

The background of the entire page is a microscopic view of coronavirus particles. The particles are spherical with a textured surface and numerous spike-like protrusions. The color palette is a mix of reds, pinks, and oranges, set against a dark, almost black background with some faint blue and green speckles. The particles are scattered across the frame, with a large, detailed one in the lower-left foreground and several others in the upper and right portions of the image.

The (un)Happiness Report Card

Half-Yearly Report 2020

The logo for the Happiness Alliance, featuring a stylized sunburst or starburst icon above the text.

Happiness
Alliance

Happiness Scores went down in 2019, and continued to creep down between January and April 2020.

It comes as **no surprise.**



Times are Hard

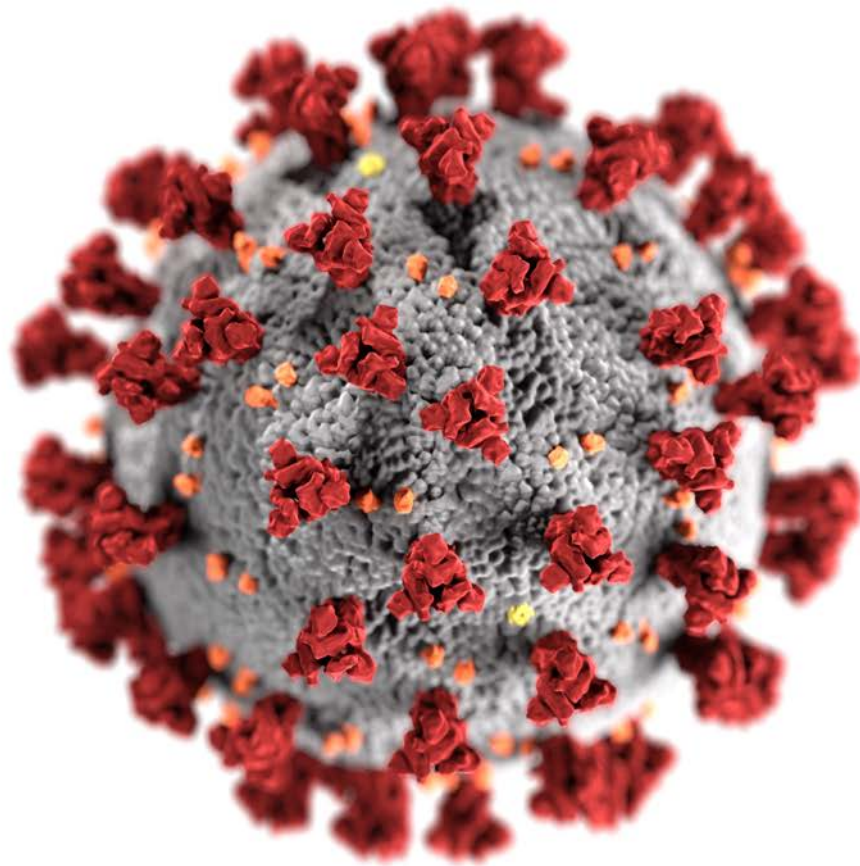
The Happiness Movement is not just about happiness.

It's about sadness, anxiety, inequality and the hard things in life.



It's about changing our society, economy and government so happiness and well-being matter most.

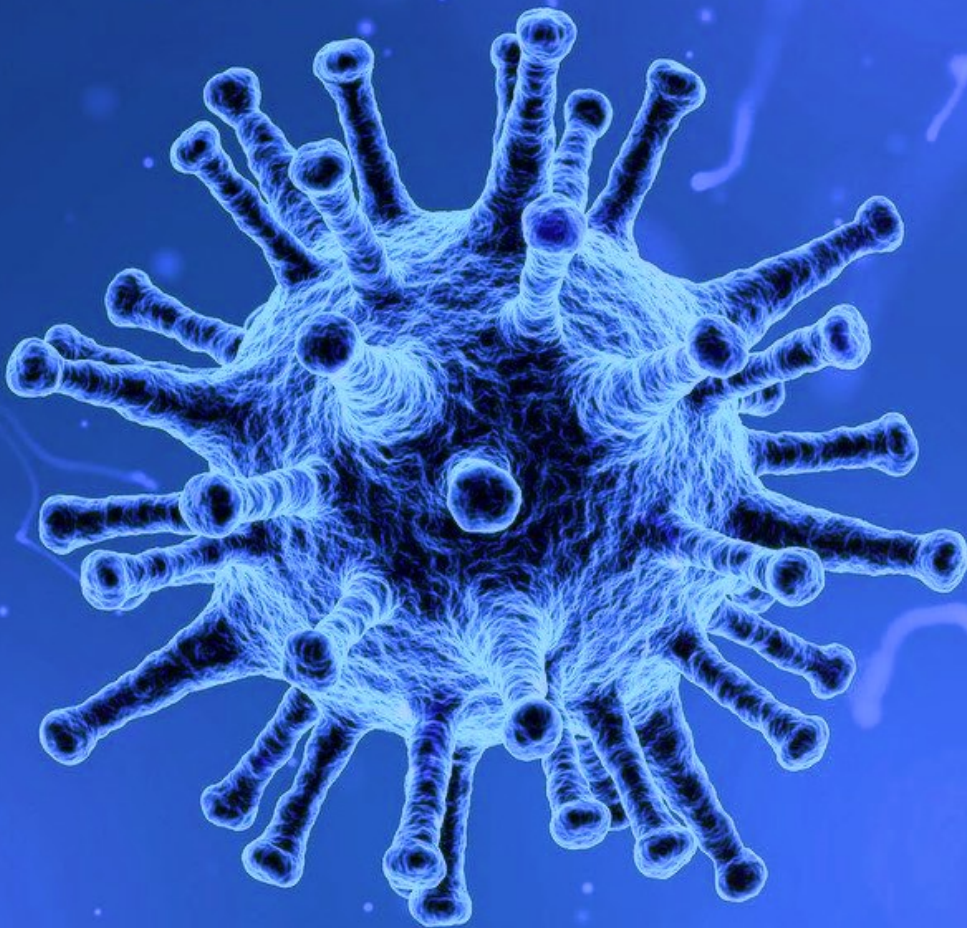
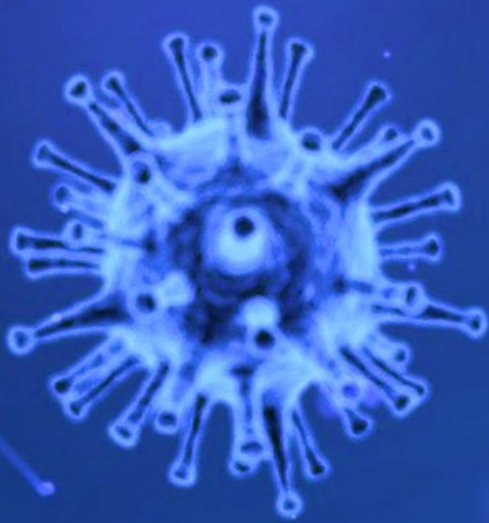
Novel Covid-19 has affected the lives – and happiness – of every human on the planet.



In this report, we explore happiness and unhappiness in the face of Covid-19.

As a group, the Happiness Alliance Board of Directors also asked ourselves two questions:





**What is Covid-19 telling
you about your own
happiness?**

What is Covid-19 telling the Happiness Movement?





A scenic landscape featuring a range of mountains under a sky transitioning from blue to orange and yellow, suggesting a sunset or sunrise. The foreground shows a forested hillside. The text "Our wisdom:" is centered in the middle of the image.

Our wisdom:



Stop.

Think.

Value what is present.

Reflect.

Enjoy quiet.



Take time to be still.

**See the beauty of being
alive.**

**Appreciate the beauty of
you.**

**Do not worry about what
you cannot change.**

**Make plans but also
live in the moment.**

**Enjoy being
spontaneous.**






**In life, have:
Someone to love.
Something to look forward
to.
Something to do.**

A dramatic sunset scene with a body of water in the foreground and a tree silhouette on the right. The sky is filled with dark, textured clouds illuminated from below by the setting sun, creating a gradient of deep reds, oranges, and purples. The water reflects these colors, and the tree's silhouette is dark against the bright horizon.

**Never before has the need
for a well-being based
society been
so clear.**

A dramatic sunset over a body of water. The sky is filled with vibrant, fiery clouds in shades of red, orange, and purple. A large, dark silhouette of a tree is visible on the left side of the frame, partially obscuring the sun. The water in the foreground is calm, reflecting the colors of the sky.

**We choose our future
based on what we
believe in.**

**Our economy, society,
environment, government
& lives are deeply
interdependent.**



**Value what we have gained
from this time.**

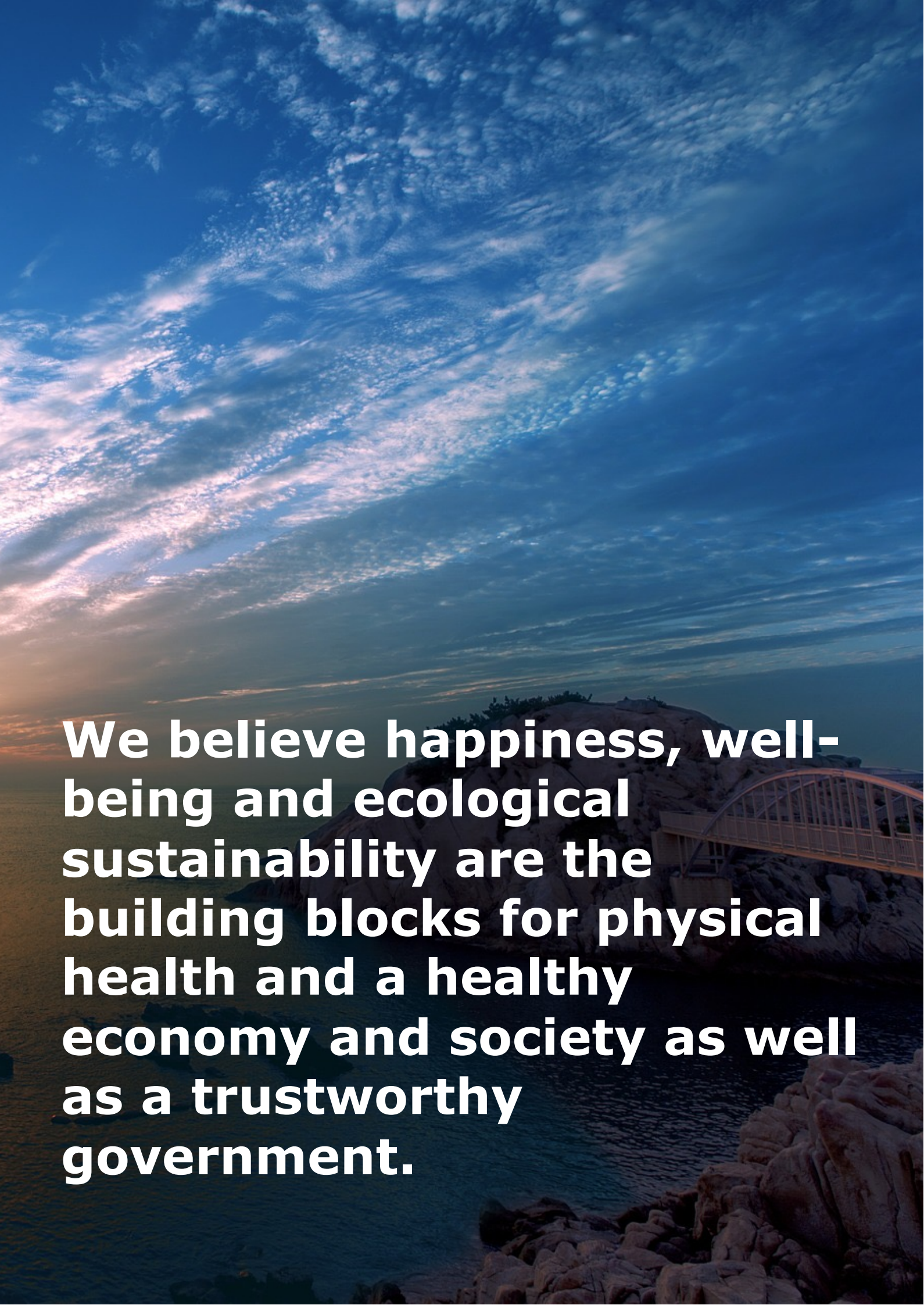
Clean air.

A view of the stars.

No traffic or commutes.

**Communication with
loved ones.**

**Closeness of families and
friends.**



We believe happiness, well-being and ecological sustainability are the building blocks for physical health and a healthy economy and society as well as a trustworthy government.

Happiness Index Annual Scores 2019 & Jan – April 2020



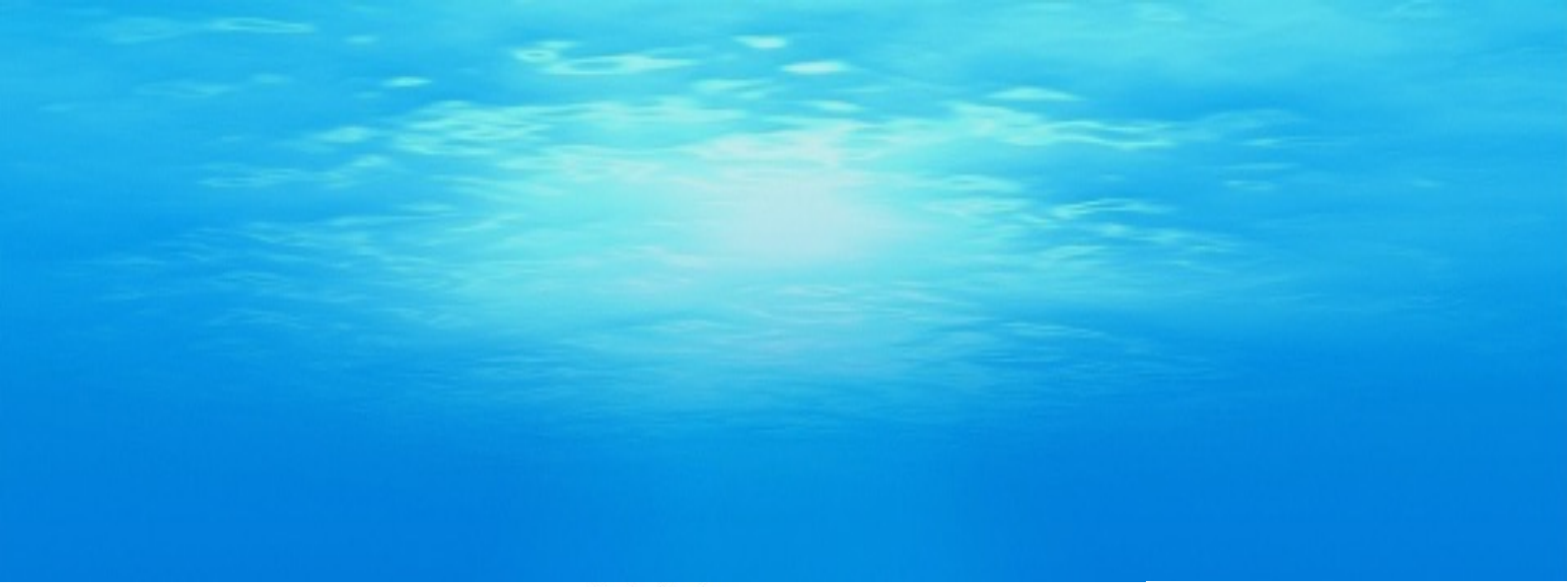


**Sometimes good
comes from lows.**

**Is our future in
our hands?**

**Happiness Index Scores
for 2019 are not looking so
good.**





Domains of Happiness



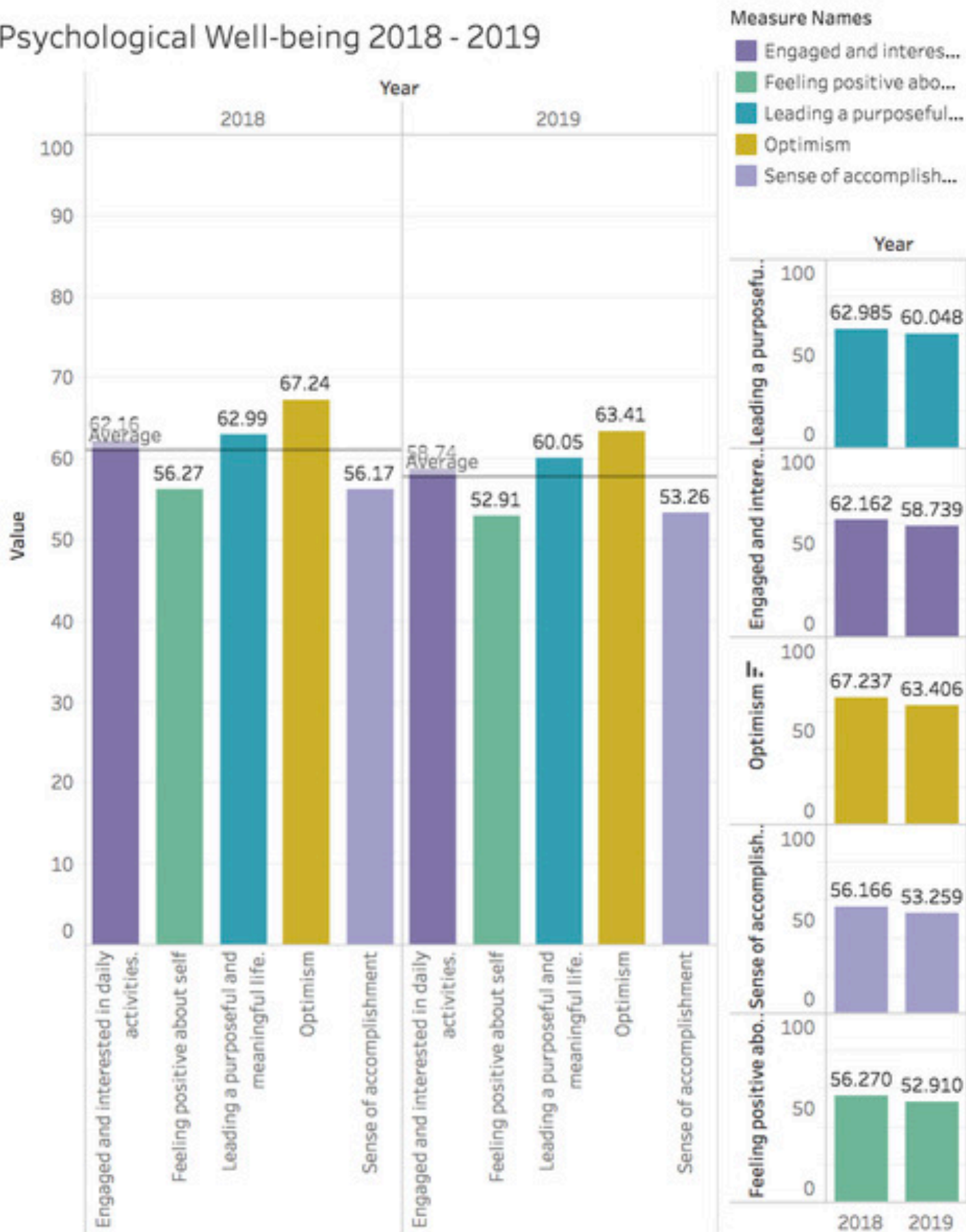
Our happiness went down from an already low point.

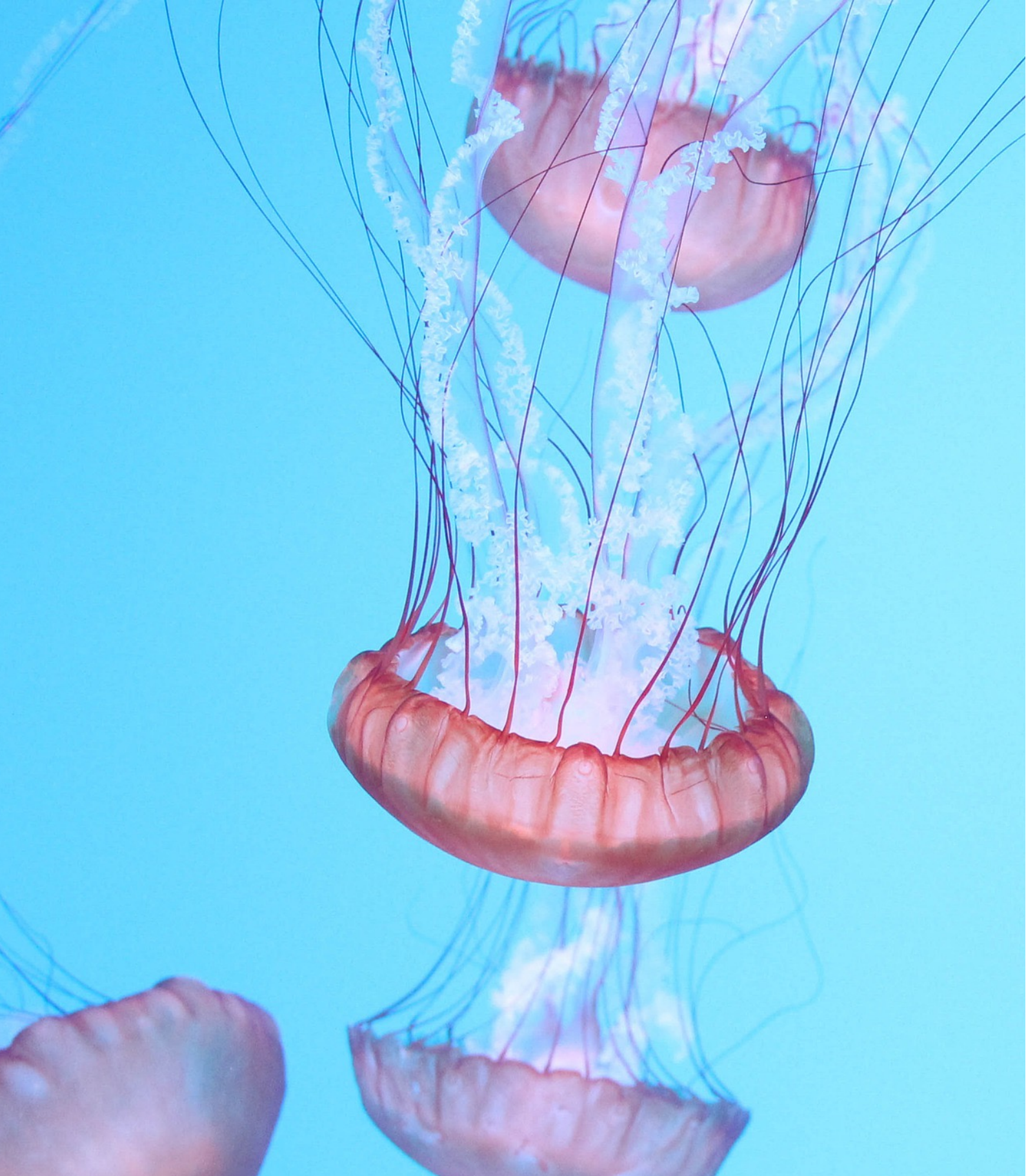


We put together more data stories for you with the averages for each question for 2018 and 2019 in the Happiness Index [here](#).

Happiness Index Indicators are arranged by domain, such as here for the domain of psychological well-being.

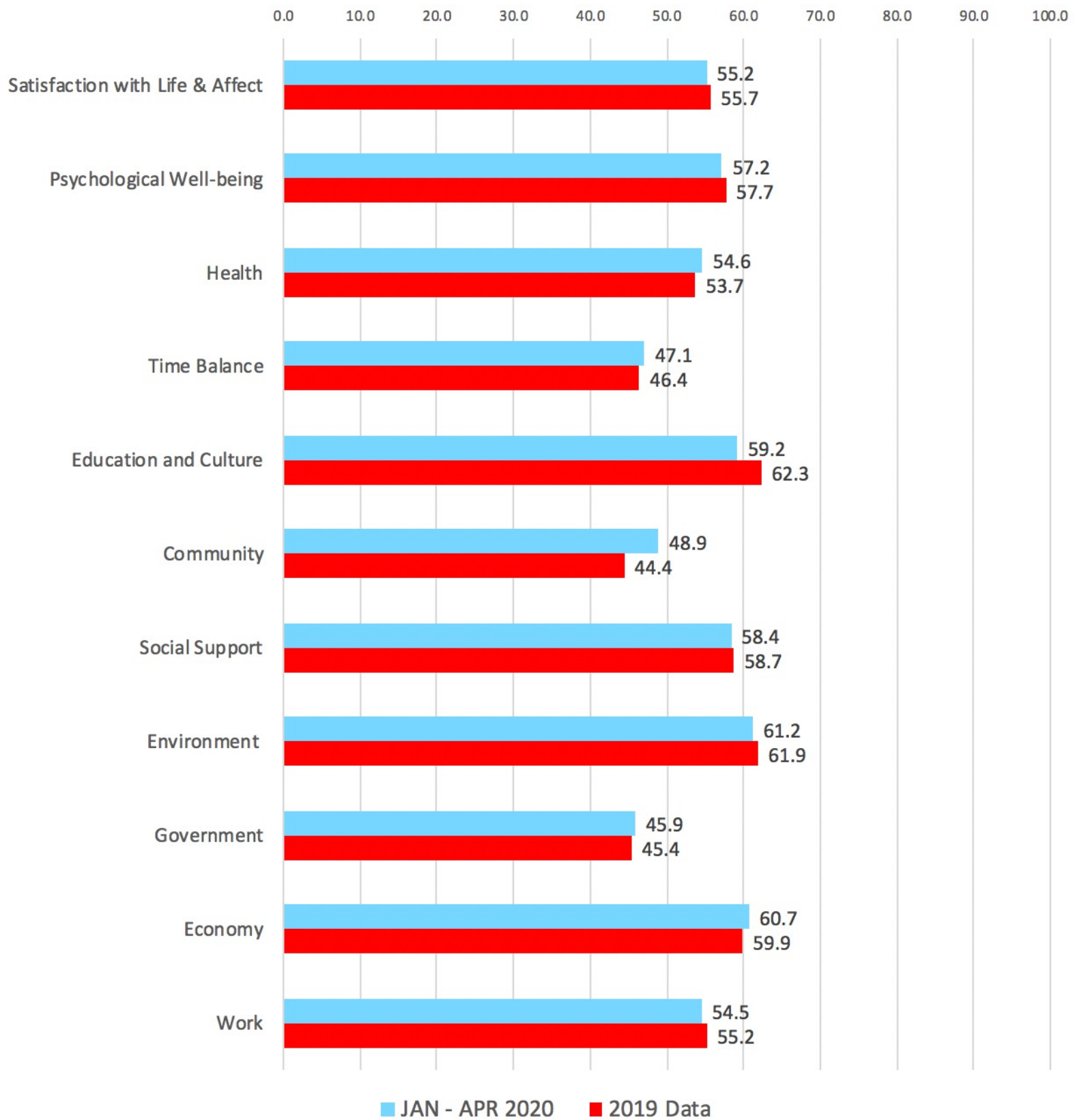
Psychological Well-being 2018 - 2019





In 2020, Happiness Scores continued to decline, except in one domain.

Happiness Scores Tip Toe Down 2019 - Jan - April 2020



Time to despair?

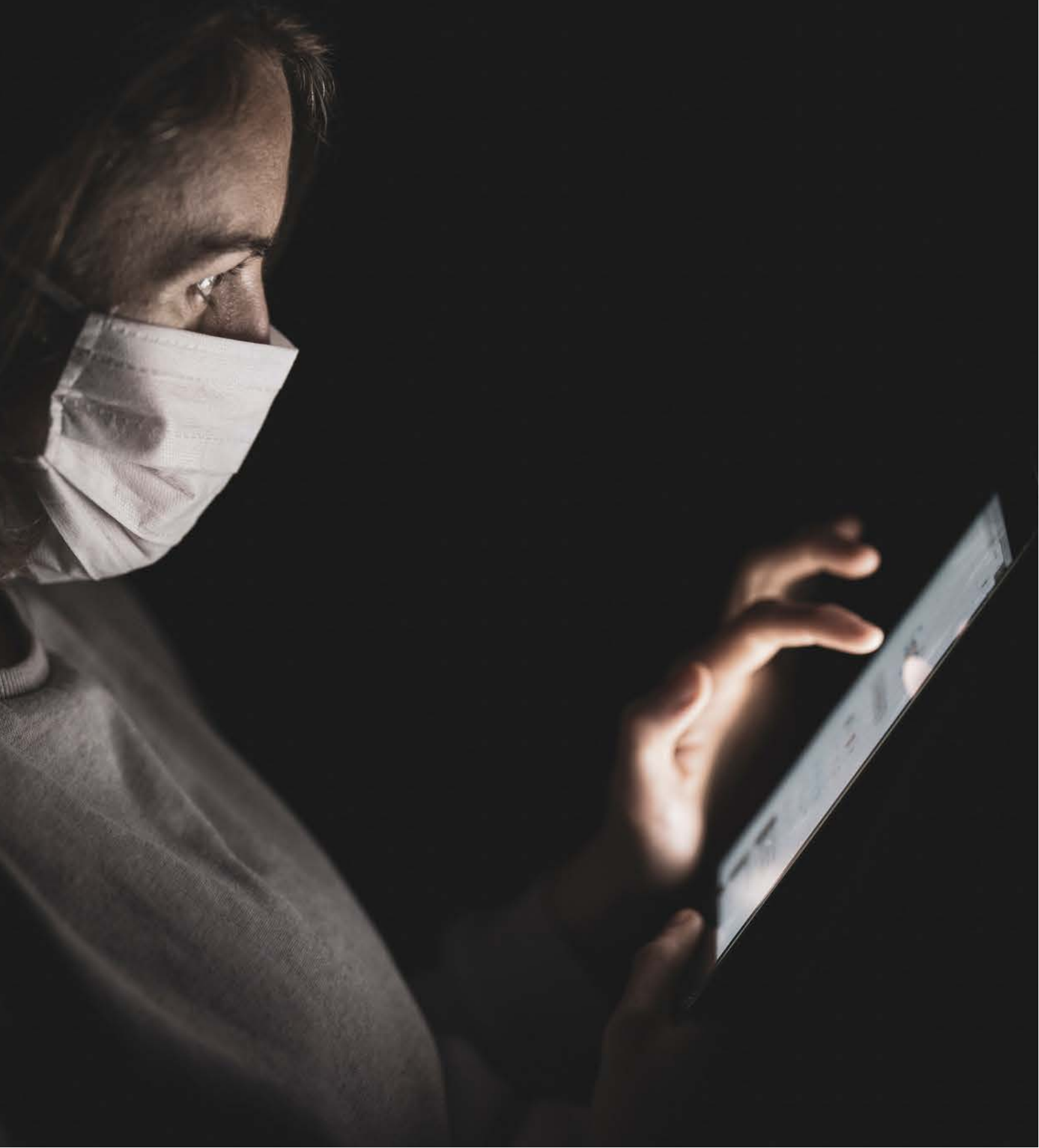


No.



But it is time for a change.

We asked you:
What do we need for happiness?





Here is what you said...





Your Wisdom:

Improve housing opportunities for the poor.

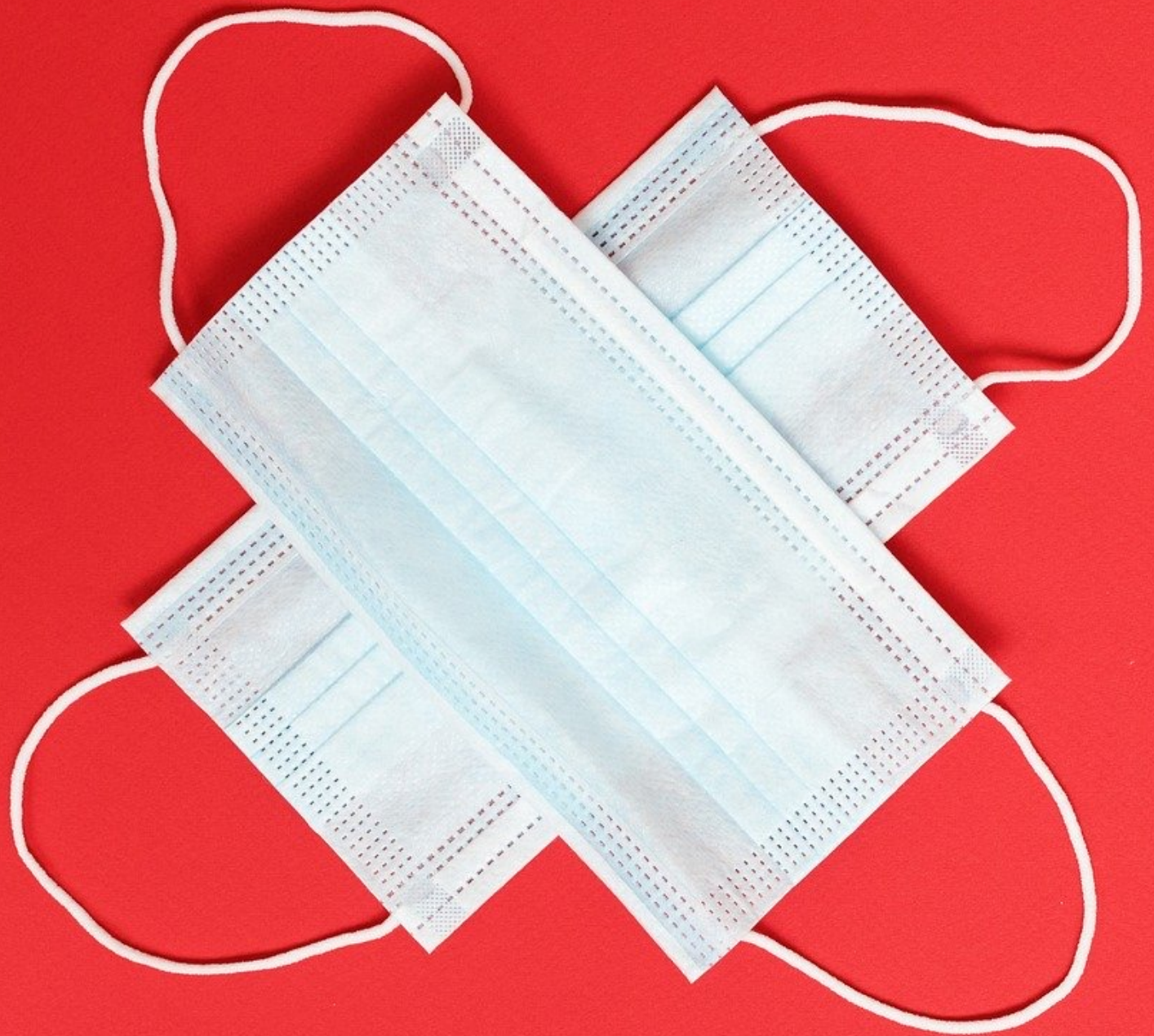




Inviting and welcoming leaders of
the community.

Raise the minimum wage.



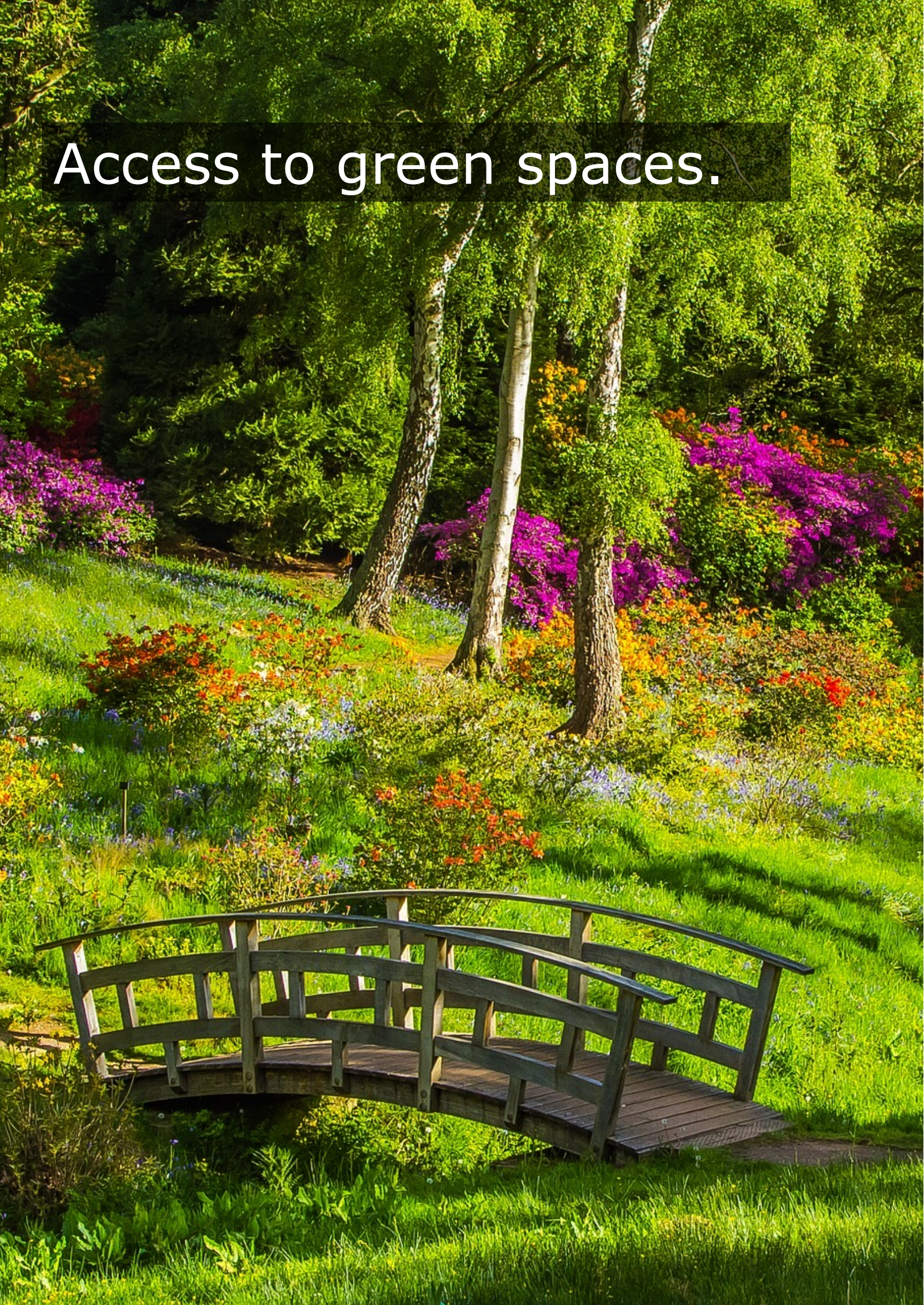


Making single-payer health care as the law of the land with access to quality health care without fear of medical catastrophe.

Positive media (television, papers, etc.) that reports news about the world we want.



Access to green spaces.



No more communting.



Trusting relationships.

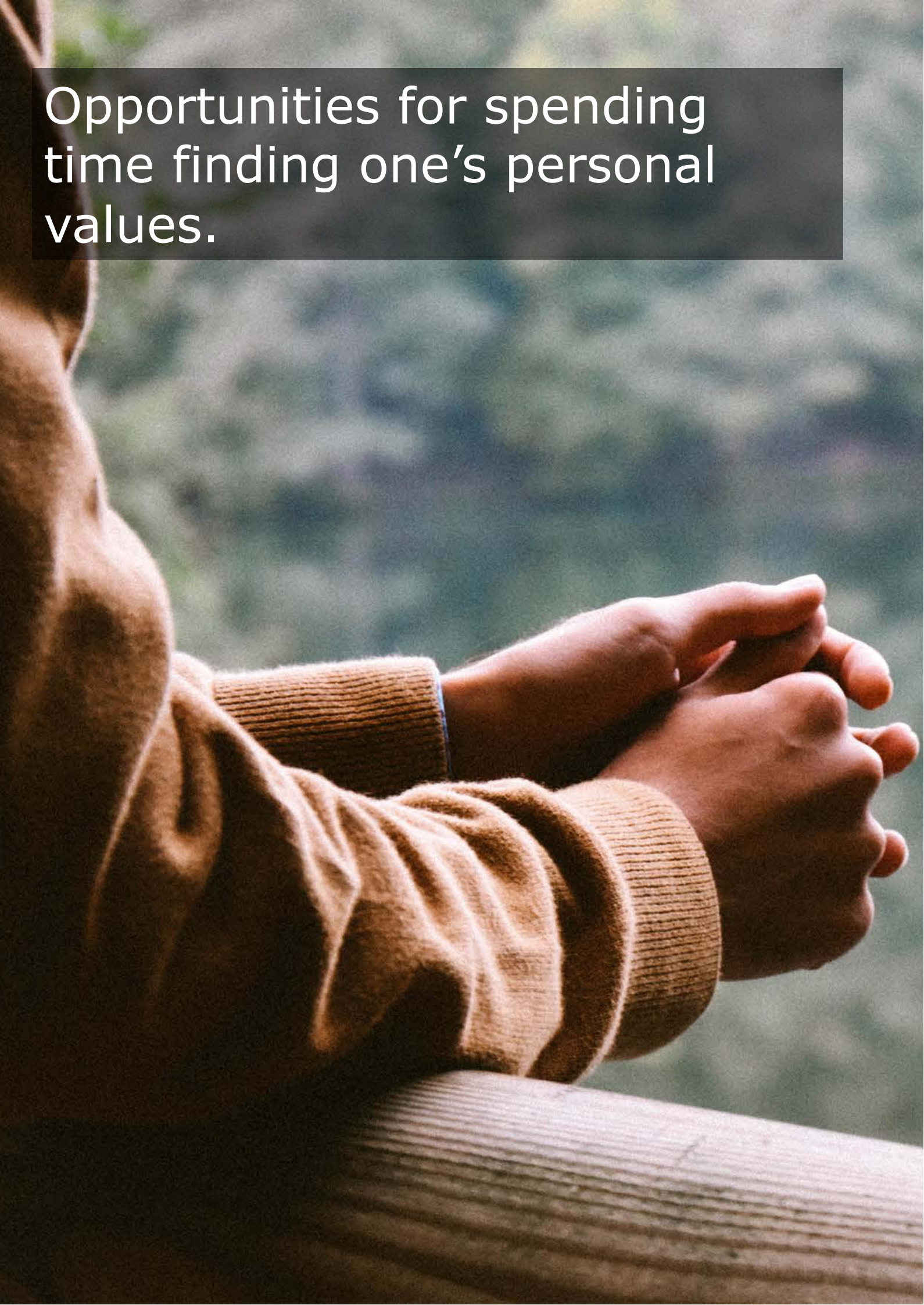
More connection.



Spend more time with family and friends.



Opportunities for spending time finding one's personal values.



Phone-free zones.



More planned community activities
(and better advertising for these
events and gatherings).





A glimmer of hope?

Jan – April 2020 score in the domain of community increased.

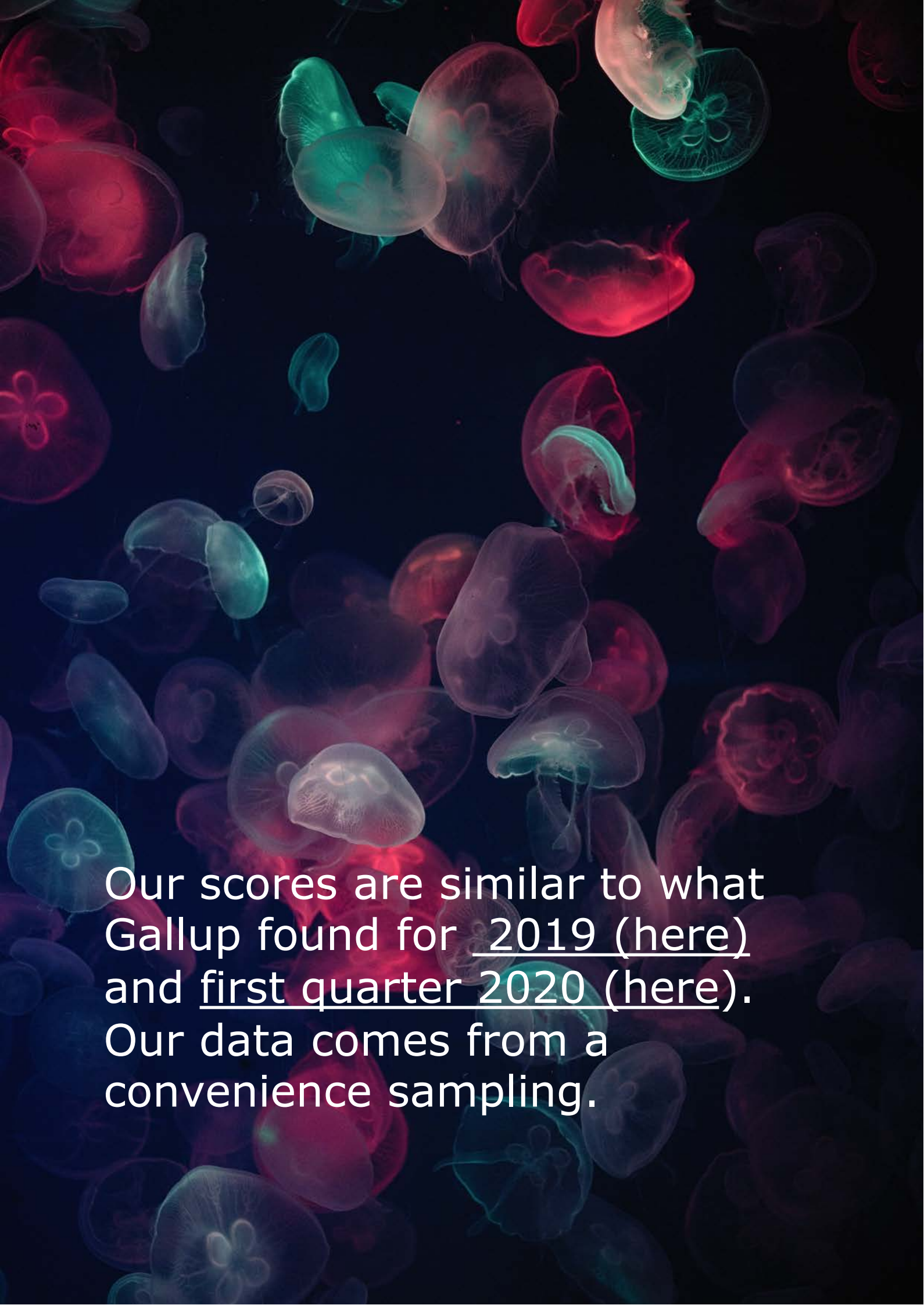


Community is the key to individual happiness.



Community is the key to social change.





Our scores are similar to what Gallup found for [2019 \(here\)](#) and [first quarter 2020 \(here\)](#). Our data comes from a convenience sampling.

In the face of Covid-19



& Self-Quarantine

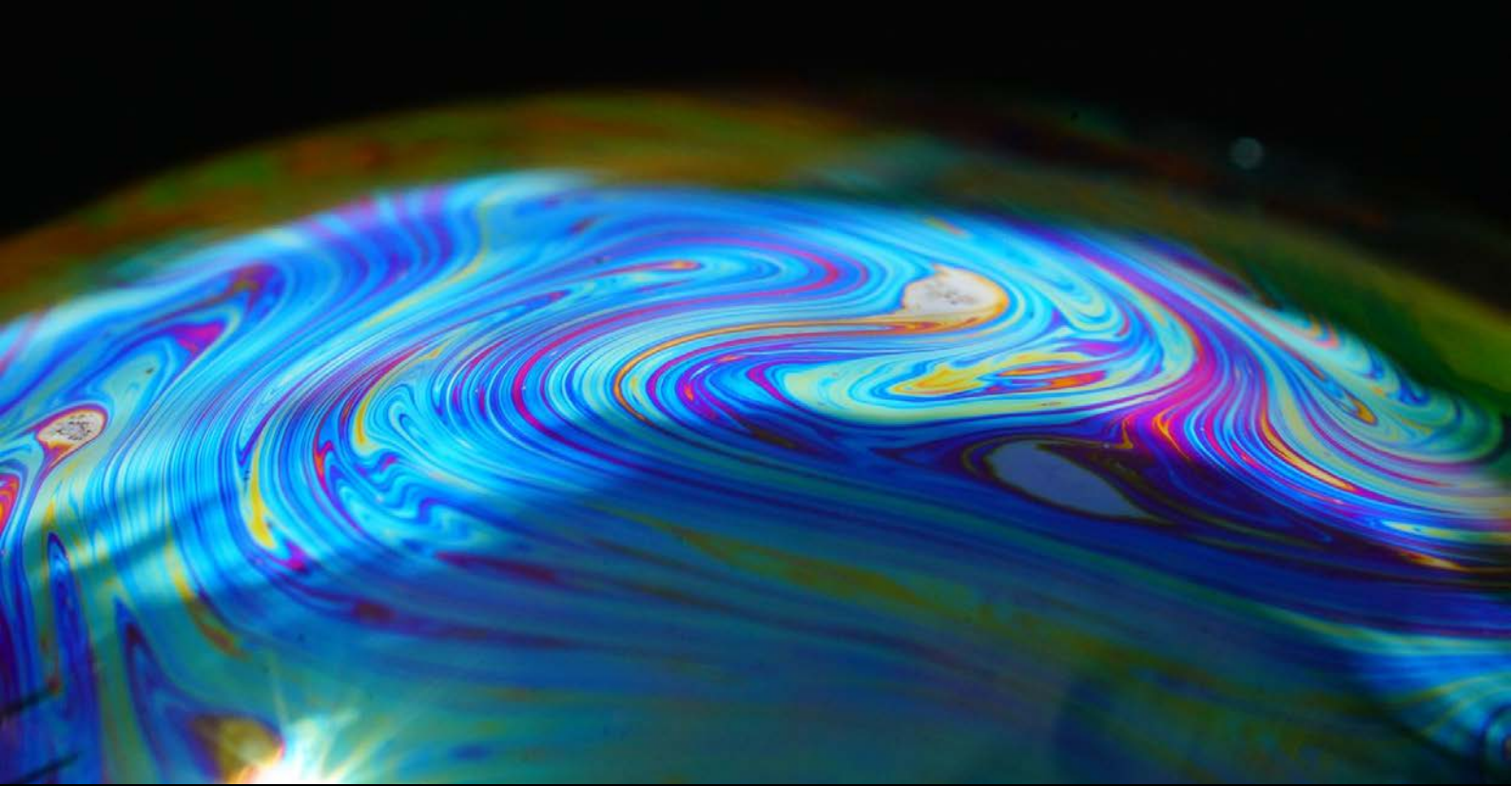


We compared data for those who consider themselves healthy vs. those who do not.





Self Perception of Health



Those who perceive themselves to be healthy are much happier as well. When compared, those with a very good or excellent perception of their health scored higher in each of the other domains of happiness, by a wide margin of 14.2 points on a 100 point scale.



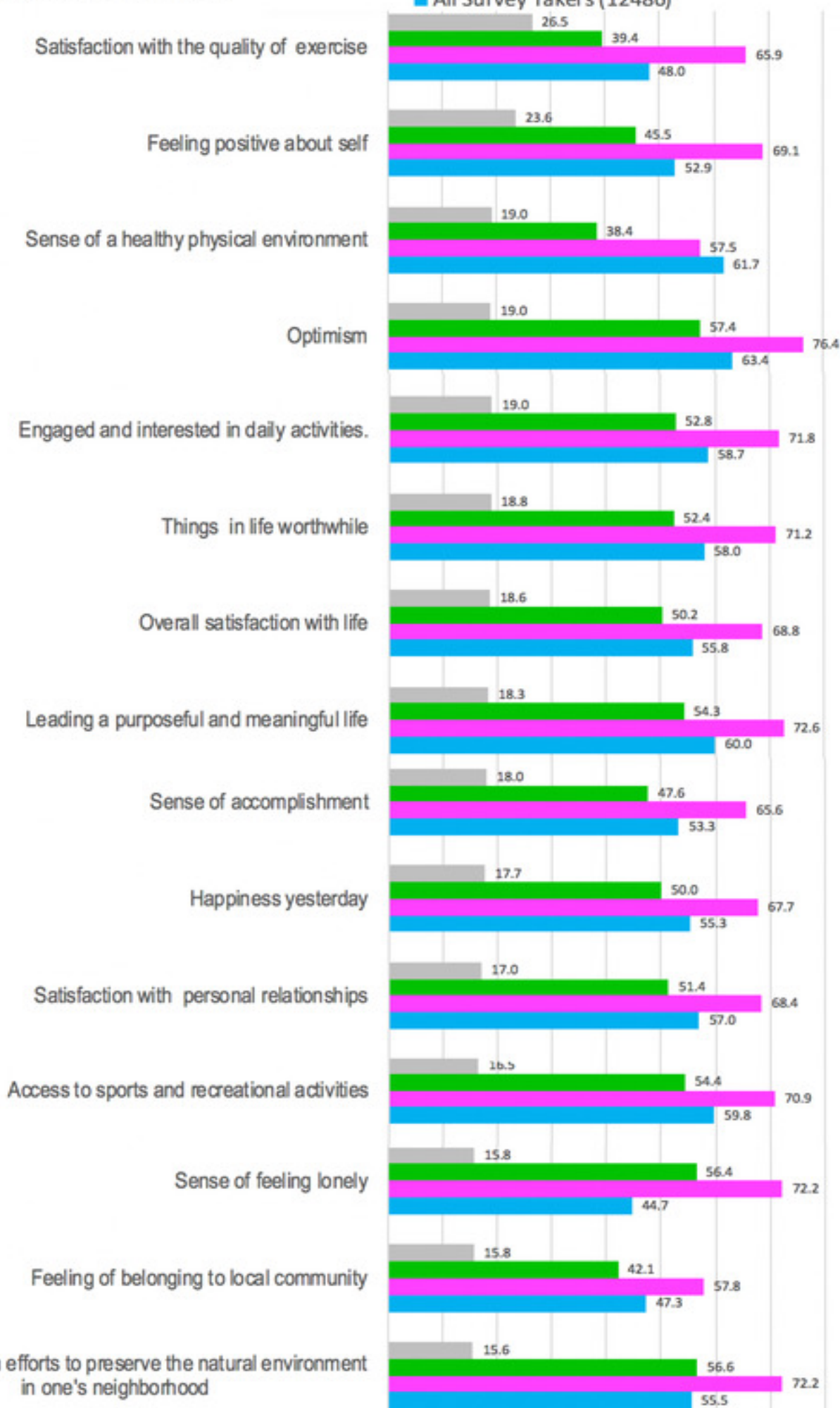
Healthy self perception and not so healthy self perception

■ Difference between Healthy Self Perception and Not So Healthy

■ Not So Healthy Self Perception (9511)

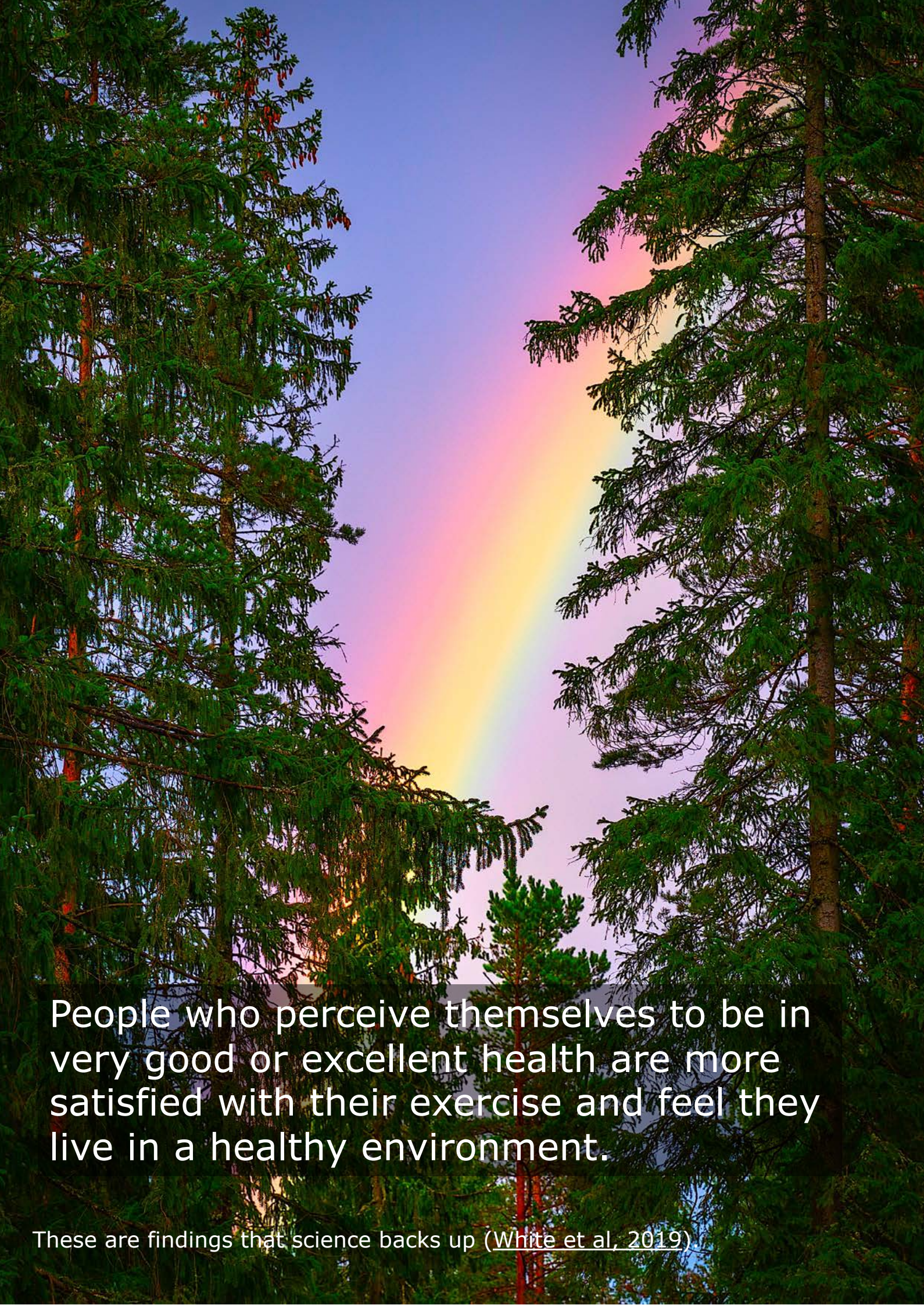
■ Healthy Self Perception (2975)

■ All Survey Takers (12486)



What does the visualization say?




A vibrant rainbow arches through a dense forest of tall evergreen trees. The rainbow is the central focus, with its colors clearly visible against the sky. The trees are dark green and frame the rainbow on both sides. The overall scene is bright and colorful, suggesting a clear day with some moisture in the air.

People who perceive themselves to be in very good or excellent health are more satisfied with their exercise and feel they live in a healthy environment.

These are findings that science backs up ([White et al, 2019](#)).




This indicates that a connection to nature and spending time in nature, when the environment is healthy, is good for your health.

A vertical rainbow light beam illuminates two hands reaching towards each other. The hands are positioned in the center of the frame, with one hand slightly higher than the other. The rainbow light is a vibrant, multi-colored beam that runs vertically through the center of the image, casting a soft glow on the hands and the background. The background is a dark, neutral color, which makes the rainbow light stand out prominently. The overall mood is one of hope, connection, and positivity.

People who perceive themselves to be physically healthy are psychologically healthy.

They are more satisfied with their lives, more likely to feel their lives are worthwhile, more optimistic and more likely to feel their lives have a purpose and meaning. They are also happier.



People who perceive themselves to be healthy are less lonely and feel more of a sense of belonging to their community.



**With Covid-19
affecting your life,
we asked you:**



**What are you doing for
your happiness and
health these days?**

Play games with family.



Watch comedies.



Avoid the news.



Maintain a sense of normalcy by keeping up the routines.



A top-down view of numerous colored pencils arranged in a dense, circular pattern. The pencils are of various colors including red, orange, yellow, green, blue, purple, pink, and brown. Their tips are all pointed towards a central dark brown circular area, creating a radial effect. The background is a dark, textured surface.

**Channel extra energy
into being creative.**



**Connect virtually with
friends.**

**Spend lots of time
outdoors.**





Take lots of walks in nature in my neighborhood - look up at birds and the sky, look down for cats and foxes.




Adapt work to the changing times.

Sleep in late and go to bed early.



Have gratitude for what you have.



A young woman with dark hair, wearing a textured knit hat and glasses, is smiling broadly while looking down at her smartphone. She is wearing a dark blue puffer jacket. The background is a bright, out-of-focus outdoor setting, possibly a beach or a park, with a warm, golden light suggesting a sunset or sunrise. The overall mood is happy and positive.

Make more phone calls rather than just sending text messages.

Send good humor and funny videos to friends and family.

Gardening.



Reading.





The Loneliness, Happiness and Health Connection



Covid-19 & Loneliness

A deadly connection?

A healthy connection?

A confusing connection.



We do not know how long social distancing will be necessary.




Self-quarantining may be necessary for a long time for those who are vulnerable.



We also do not know if we or our loved ones will survive.



This is so scary.



Let's not bear this fear alone or let it rob us of our happiness and the enjoyment of our lives.

We humans are social creatures, even the most introverted of us needs connection with others.

Loneliness is not good for us.

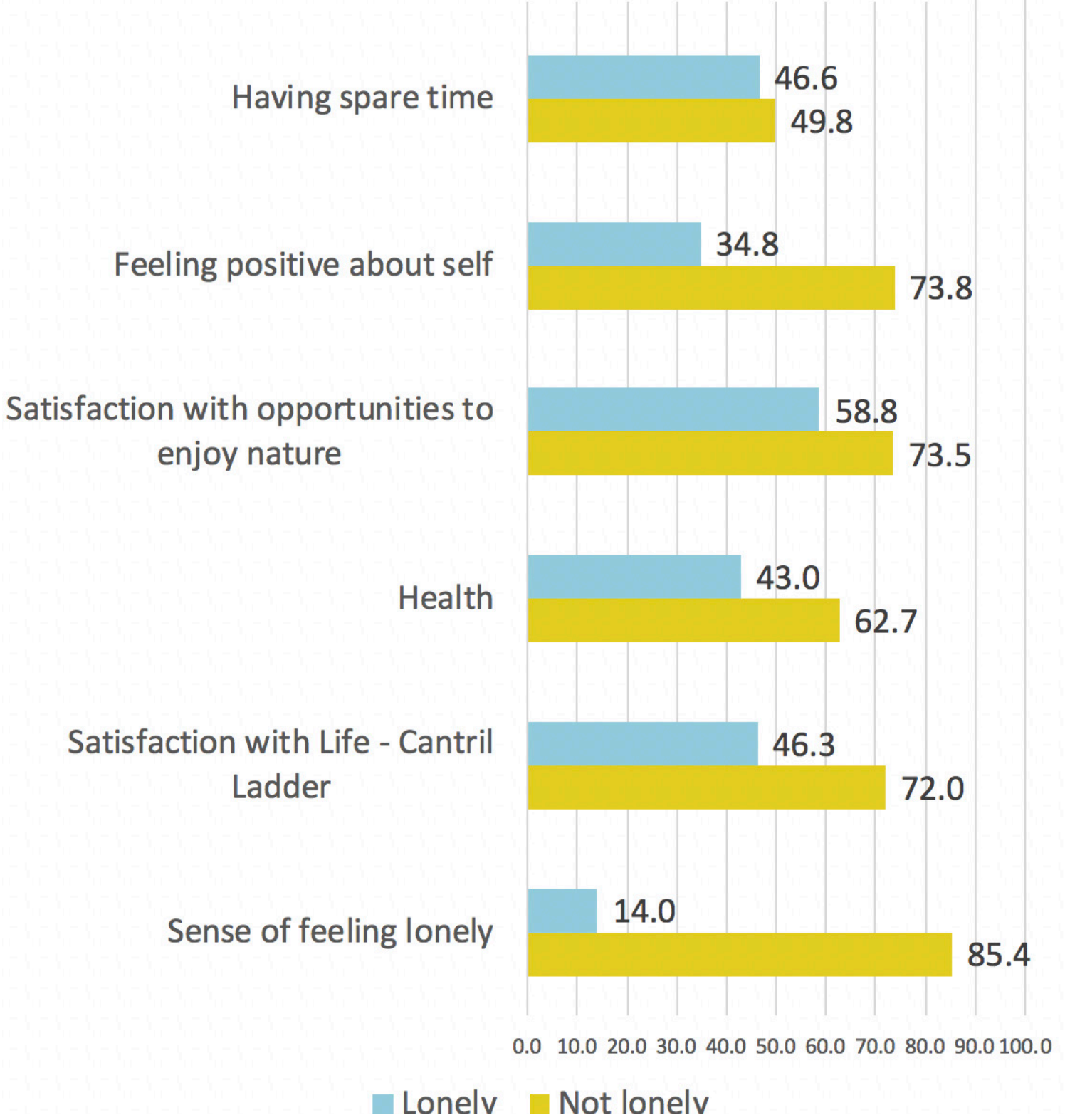
Right now, quality of life - our happiness - is really important.


We looked at data for people who are often or always lonely and people who are rarely or never lonely, and found a few similarities and a few differences.





Loneliness: The Lonely (3610) & The Not Lonely (2414)



A misty forest scene with tall trees and a large tree trunk in the foreground. The image is overlaid with a semi-transparent green and yellow filter. The text is white and positioned in the lower-left quadrant.


Self-perceived health is one place where there is a big difference, as well as feeling positive about oneself, satisfaction with life, and satisfaction with opportunities to enjoy nature.

People who are not lonely feel more positively about themselves, are more satisfied with life, are more satisfied with their opportunities to enjoy nature, and feel that they are healthier.




Who Trusts Government?



A low-angle photograph of several ancient stone columns with Corinthian capitals against a clear blue sky. The columns are made of weathered, light-brown stone and feature ornate capitals with acanthus leaves. The perspective is looking up, making the columns appear tall and imposing.

Trust in government, sense of corruption and sense that public officials pay attention to what people think are more important to happiness than most people think (Ott, 2011).



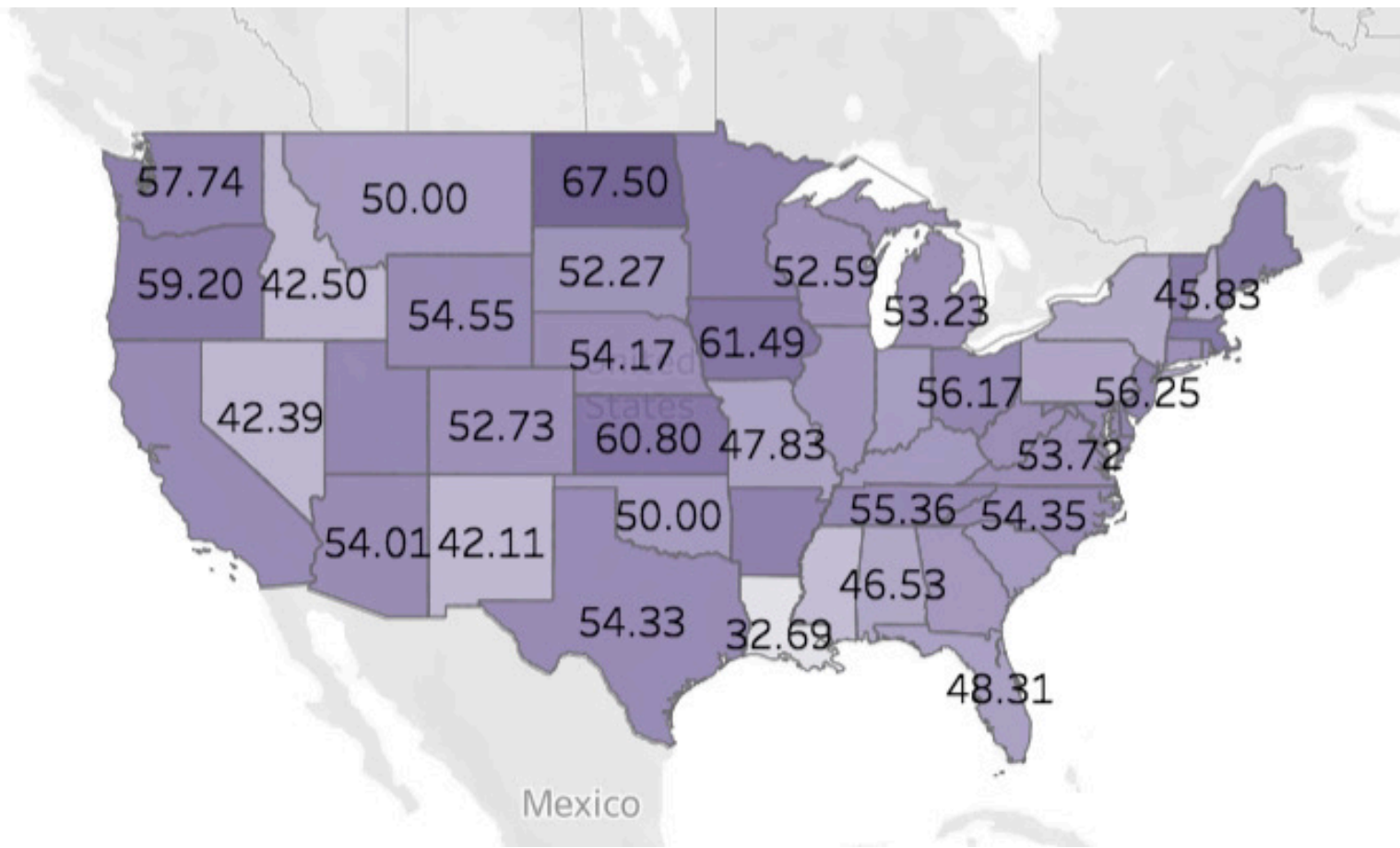
One of the six factors that the World Happiness Report examines to understand what makes people happy is the perception of corruption in government.

Our Happiness Index measures perception of corruption, sense that public officials pay attention to what people think, as well as trust in national and local government.



Data for trust in local and national government is gathered from a convenience sampling gathered in 2019 for people who responded that they live in the US. This comes to 4,687 people.

In Most States People Think Local Government is Not Corrupt



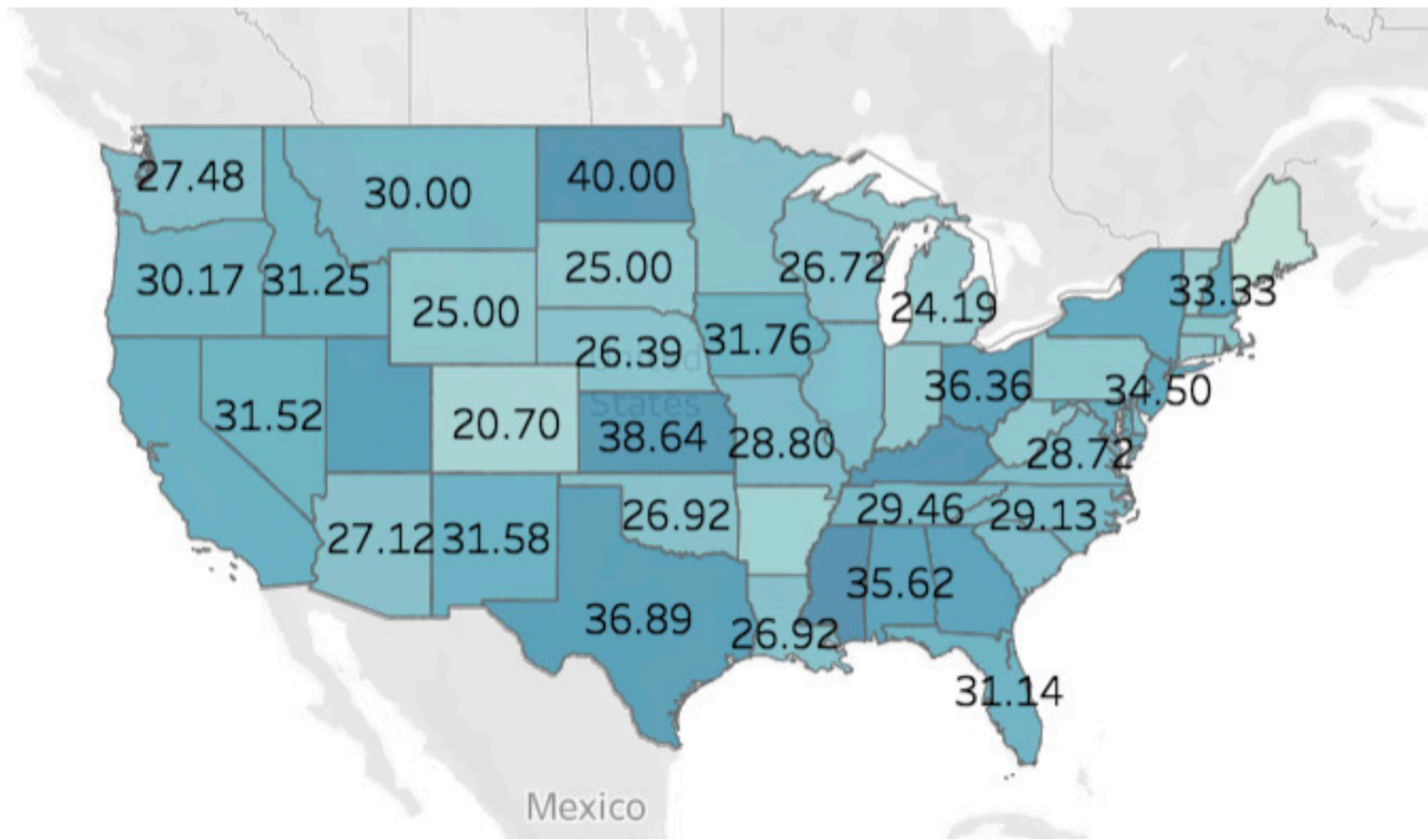
Scores for **sense that local government is corrupt** are, for the most part a bit above neutral, meaning people generally do not think government is corrupt, but would not say with certainty that it is **not** corrupt. The average score for all states is 51.9- **not bad, but not good.**



For trust in national government,
the average score is 30.03,
meaning **people do not have
confidence in national
government.**



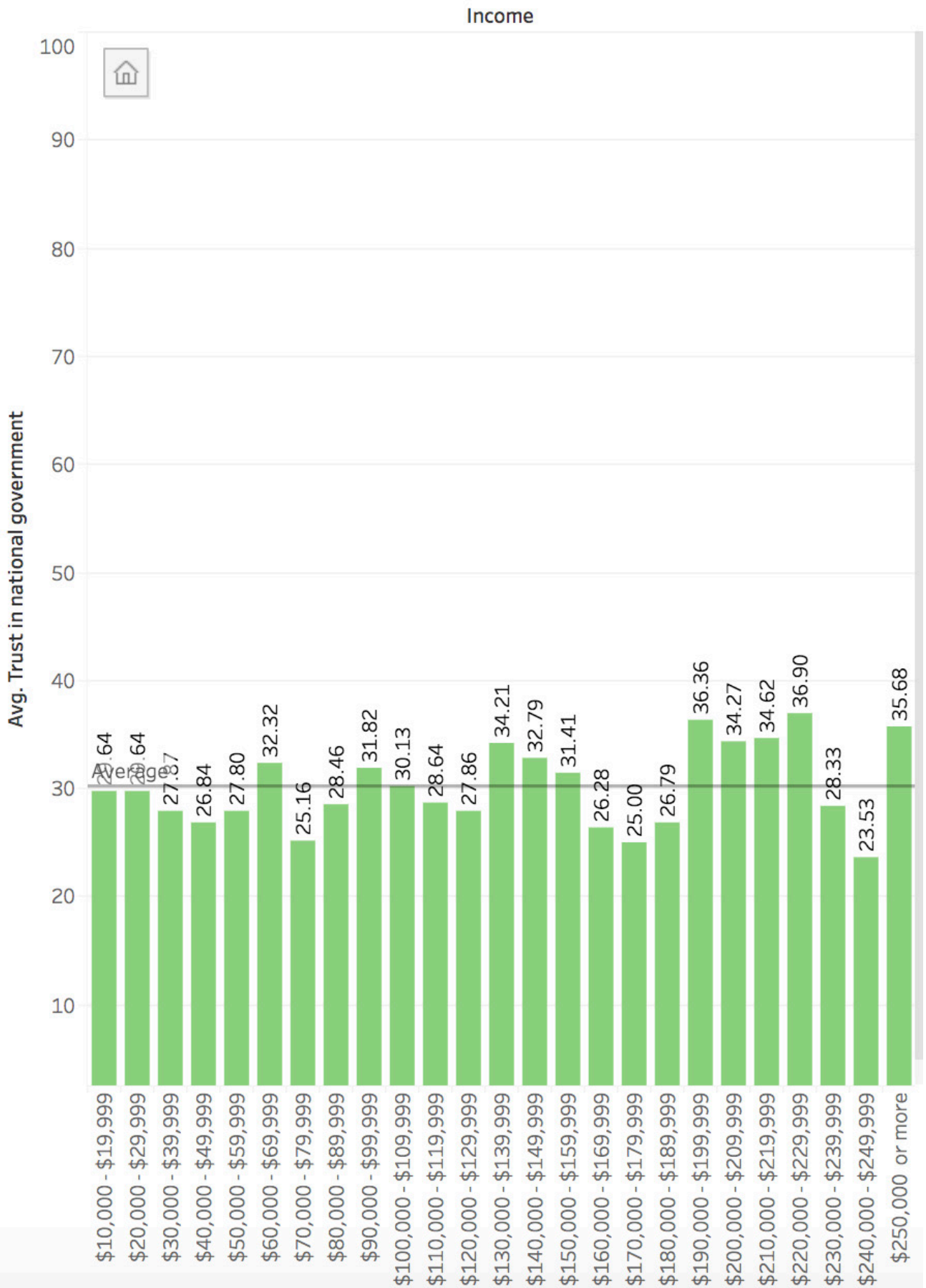
State by State, Trust in National Government is Low



**The Wealthy Think A Bit
Better of Local
Government than Those
who are not Wealthy**



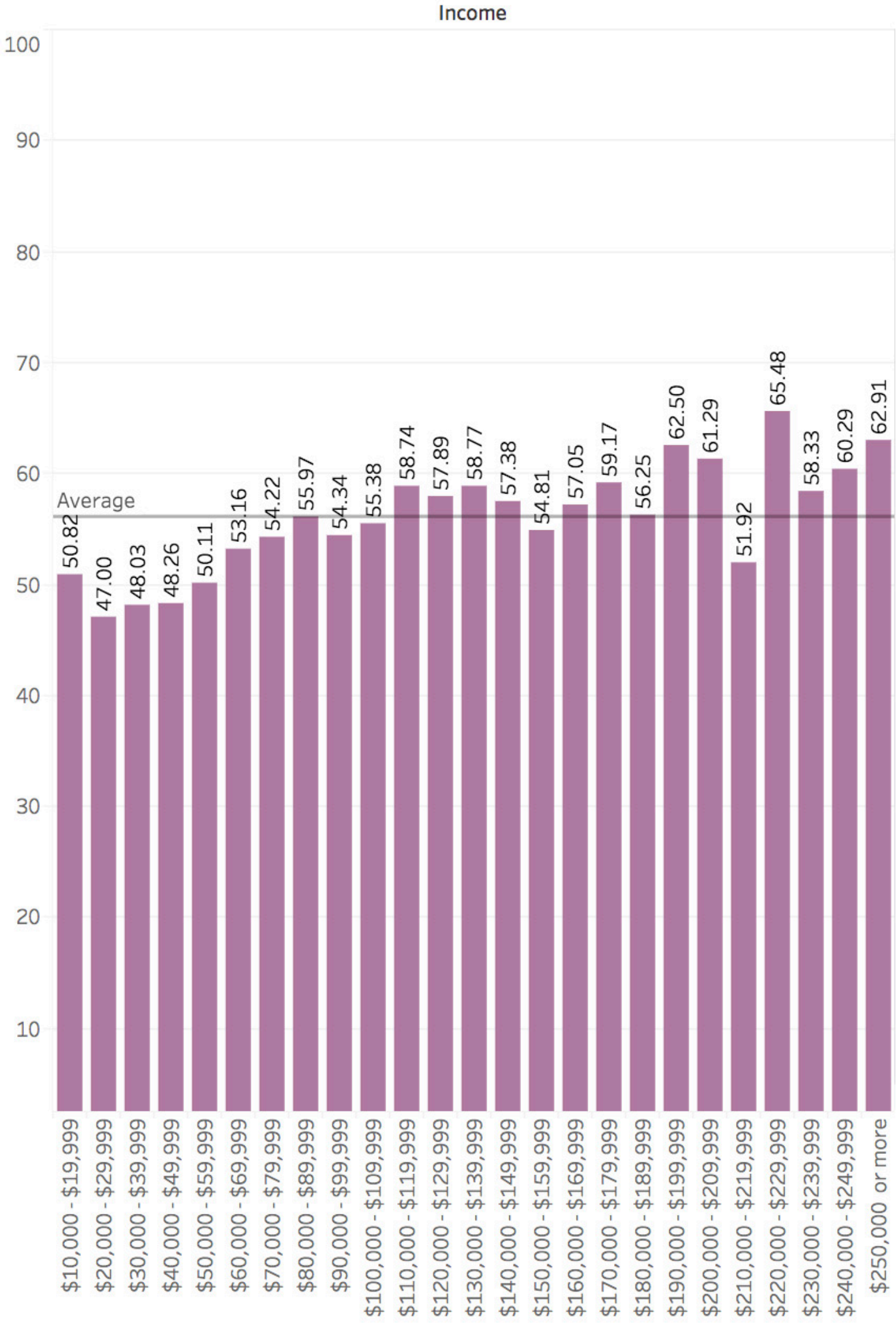
Wealthy or Poor, Trust in National Government is not Great




The average score for **trust in government** across all income levels is **30 out of 100**.



Avg. Sense of corruption in one's city or town government .





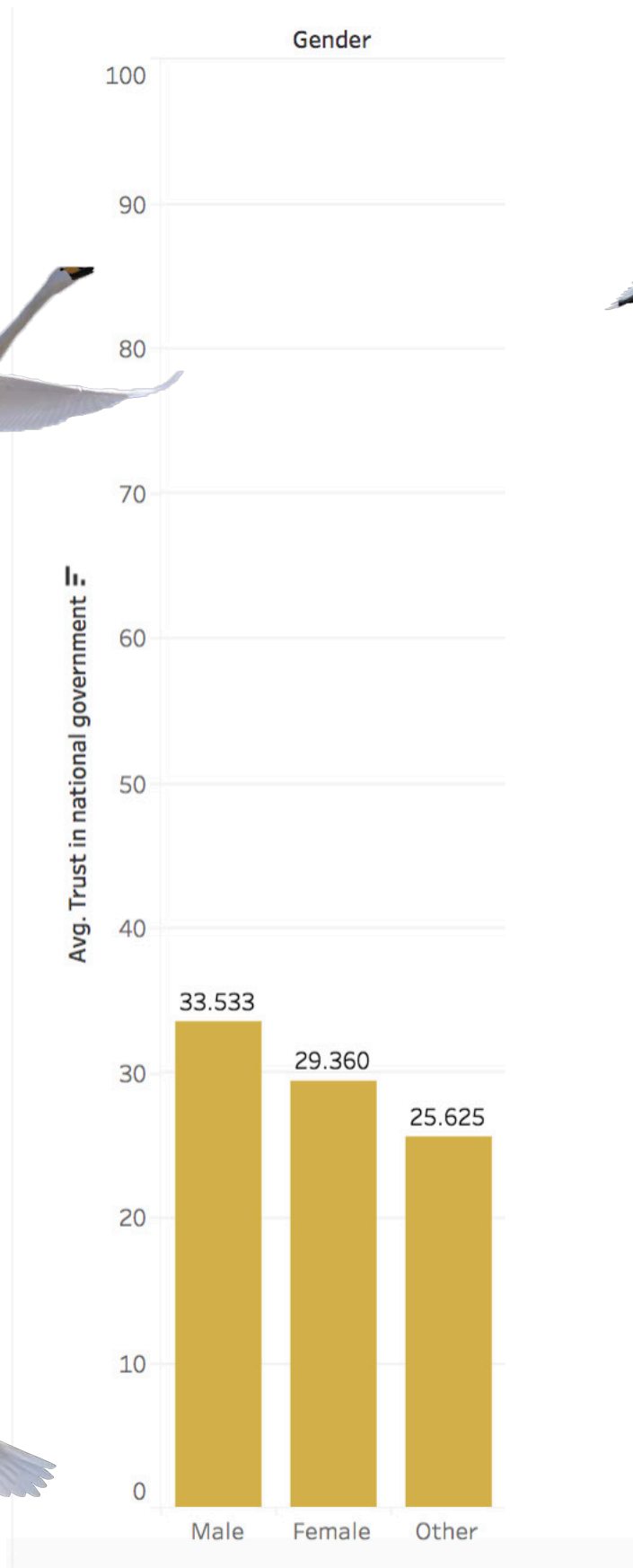
Income level does not make a big difference when it comes to trust in national government or sense that local government is corrupt.

There is a slight trend up, meaning as your income goes up, your trust goes up a little, and your sense of corruption in local government goes down.

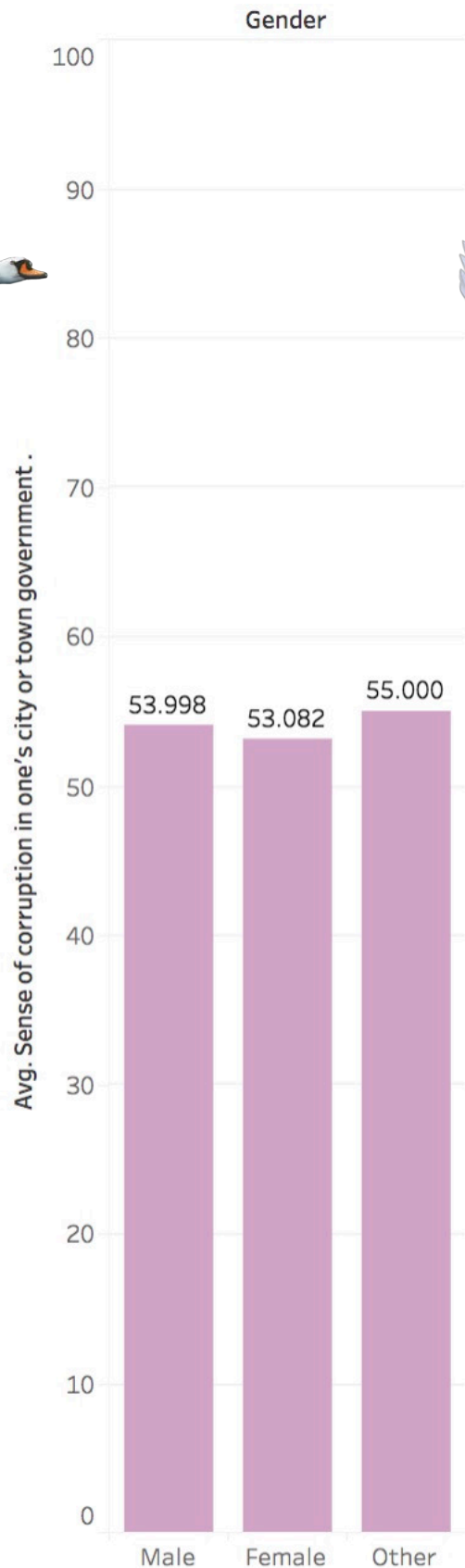
The average score for **sense of corruption** across all income levels is **56 out of 100.**



Men Trust National Government a Bit More than Women



All Genders Are Fairly Neutral About the Question of Whether Local Government is Corrupt



A white swan is the central focus, swimming in a body of water. The water is a deep blue, and numerous bright, shimmering reflections of sunlight are scattered across its surface, creating a sparkling effect. The swan's long neck is elegantly curved, and its head is turned slightly to the right. The overall scene is serene and peaceful.

Who cares?

A few propositions why good government is important to happiness:

Trust in government sets a tone. **When you can trust your government, you are more likely to trust** other institutions: businesses, schools and colleges, nonprofits.



When you live in a nation where you feel you can trust institutions, you are more likely to be trustworthy yourself and more likely to trust other people.

Honesty (as opposed to Corruption) allows people to **feel safe and secure**. We all know that **safety and security are basic human needs**.

Safety in our personal lives is tied to safety in our systems, including governmental, economic and social.

Paying attention to what you think is an important aspect of esteem. **Esteem and respect** are also basic human needs.



A government that cares about what you think has the information it needs to secure and protect your inalienable right to life, liberty and the pursuit of happiness.

Give to the Happiness Alliance

DONATE





**Your gift helps fuel the
Happiness Movement**



About the Data

All of our data is from a convenience sampling. It reflects the people who took the survey, and may or may not reflect the general population. The more data we have, the better picture we get of the state of happiness.

In some states, we have very little data.

How can you help? Encourage people to take the Happiness Index.

**Take exquisite care of
yourself.**

May You Be at Ease.

May You Be Happy.

May You Be Healthy.

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

Our mission is to the awaken happiness in all beings.

