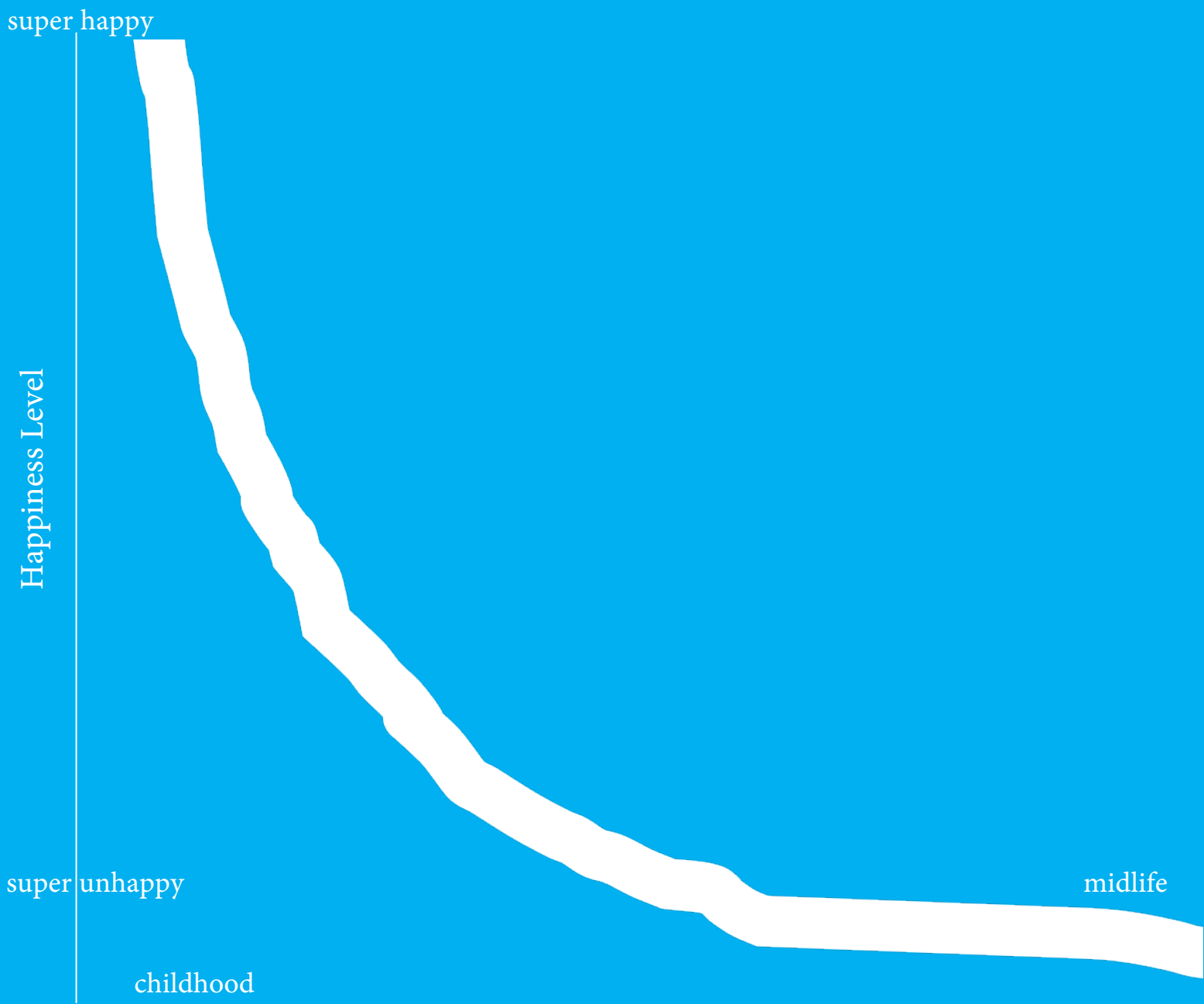
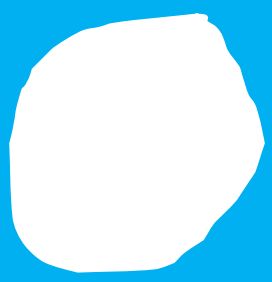


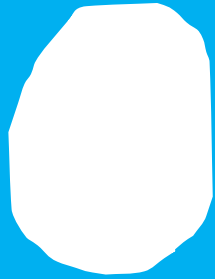


The Summer of 2020 Happiness Report Card For Youth



Happiness is supposed to be in a U-shape: the younger (or older) you are, the happier you are.*





when life can be complicated

old age

But it's not.

At least that is what our data says.

Born to inherit climate change,
income inequality, broken political
systems and now... COVID-19.





The Happiness Index

Satisfaction with Life

Community

Health

Time Balance

Social Support

Psychological Well-being

Environment

Government

Work

The Happiness Index is a measure of well-being that encompasses the dimensions of a good life. 410 youth between 12 -17 and 1030 young adults between 18-34 took the Happiness Index survey between March 1 and July 15, 2020 – the time of COVID-19 entering the US. The data is from a convenience sampling.

The data reflects how those who took the survey feel about where they are hurting and where they are thriving.

A score of 100 for any domain or question would be as happy as you can get. A score of 0 would be as unhappy as you can get.



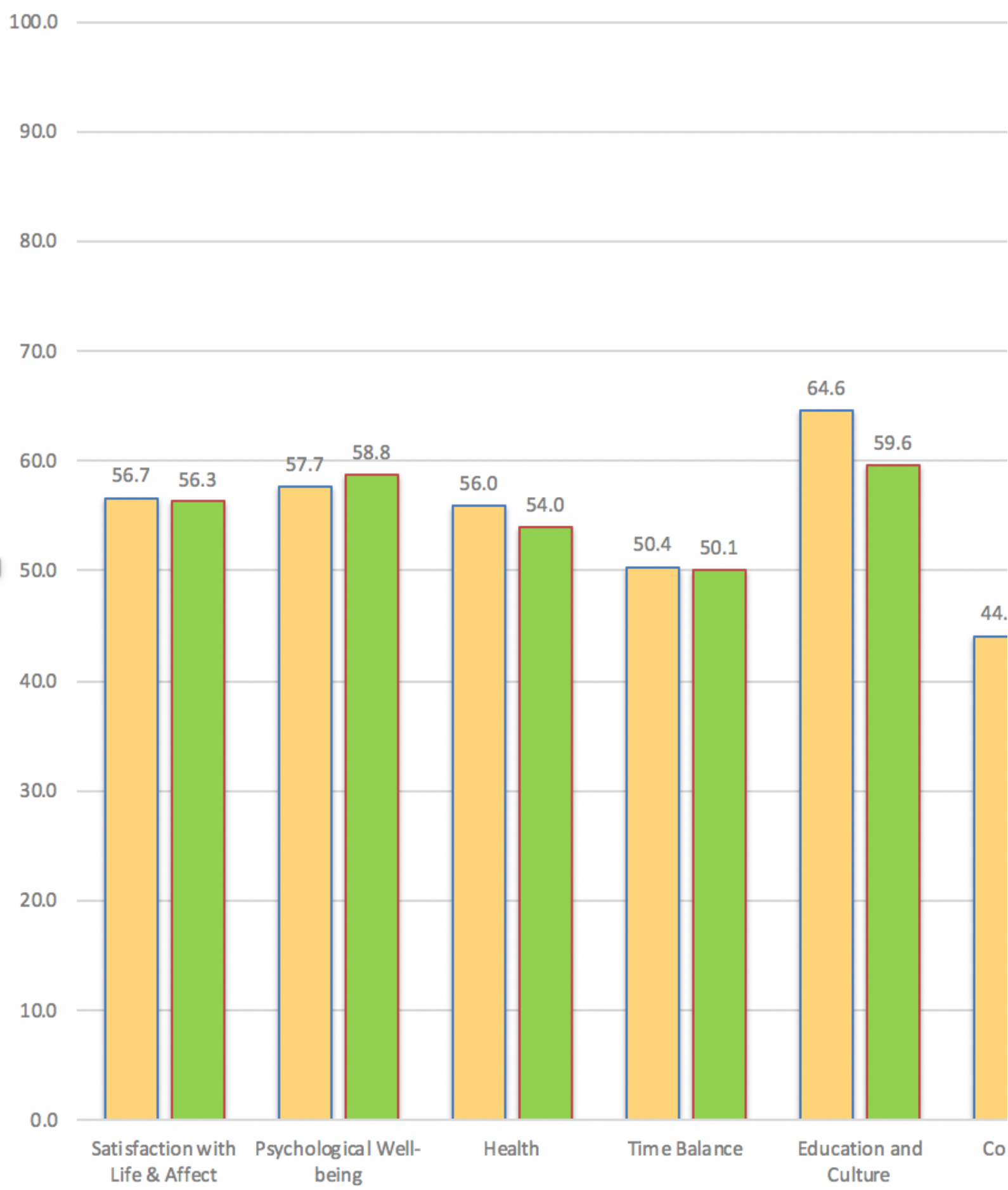


Yellow for Youth (12-17 years of age)



Green for Young Adults (18-34 years of age)

Happiness Scores for 410 Youth (12-17) & 1030 Yo



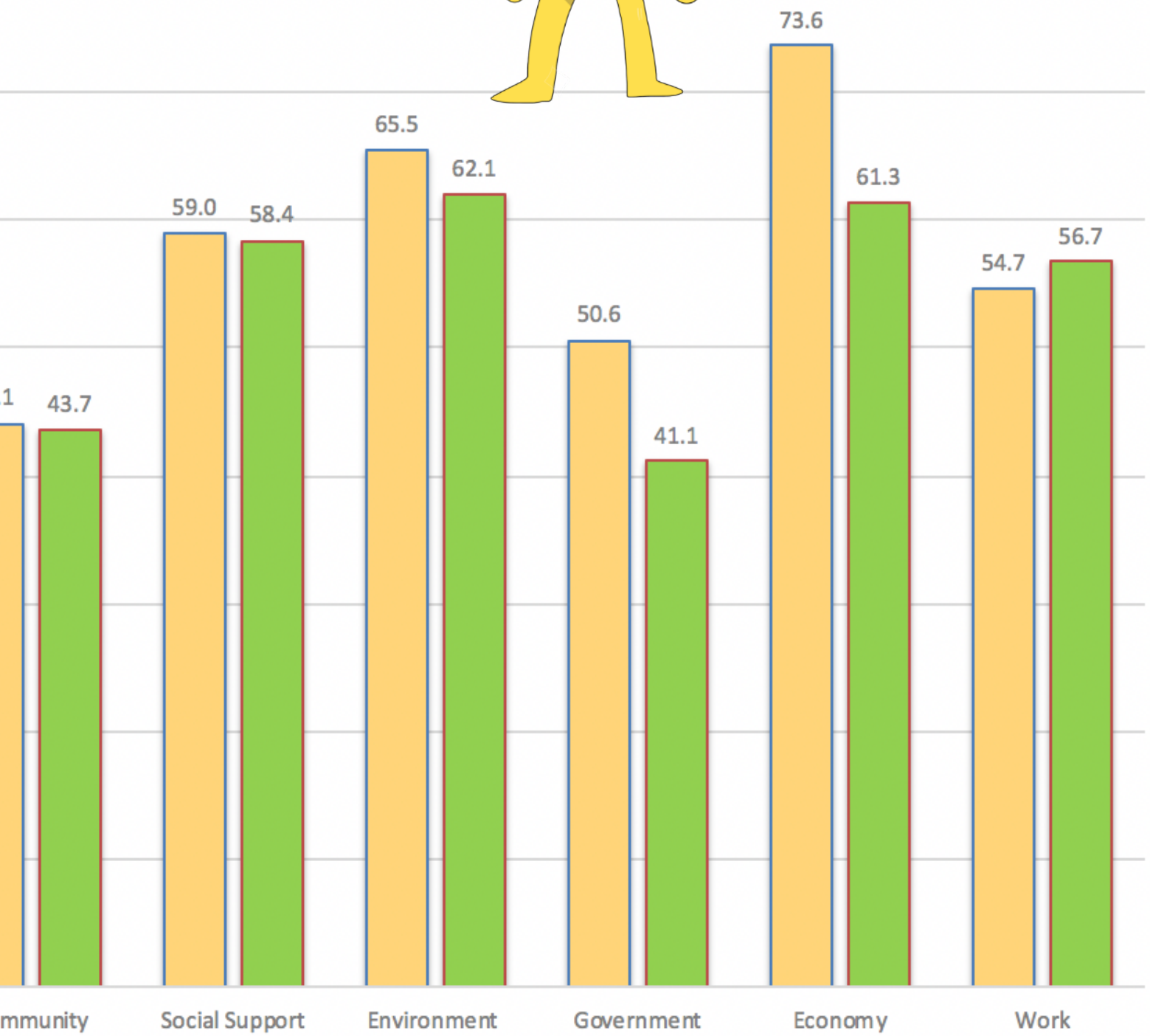
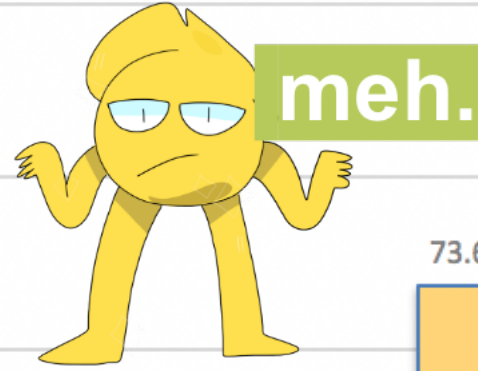
The average of all domains for youth is 57.5 and for young adults is 54.7.

We expect scores to be 70-80 based on the U-shape.

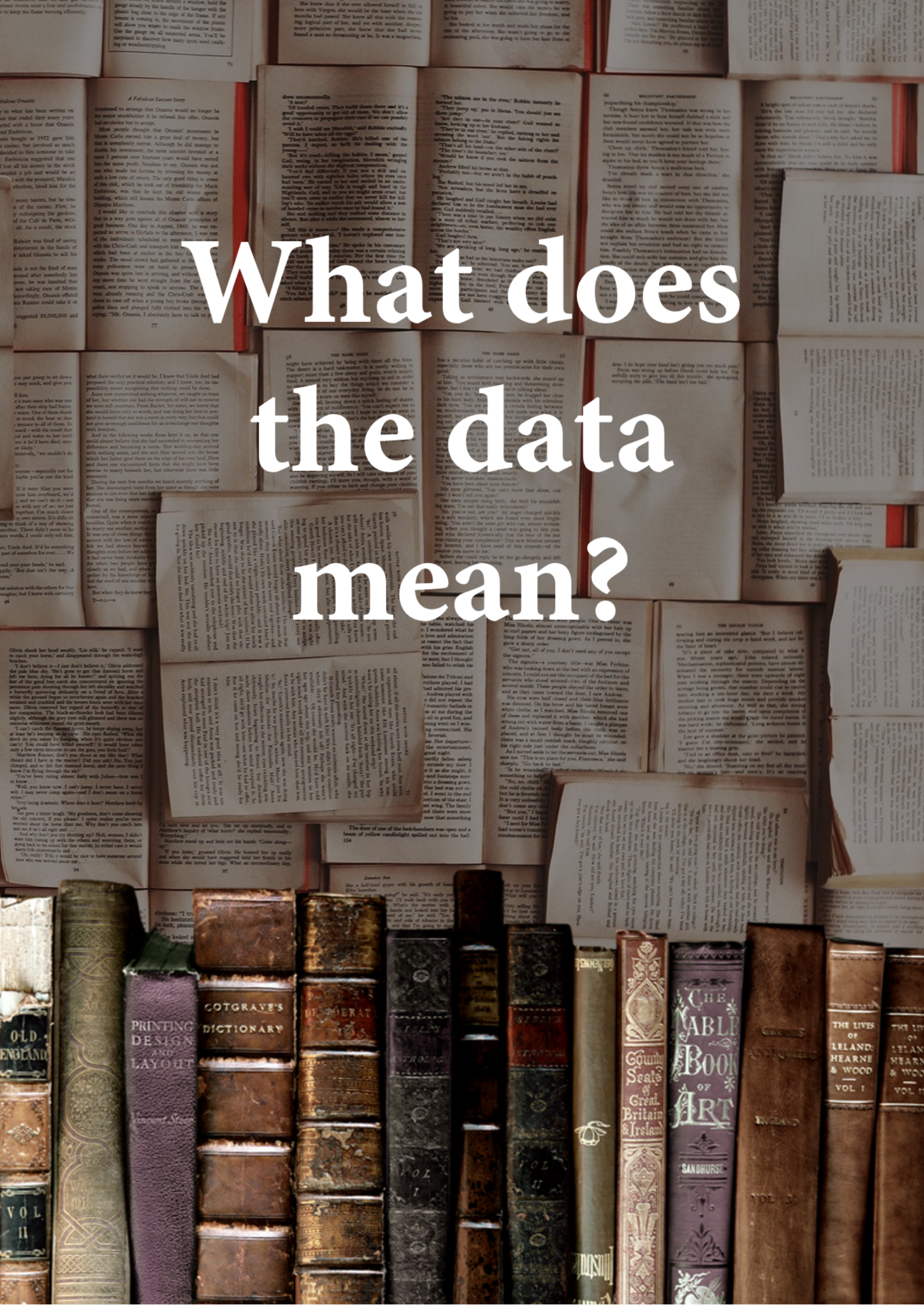
Young Adults (18-34) between March -July 15, 2020



In other words, the answer to whether youth and young people are happy is:



What does the data mean?

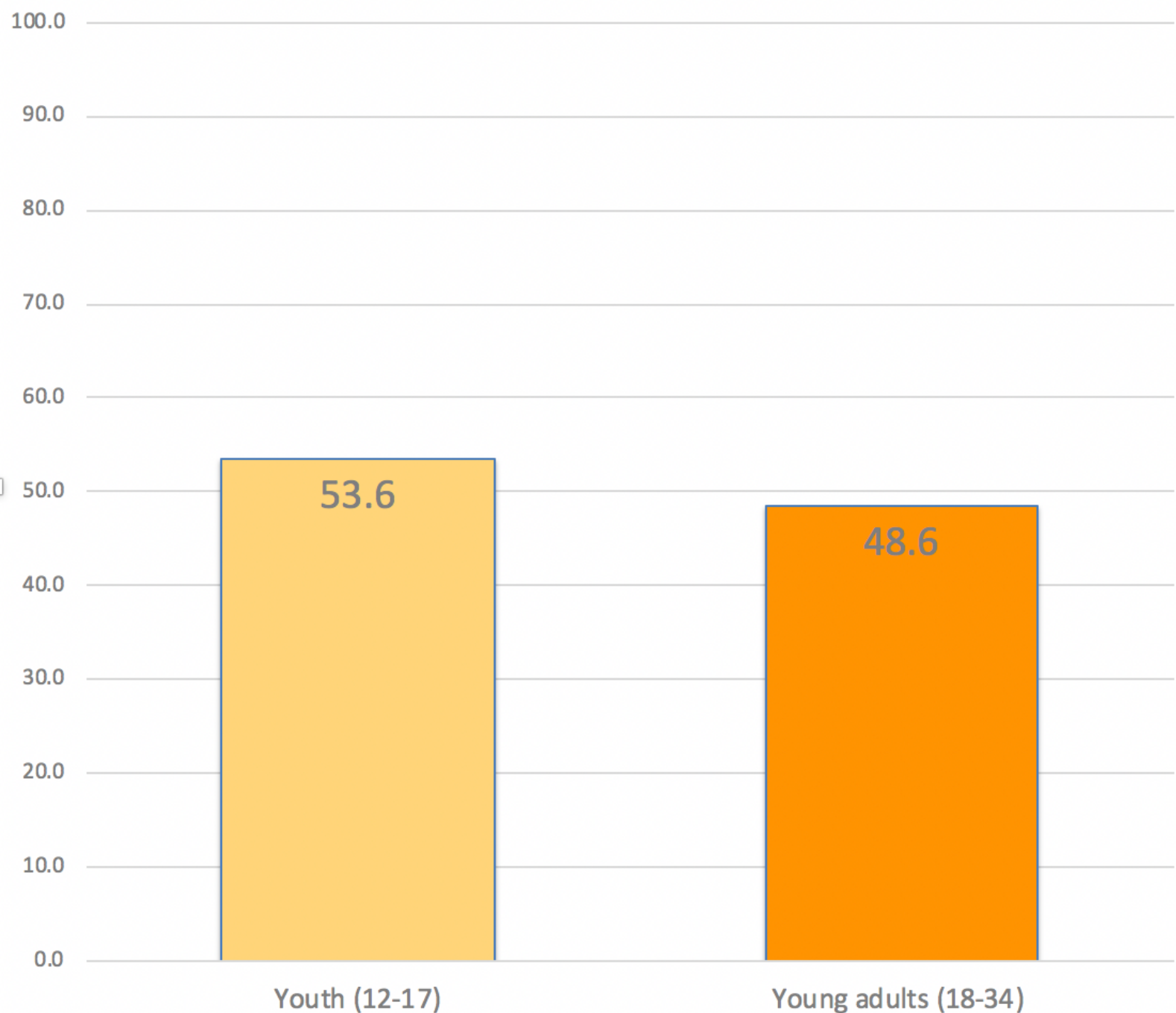




**Data stories
for youth and young adults
in the face of COVID-19**

Youth and young people are not satisfied with the quality of their exercise.

How satisfied were you with the quality of your exercise?



About 15 minutes a day of cardiovascular exercise a day can help stave off depression.*
In these times of restricted choices, make special effort to get exercise.



There are many ways to improve satisfaction with life. An important but often overlooked on is:

Play

Go for a walk. Play ball. Put on music and dance. Go swimming. Start a new sport or exercise.

have fun getting exercise.

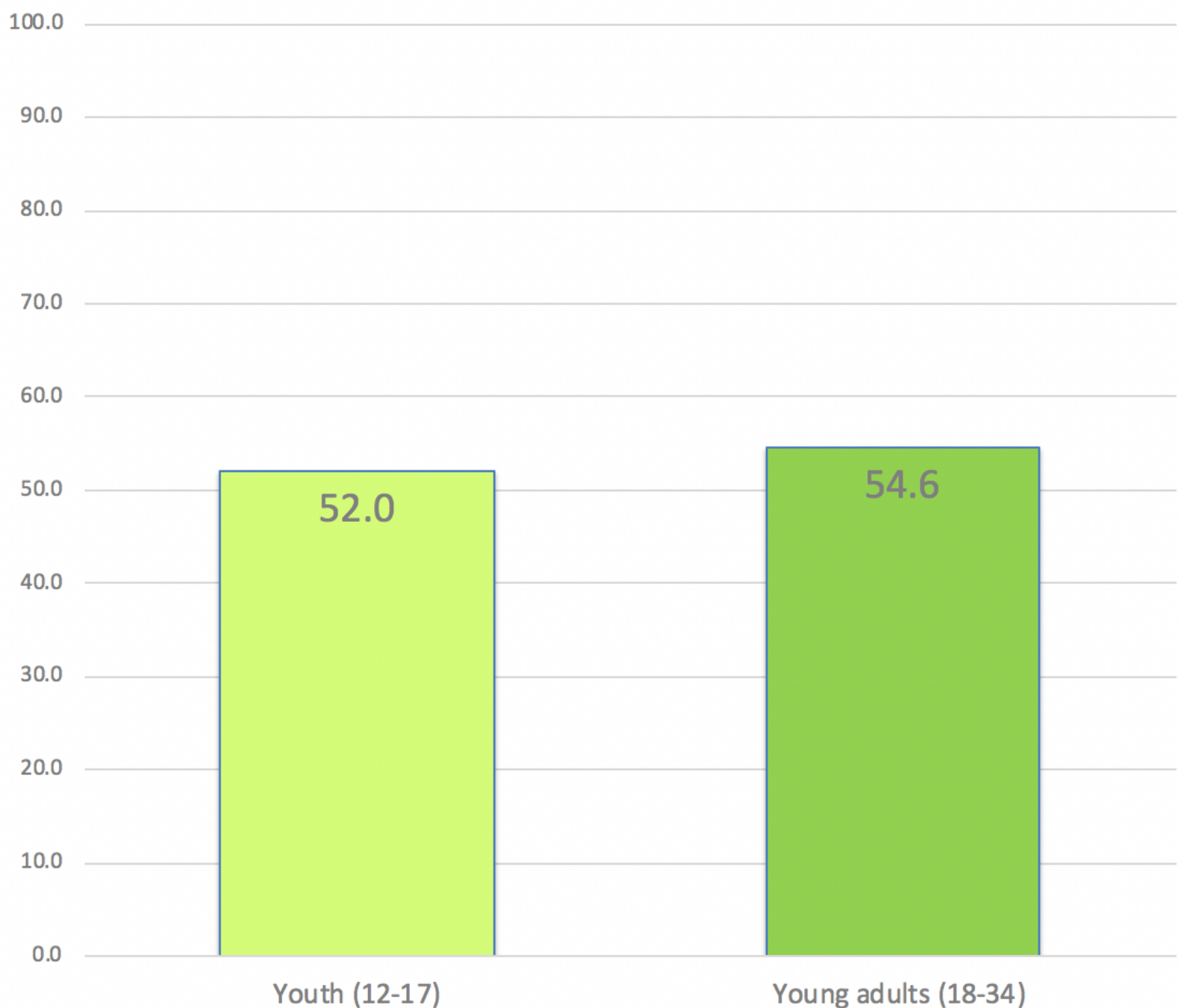





Go outside everyday & move!

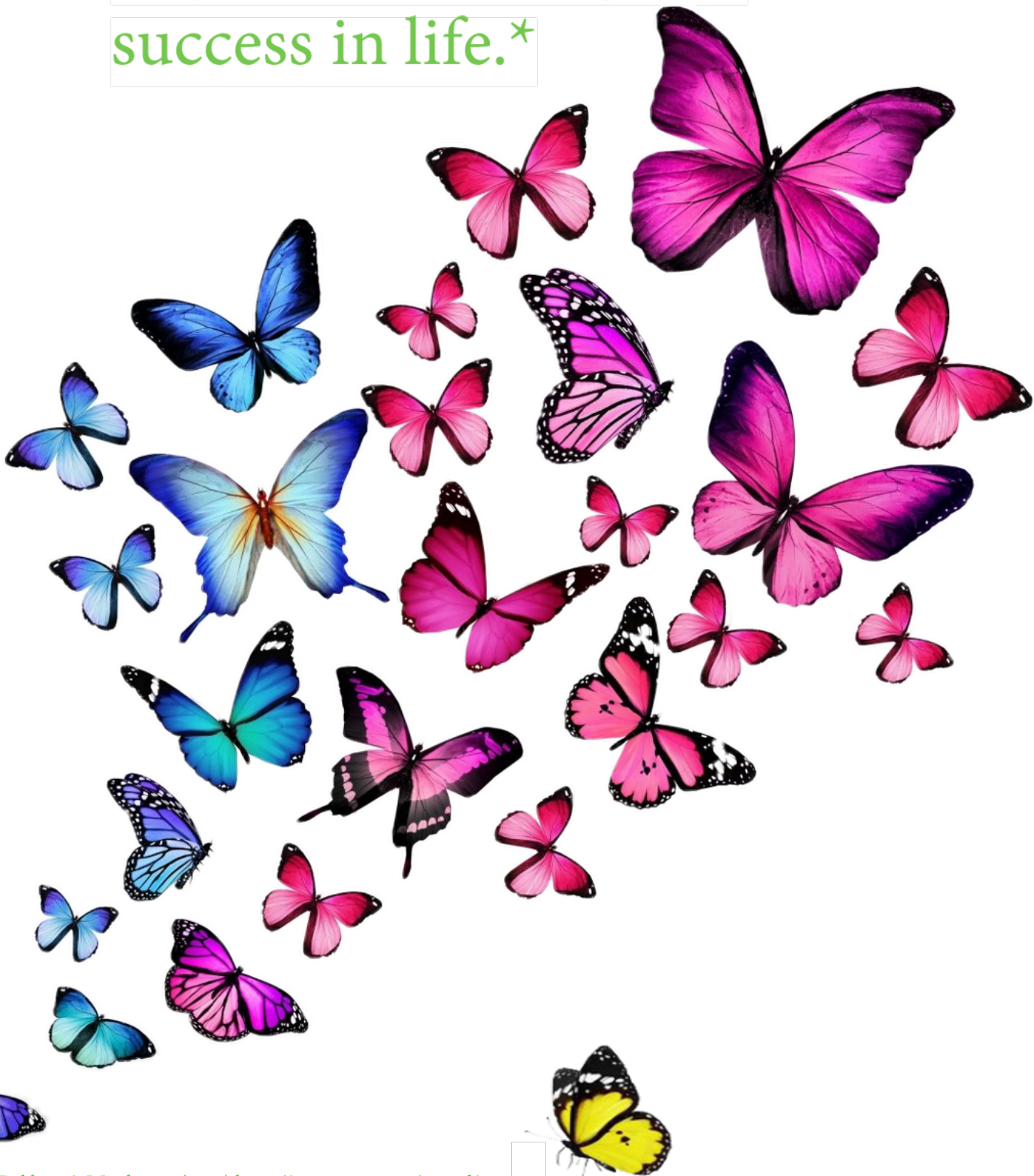
Youth and young people are not feeling particularly positive about themselves.

In general, I feel very positive about myself.





How you feel about yourself
is directly connected
to your well-being and
success in life.*



4 things that can improve how you feel about yourself*:

Don't compare yourself to
others.



Treat yourself kindly
(practice self-compassion).

Realize your inner rock star
without expectation.

Recognize that you are not
your circumstances.

4 ways you can help others to feel better about themselves*:

Be attentive.

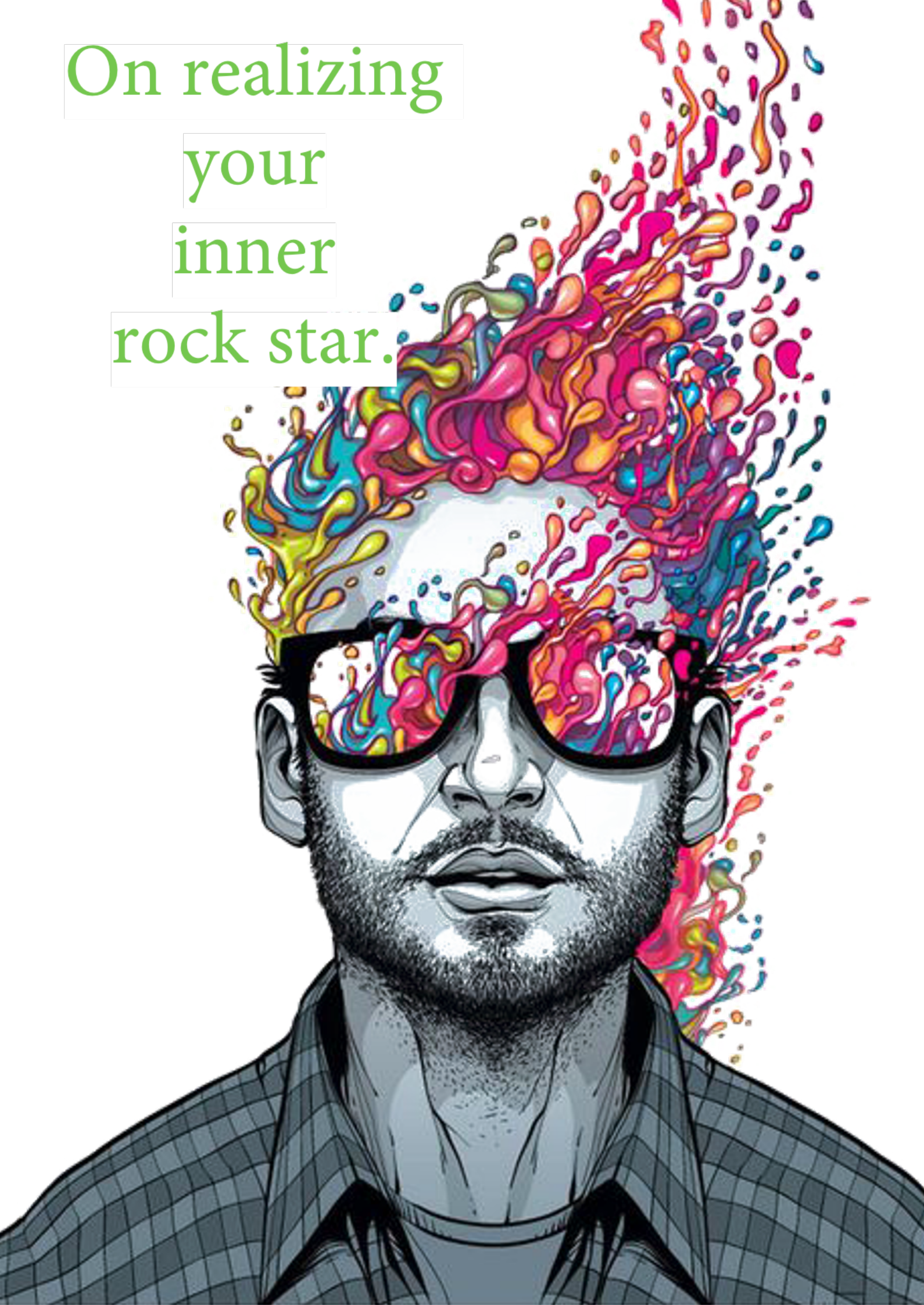
Listen and talk with acceptance and without judgement.

Celebrate and give praise for what is praiseworthy.

Be a positive role model – treat yourself nicely and say nice things to yourself about you.



On realizing
your
inner
rock star.



1) Now is always the time to do what you dreamed, but thought was impossible



2) Let go of what success looks like (climbing the highest peak, going viral, getting rich, etc.).

3) In terms of social media - now is not the time to restrict its use because it will cut in on face to face time. It is the time to use social media in pro-social positive ways- for you and the young ones in your life.

4) There are all sorts of social media outlets available for all kinds of self-expression – YouTube, Instagram, Blogging, etc.

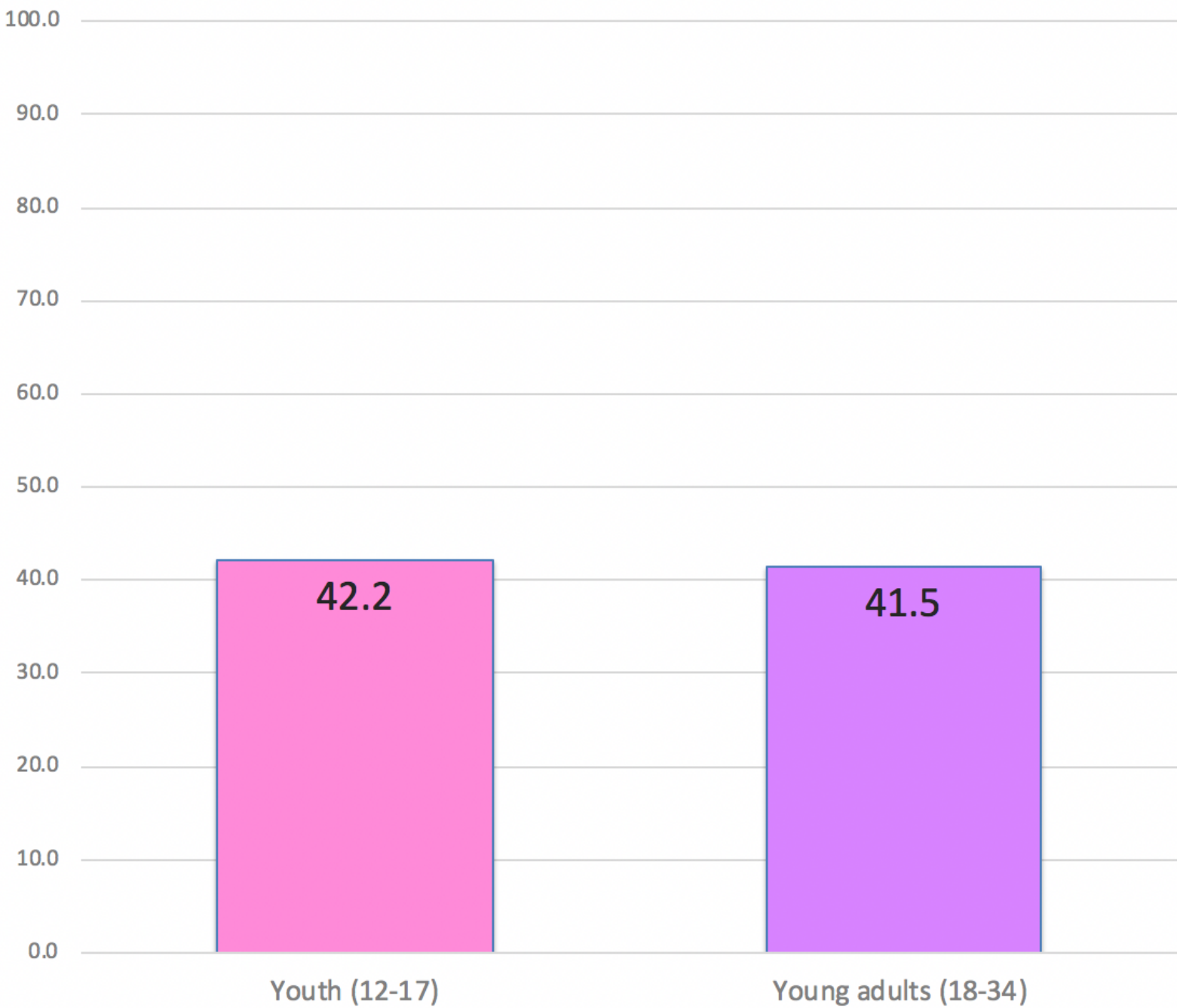


Our advice to parents: have fun creating videos, sound files, pics etc. with your child. Post them and celebrate them with your young one.



Youth and young people feel lonely.

Do you feel lonely?



People need people*.



A fact: Fostering social connection during COVID-19 times is difficult. We all miss our families and friends.

Some hard facts that make this fact even harder: Suicide is the second largest killer among young people.*

Researchers fear social isolation from COVID-19 could lead to more people thinking about or committing suicide.



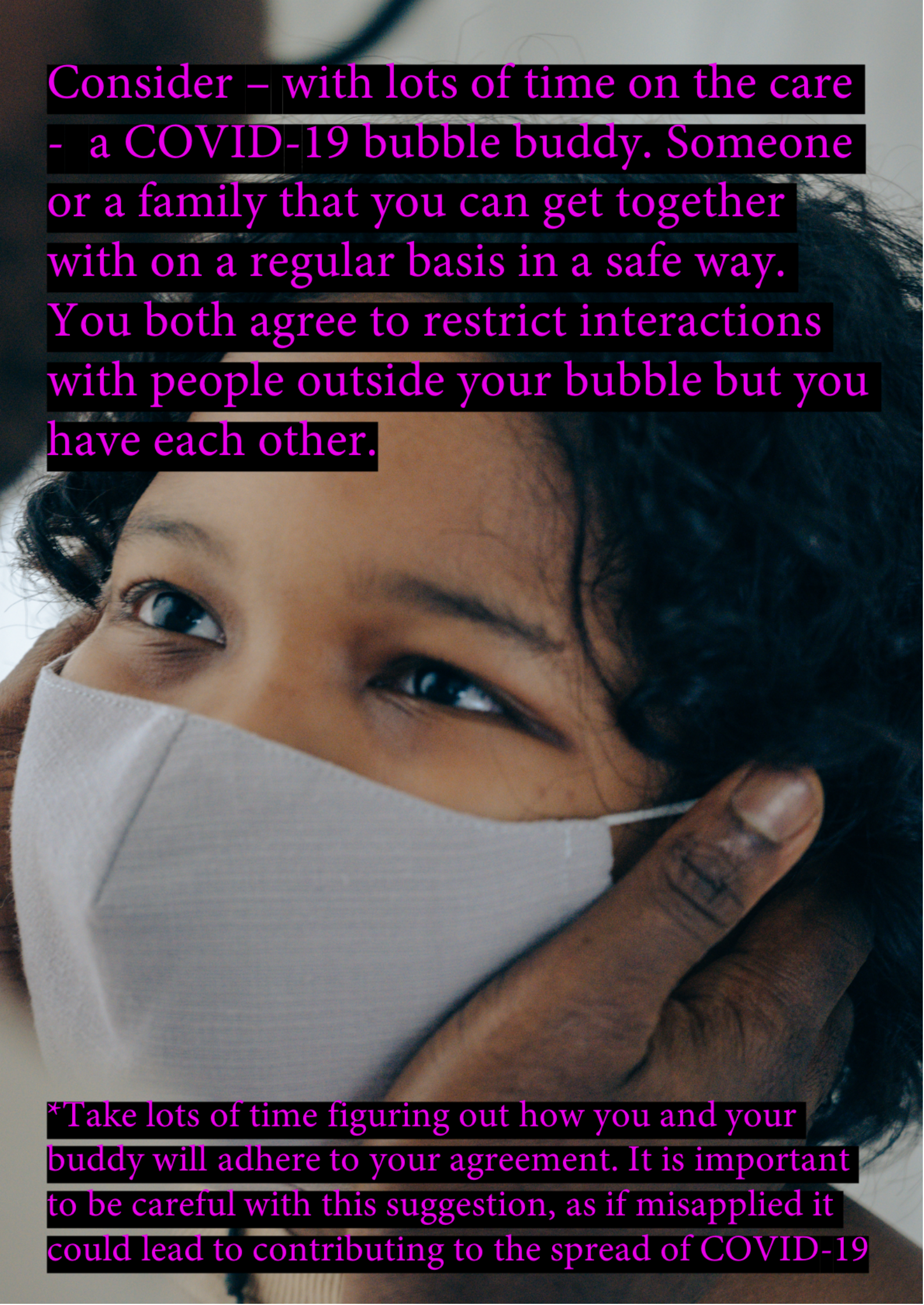
*Suicide Prevention Resource. (n.d.). Suicide by age. [Online Resource]. Retrieved July 22, 2020 from <https://www.sprc.org/scope/age>.

** Vitelli, R. (2020, June 7). Are we facing a post-COVID-19 suicide epidemic? Psychology Today. Retrieved July 22, 2020 from <https://www.psychologytoday.com/us/blog/media-spotlight/202006/are-we-facing-post-covid-19-suicide-epidemic>



Now is not the time to ban some video games – particularly cooperative (rather than competitive) games that are played with (remote) friends or family members. An example is certain versions of Minecraft when played with a friend or family member on the same server. Take the time to play with the young people in your life.





Consider – with lots of time on the care
- a COVID-19 bubble buddy. Someone
or a family that you can get together
with on a regular basis in a safe way.
You both agree to restrict interactions
with people outside your bubble but you
have each other.

*Take lots of time figuring out how you and your
buddy will adhere to your agreement. It is important
to be careful with this suggestion, as if misapplied it
could lead to contributing to the spread of COVID-19

While we self-quarantine, families stick together and if one person gets sick, everyone gets exposed. We accept that risk.



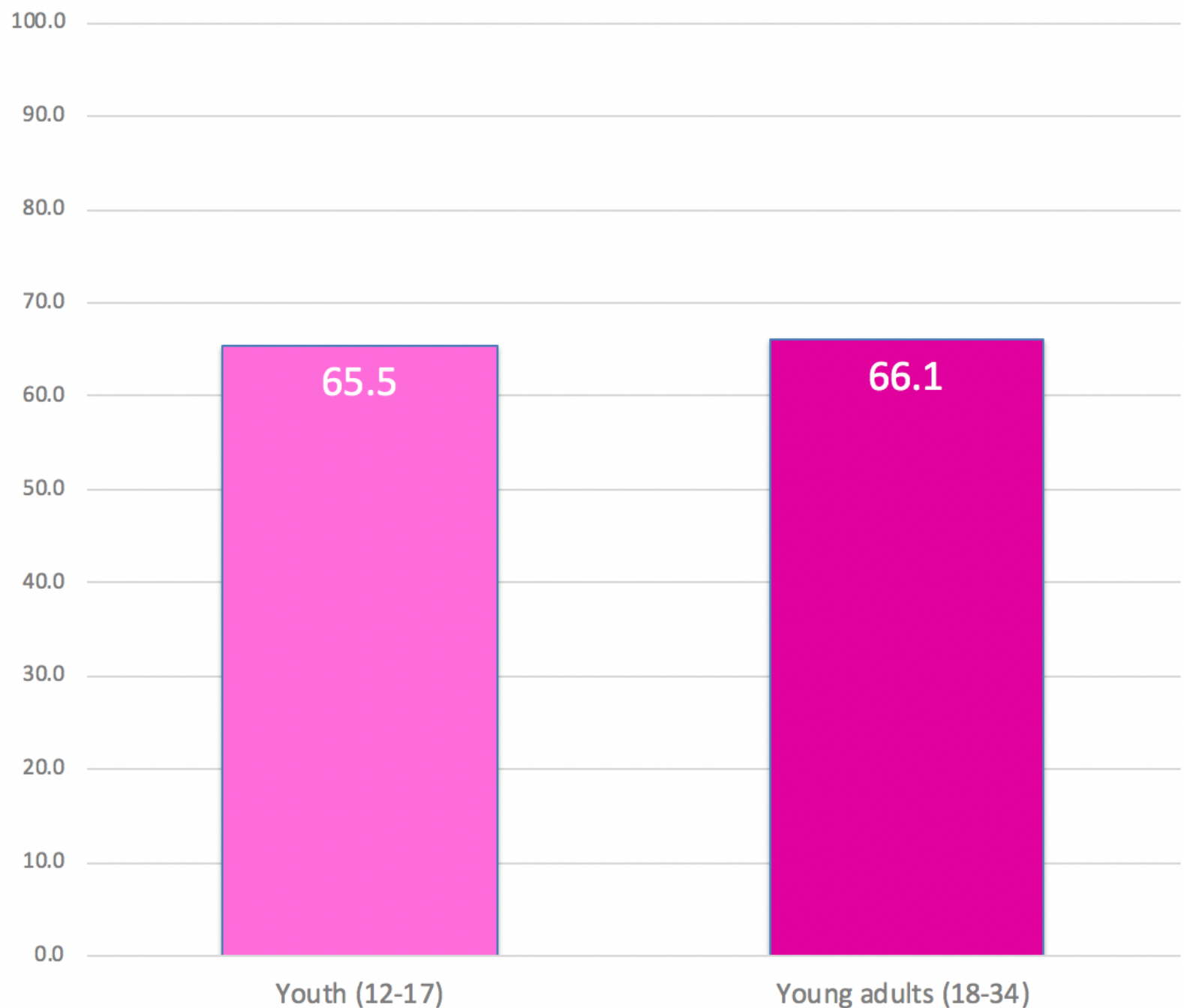


A bubble buddy or bubble family have the same exposure as your family. You would have exposure from them if someone gets sick. If you got sick, they would be exposed too.

So think carefully and decide wisely.

▲ Youth and young people are not particularly optimistic.

I am optimistic about my future.



Hope is an attribute of humanity.



Protect your hope & your heart.

**Quit doom scrolling –
endlessly consuming bad news.**


Do not read the news before bed or when you first wake – be firm with yourself = an act of love and care.

Turn off the news feature on your device or restrict it to only good news feeds. Trust that you will learn about the important bad news that you need to know from other channels.

Build up your hope reserves.

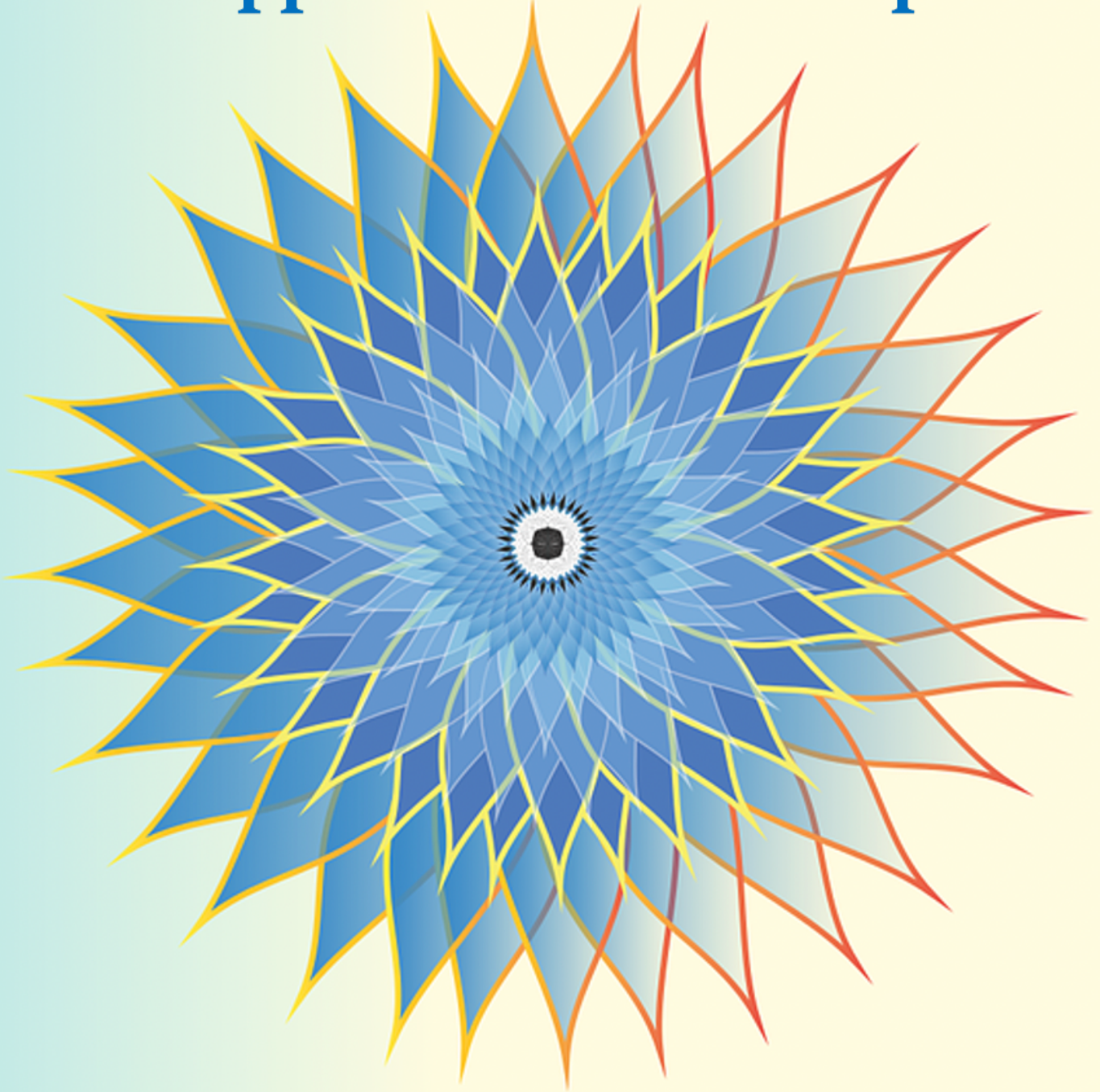
Make plans to do fun things that you can do now, and carry them out. Spend time savoring the fun things you do.

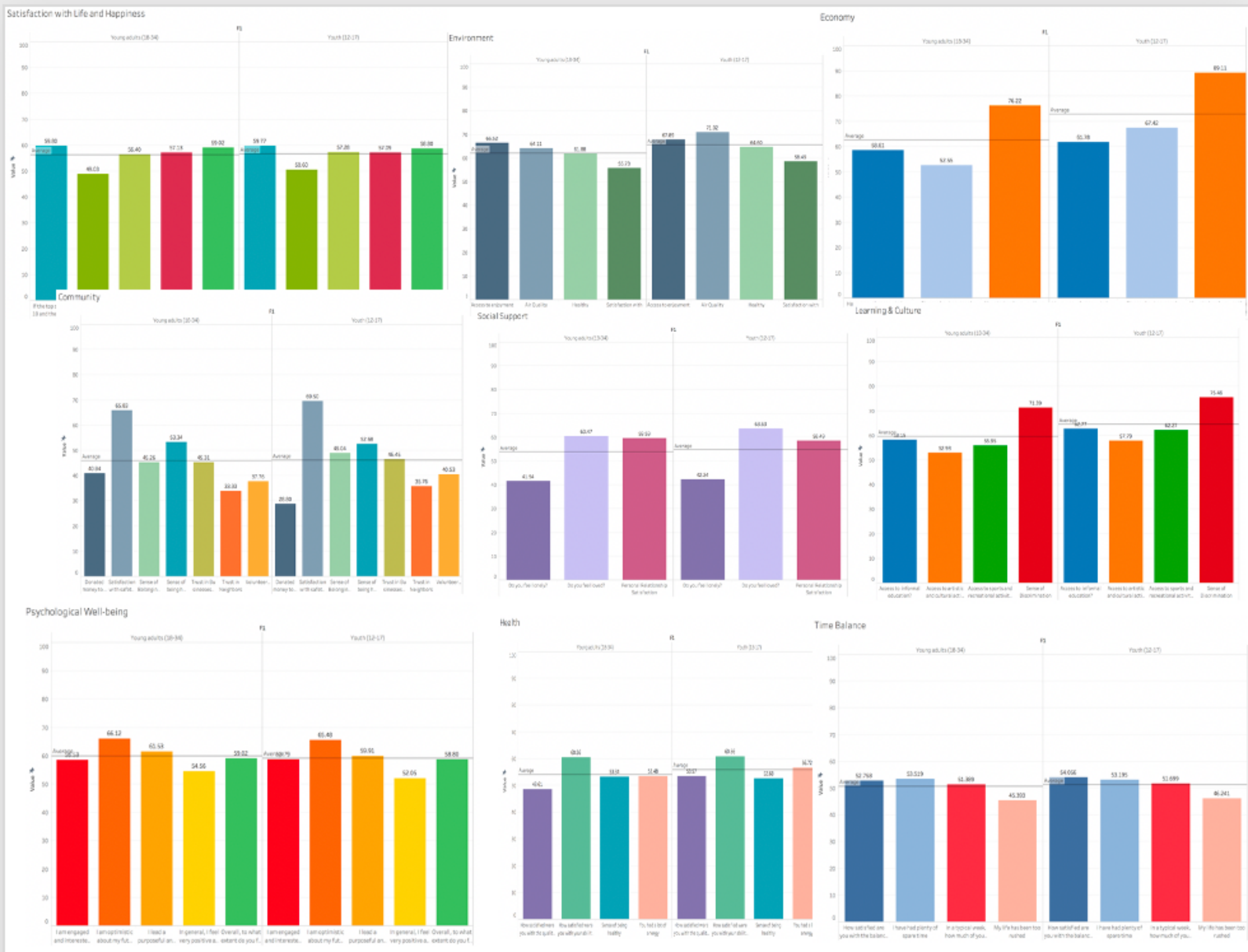
Make plans to do things you would like to do, with the knowledge that your plans will change as circumstances change.

A person stands on a beach at sunset, arms raised in celebration, with waves crashing around them. The sun is low on the horizon, casting a golden glow over the ocean and sky. The person is wearing a white t-shirt and dark shorts. The waves are breaking in the foreground, creating white foam. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue.

Reflect on the fun things you have done, focusing on the good times and good memories. Deeply enjoy each moment of happiness, pleasure or contentment when they arise.

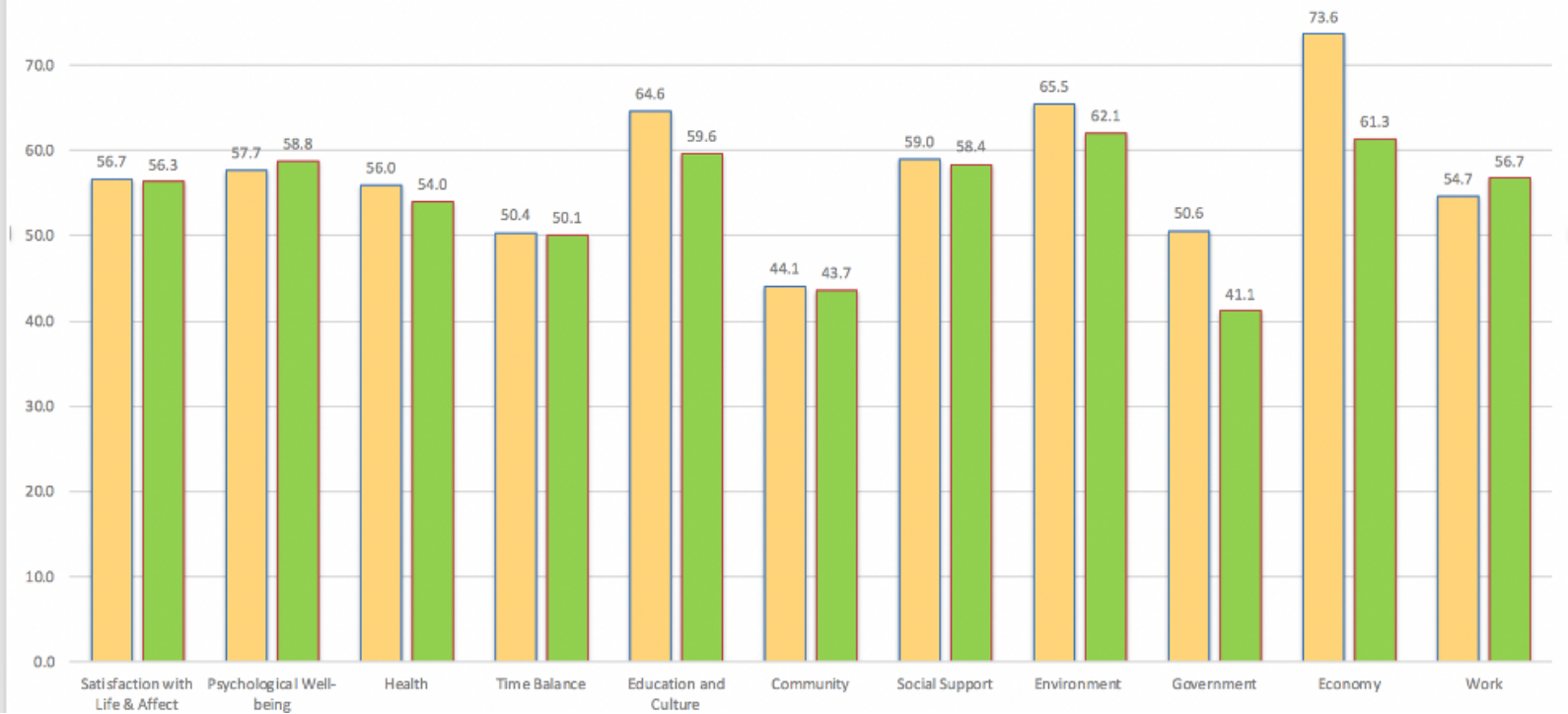
**Gather more ideas for your
happiness with our
Happiness & Health Report**





Happiness Scores for 410 Youth (12-17) & 1030 Young Adults (18-34) between March -July 15, 2020

Explore the Happiness Index Data



The Happiness Alliance provides tools, resources and knowledge for a new economic paradigm and personal happiness.

Take the Happiness Index to get your own self-assessment of your well-being.



For attribution, please cite:
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happycounts.org