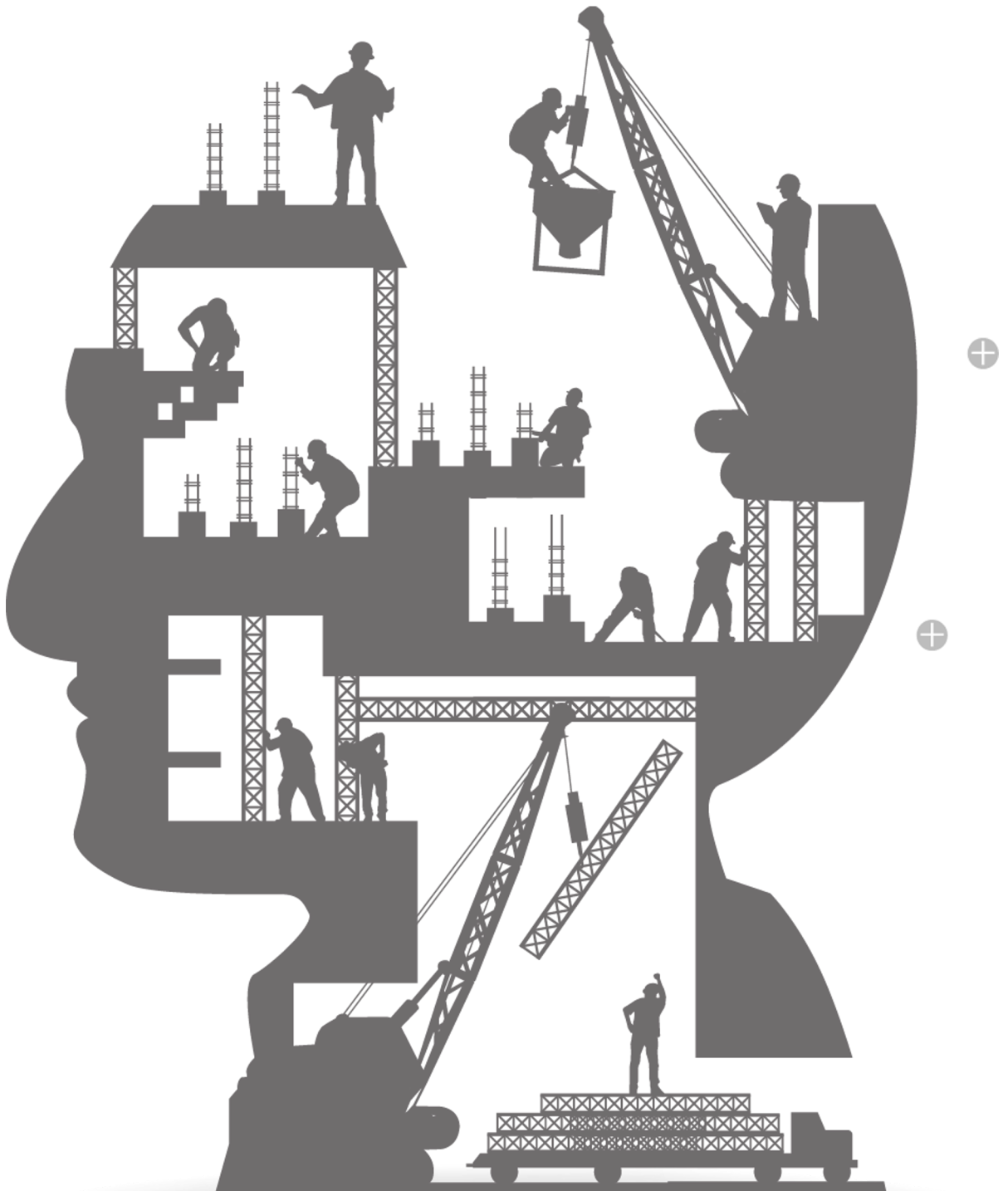
Once a month or more

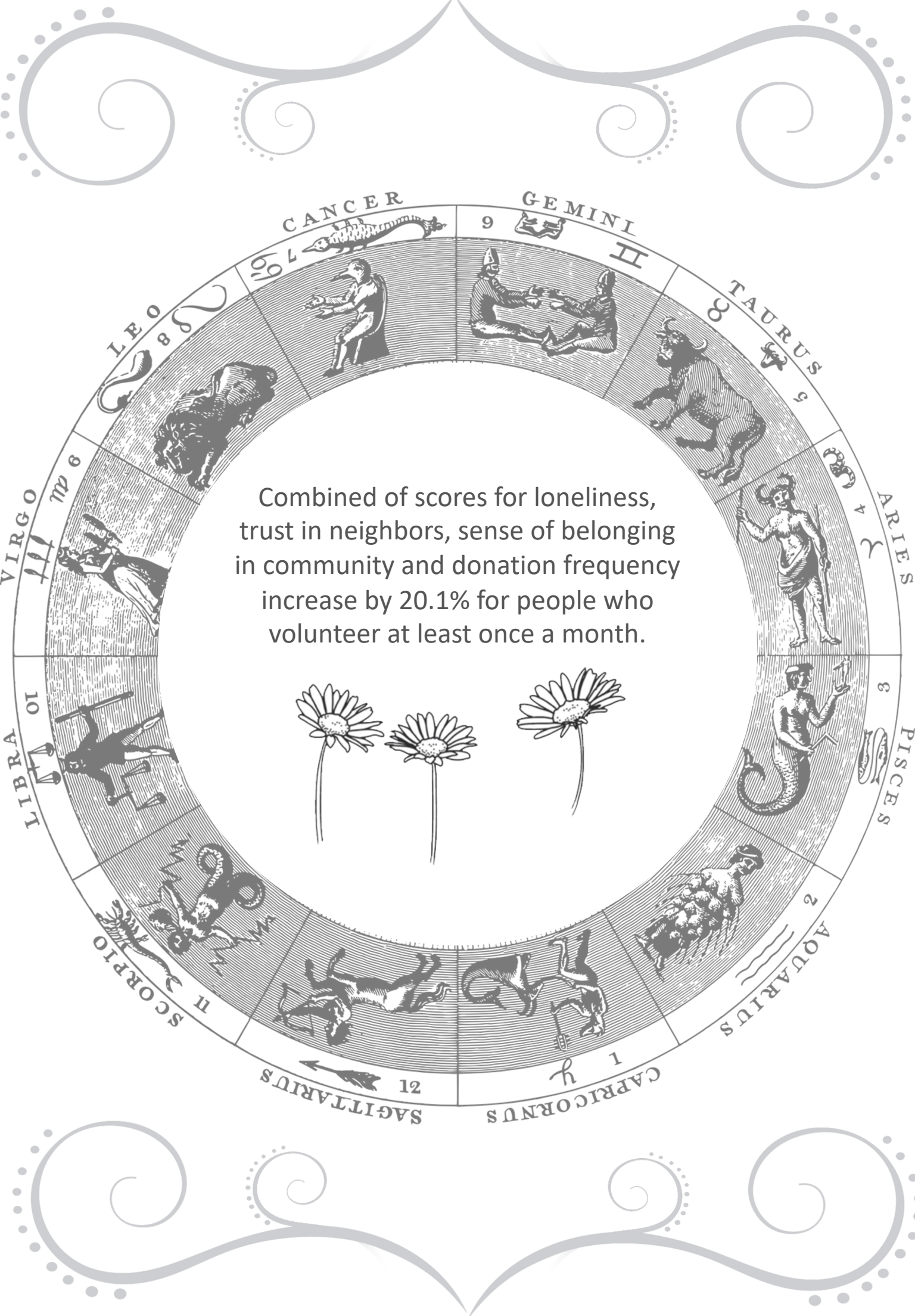


How often do you volunteer?

Never	About once a year	About twice a year	Every 3 months or so	Once a month or more
32.2	41.0	47.6	49.9	52.3

Combined scores for trust in neighbors, donating, loneliness, and sense of belonging in community.





Combined of scores for loneliness, trust in neighbors, sense of belonging in community and donation frequency increase by 20.1% for people who volunteer at least once a month.






Does volunteering make you happier?

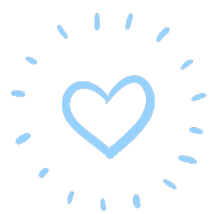
Happiness research says so.*



*Meier, S. & Stutzer, A. (2007). Is volunteering rewarding in itself? *Economica*, 75(297), 39-59. doi: 0.1111/j.1468-0335.2007.00597.x

A person is sitting on the floor, wearing a grey t-shirt and dark shorts. They are looking down at their hands, which are clasped together. The scene is filled with falling confetti in shades of brown, black, and white. The text "What can you do?" is overlaid on the image.

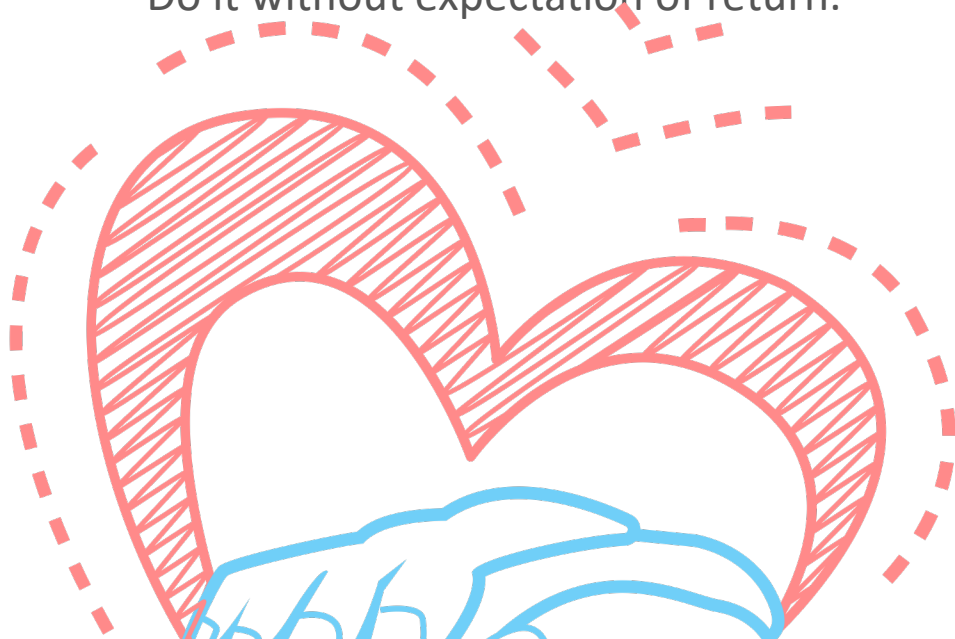
What can you do?




Commit an act of love.


For your loved ones – human or animal,
for your colleague,
for your neighbor.

Do something that conveys that you care.
Do it without expectation of return.





 This holiday season, make a commitment with the people you exchange gifts to give homemade gifts that cost little or nothing.

 Spend the time normally shopping doing something lovely together.

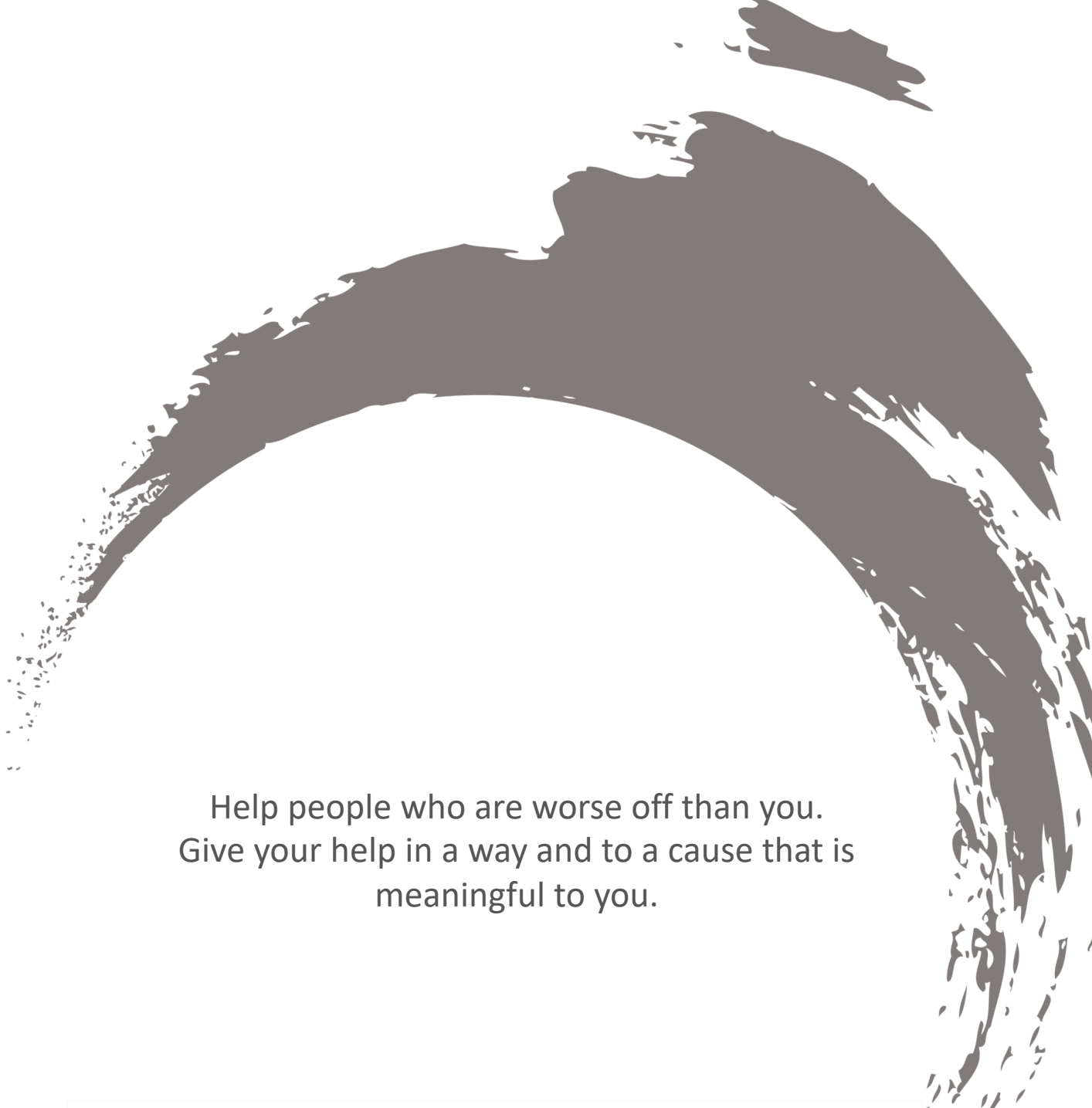
Singing.

Cooking.

Reading a play script.


Telling stories you remember from your ancestors.





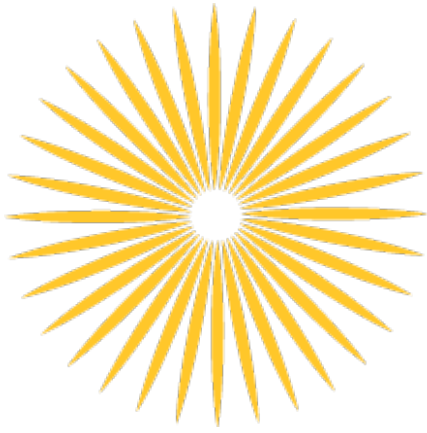
Help people who are worse off than you.
Give your help in a way and to a cause that is
meaningful to you.



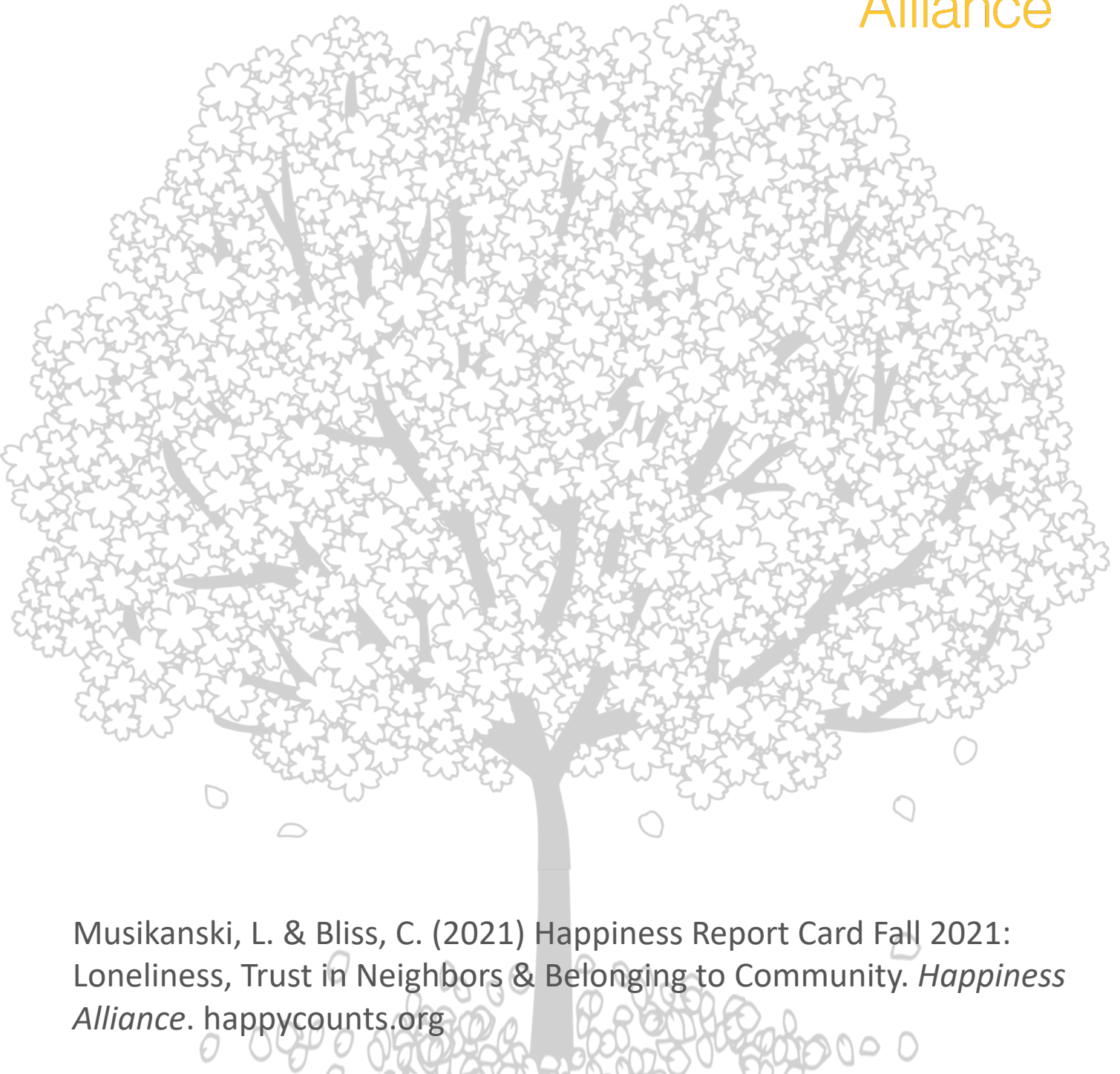
A photograph of a white, spiral staircase viewed from above, looking down into the center. The staircase is composed of many white, curved steps that spiral inward. The lighting is soft and even, highlighting the texture of the concrete or stone steps. The overall composition is circular and symmetrical, creating a strong sense of depth and perspective. The text is centered over the middle of the spiral.

Volunteer for a cause you believe in.

Give your time
to organization,
to your neighborhood,
to your cause,
to your dream.



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Musikanski, L. & Bliss, C. (2021) Happiness Report Card Fall 2021:
Loneliness, Trust in Neighbors & Belonging to Community. *Happiness
Alliance*. happycounts.org