

# Happiness Report Card



2019  
Semi-annual Report



# Letter from Happiness

Dear Reader,



This report is written for that small but growing percent of the population – including you – who understand that in order to be really happy, all beings today, and in our future, must have equal opportunities to be happy. And in order for this to happen, we must have sustainable economies, ecologies, communities and companies.

Our theory is that an important step toward a sustainable and happy life is changing the metrics we use to measure our success and guide our decisions. Our Happiness Index is the change we want to see. When we use happiness metrics, we value love, each other and our natural systems

This report compiles our monthly data reports for the first half

# Letter for Happiness

It begins with accumulated data for the domains of happiness, and ten ways you can bring happiness into your life. This year we did something not done before. We used dimensions of our Happiness Index, including access to nature, sense of spirituality and experiences of discrimination, to explore relationships to happiness. Each section includes knowledge and tips. Our final data story for the first half of 2019 focuses on work-life balance. We asked you for your wisdom, and you gave us some beautiful ideas. The report concludes with them.

We gather our data online from a convenience sampling. We have a grant from Google that allows us to run ads for free. Last year we reformatted our ads to invite both liberal and conservative oriented people to take the survey in an effort to collect more and better data. We do not collect data for political affiliation anymore, but felt it was important because everybody matters.

We hope you enjoy this report. Please share it with your friends. If you can, please donate! [Happycounts.org](http://Happycounts.org) and scroll down!



With love and hope,  
The Happiness Alliance

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# Our Happiness Scores







**The Happiness Alliance's Happiness Index measures our happiness, well-being and sustainability.**

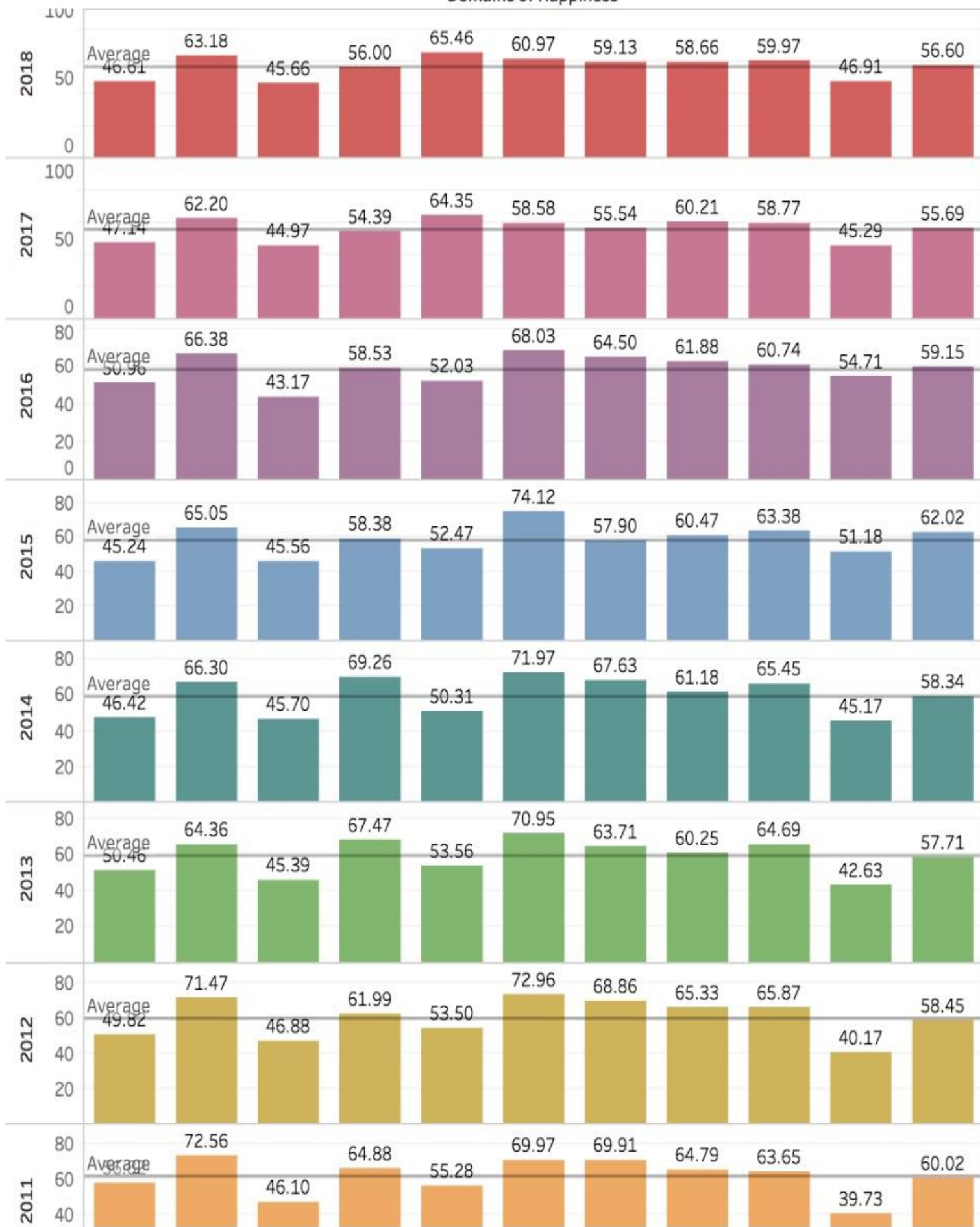
**Our scores took a tumble in 2017.**

**Scores improved in 2018.**

**Are things looking up, or are we adjusting to tough times today and ahead?**



# Domains of Happiness



Community

Environment

Government

Health

Lifelong Learning, Arts & Culture

Psychological well-being

Satisfaction with Life

Social Support

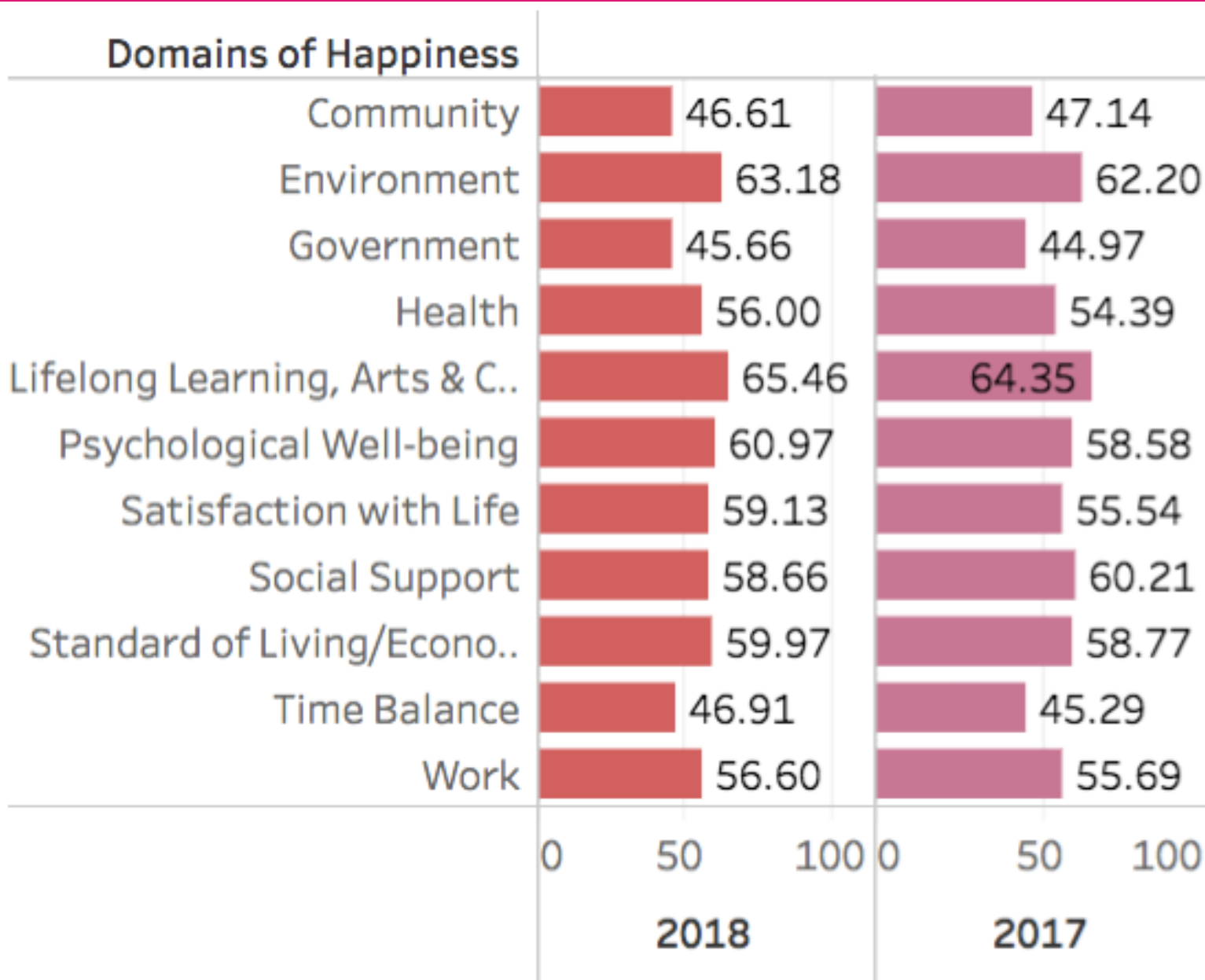
Standard of Living

Time-balance

Work



We were happier in terms of our **life satisfaction, economy, health, and work** and every other domain except **community, social support and government.**



For both years, our **government scores are the lowest of all.**

An aerial photograph of a dense forest with a river winding through it. The trees are mostly evergreens, and the river is a light brown color. The text is overlaid on the image in white and black boxes.

**In 2017, we registered a downturn in happiness.**

**With the political climate in the United States and in many other nations, it was not too much of a surprise on one level, but nevertheless, seeing the scores was a bit shocking.**



Happiness scores for 2018 show a slight upturn in all the domains...except those that may matter the most.



**Where we hurt**





**the most**

**The domains of community and social support may be the most important contributors to our happiness.**

**They are often the foundation allowing us to meet our basic needs and enjoy good mental and physical health.**







**And yet, our scores in  
these domains are**

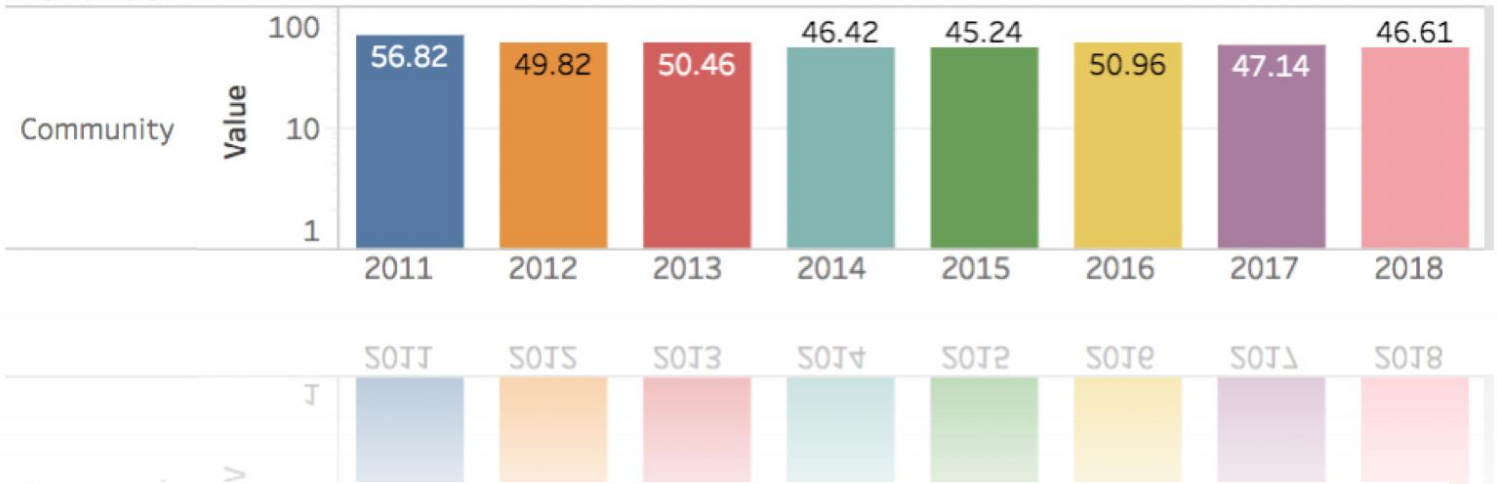
**I  
O  
W**



**...and getting lower.**



Domains of ..



## Happiness Scores in the domain of community measure:

- Do you feel a sense of belonging in your community?
- Do you feel safe in your neighborhood?
- Do you trust the people around you? Do you volunteer?
- Do you donate?



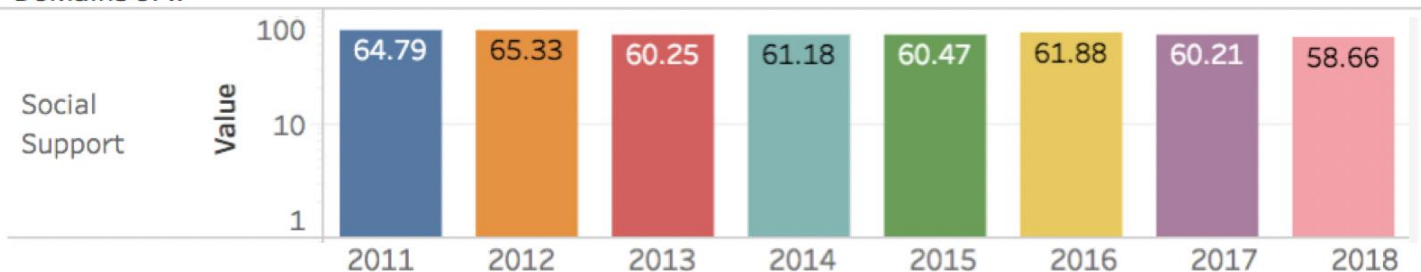


## Happiness Scores in the domain of social support measure:

- How satisfied are you with your relationships?
- Do you feel loved?
- Do you feel lonely?



Domains of ..




# Why



**are community and  
social support so  
important to our  
happiness?**





Because we are  
social beings.

**We need each other.**



**Our relationships  
are core to our  
happiness and  
well-being.**





**A good relationship  
brings great happiness.**

**And fosters happiness in  
all aspects of life.**





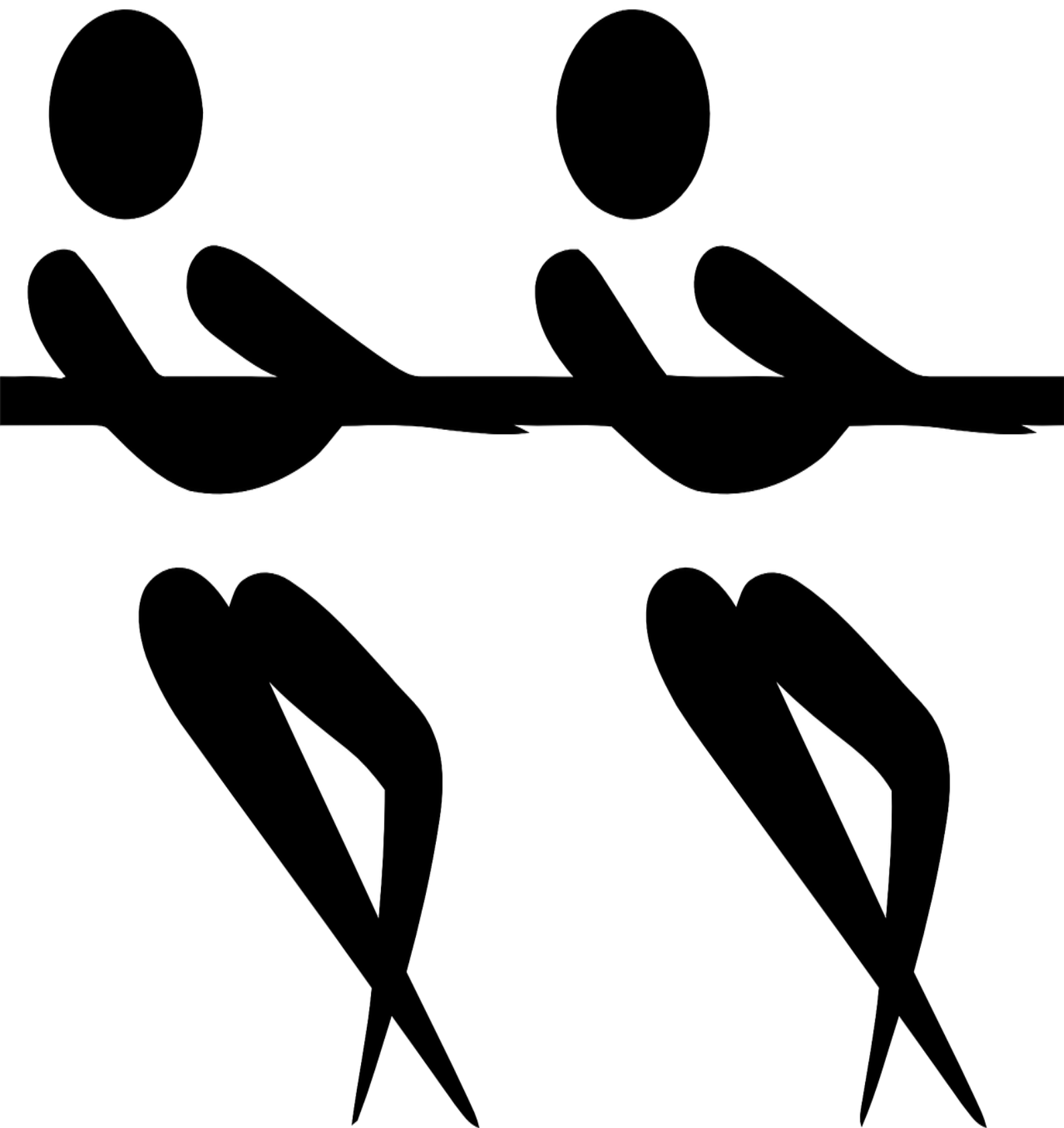
**In 2018, our scores in  
community and social  
support went down.**

**There could be many  
reasons for this.**

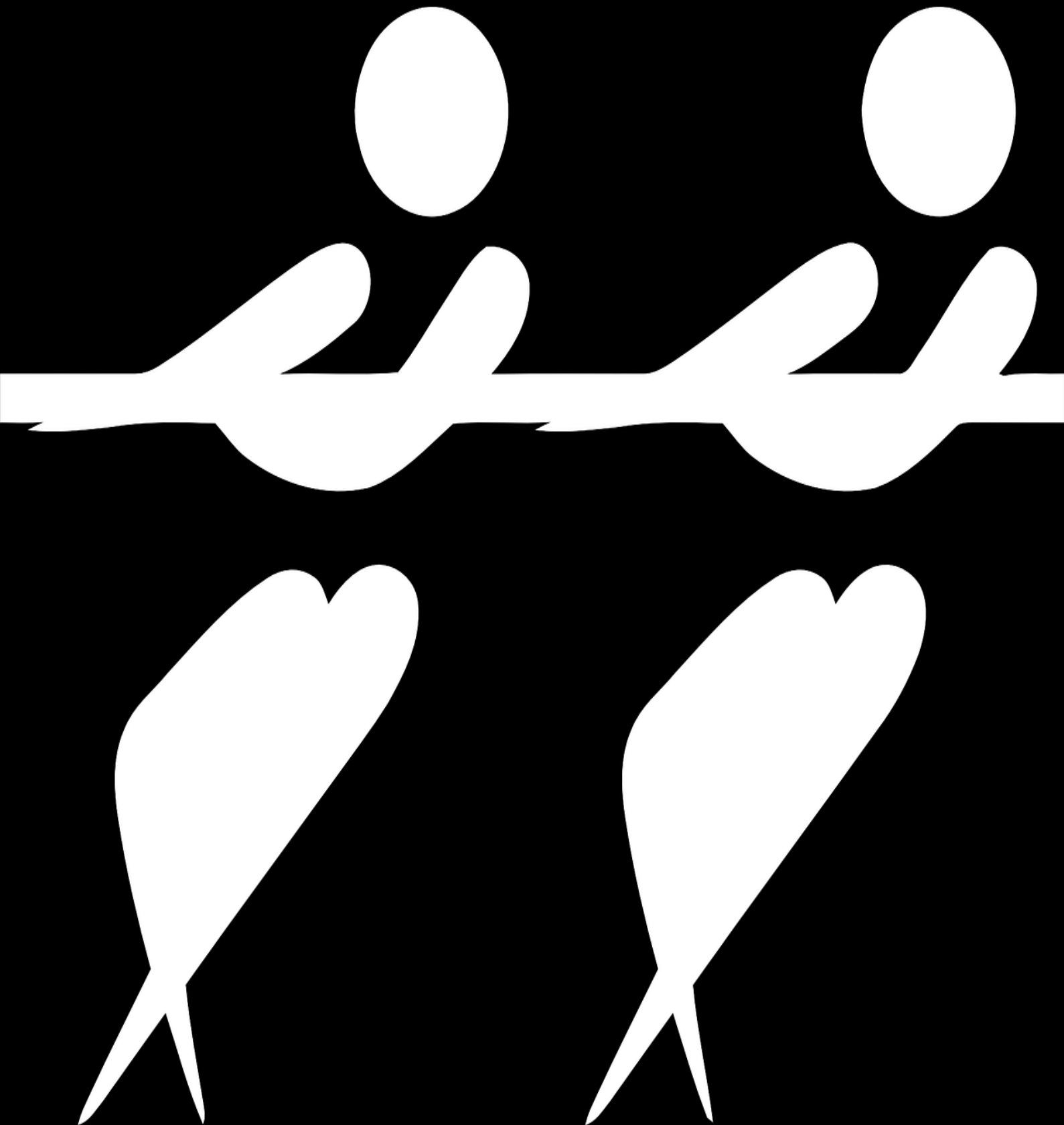


**One of them is that in the United States, many people feel a growing divide between political perspectives.**

**There is a pervasive tension.**




We propose that this situation is leading to a decline in **trust** and **breakdown in communication** both on a geographic scale, between **urban** and **rural communities**, and on a personal scale, between colleagues, friends, and **within families**.



A close-up, high-resolution photograph of a woman's face, focusing on her eyes and upper lip. She has dark hair pulled back, and her eyes are looking slightly to the right. The lighting is soft and natural, highlighting the texture of her skin. The text "How about you?" is overlaid in a bold, white, sans-serif font across the lower portion of her face.

**How about you?**



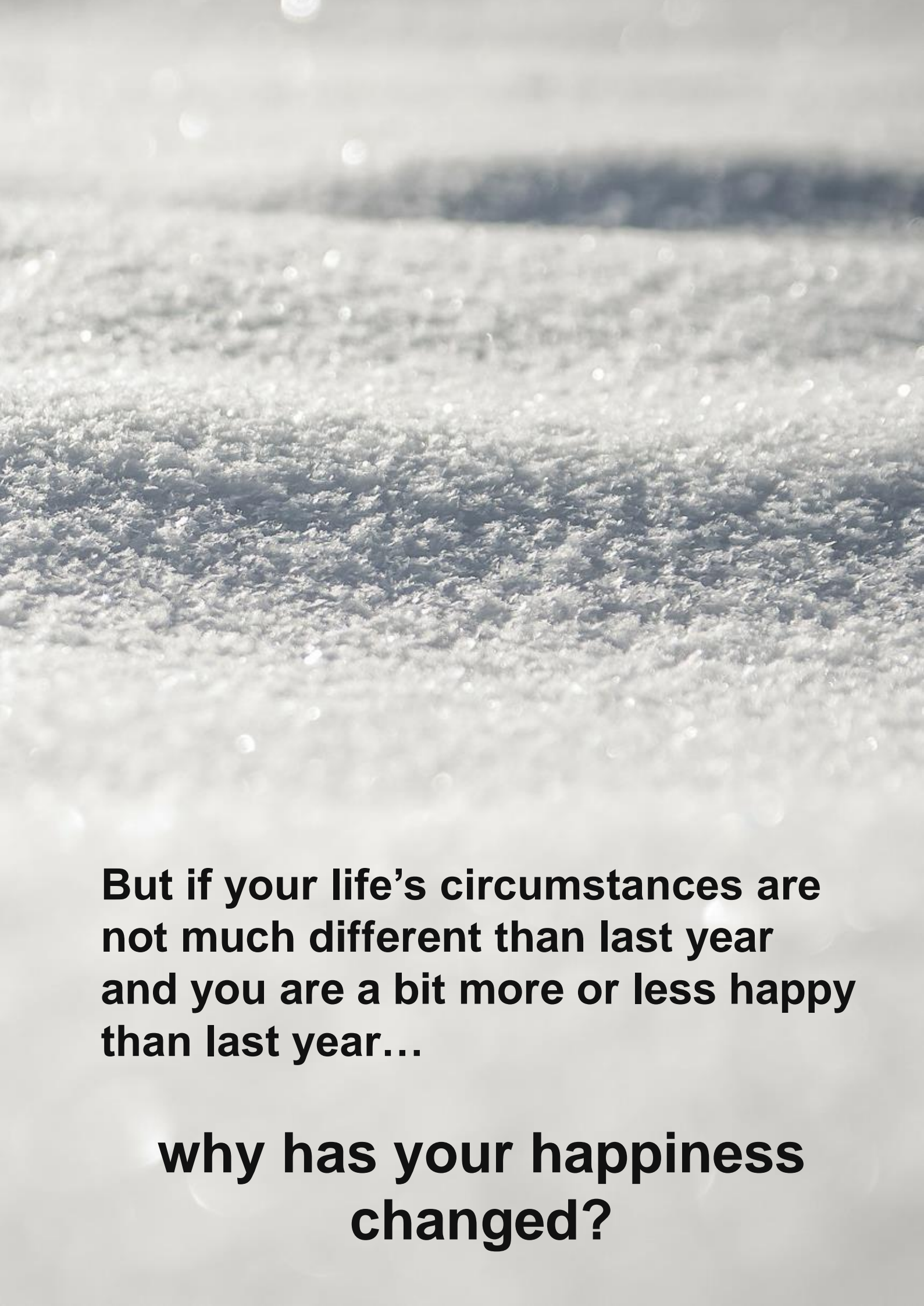


**Has your happiness  
increased or decreased in  
any of the happiness  
domains in the last year?**



**If so, has it changed because of a change in your life? For instance, did you find your true love, get the perfect job, or suffer a big loss? Obviously, that could explain a change in your happiness score.**





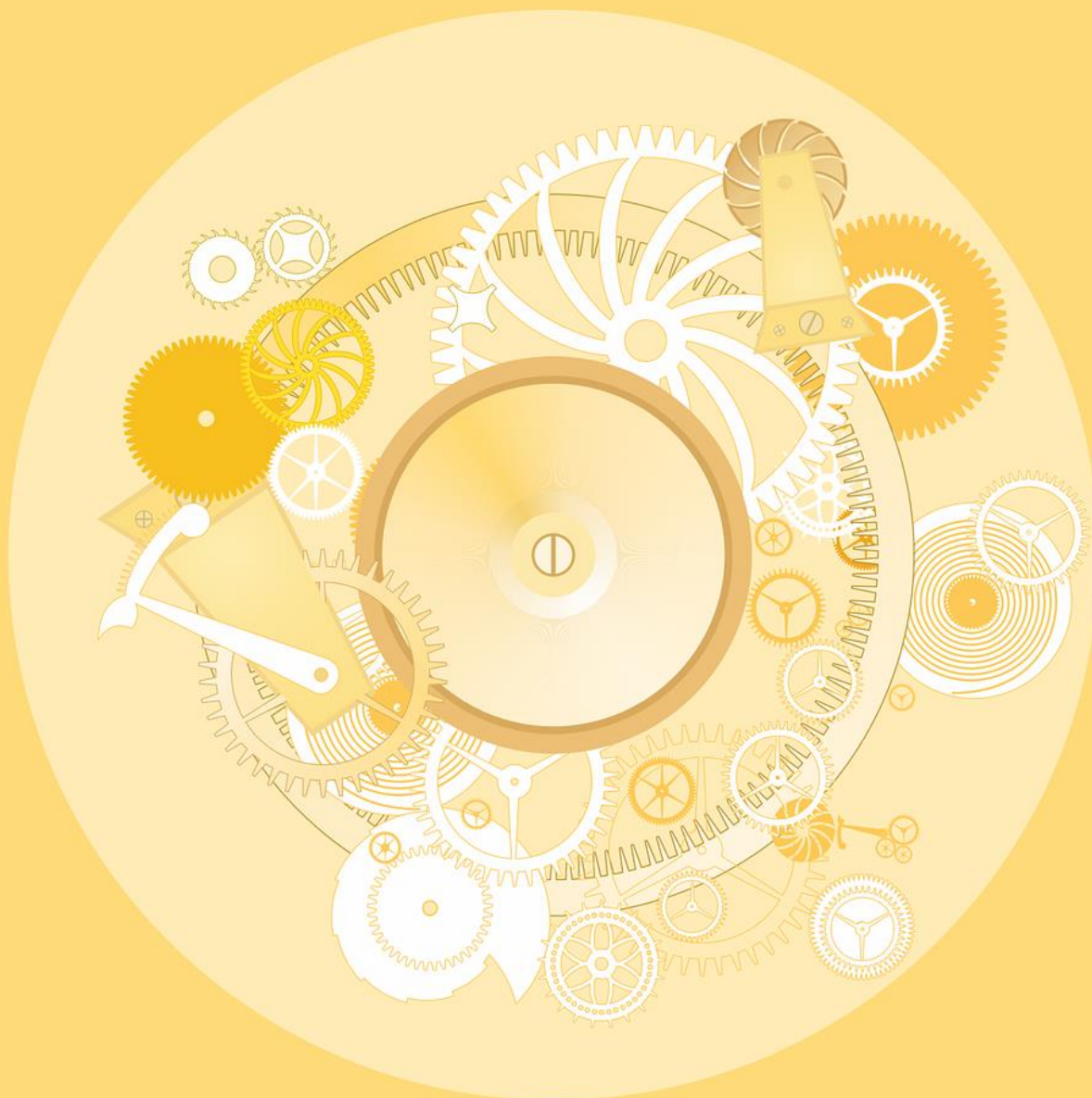
**But if your life's circumstances are not much different than last year and you are a bit more or less happy than last year...**

**why has your happiness changed?**

Do you feel that the political,  
media, or social climate is  
influencing your happiness?



**You can use this happiness scorecard to reflect on your happiness changes in the last year.**



Happiness Domains	Am I doing better this year than last?	Why? What changes or stasis in my life explain that I am doing better, worse, or not changing?
Satisfaction with Life		
Sense of Purpose		
Sense of Belonging in Community		
Time spent in the Beauty of Nature		
Trust in Government		
Physical Health		
Learning Something New		
Strong Sense of Culture		
Sense of Good Relationships		
Economic Security		
Time Balance/ Work Life Balance		
Satisfaction with Work		


What you can do to be happier.





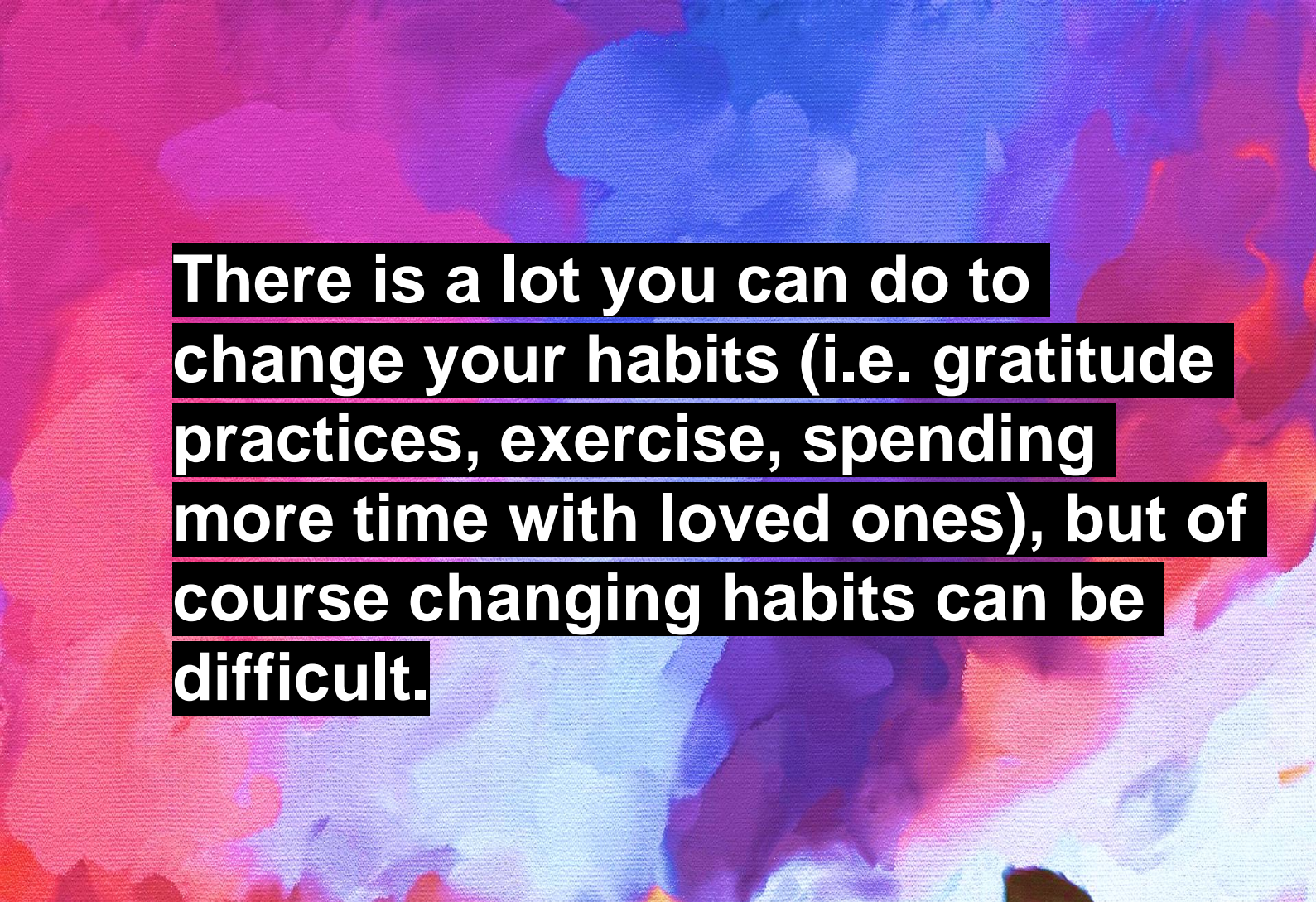
**Your happiness is based in part  
on your genetics, in part on your  
habits, and in part on your  
external circumstances.**





**In the near term, there is  
nothing you can do to  
change your genetics.**

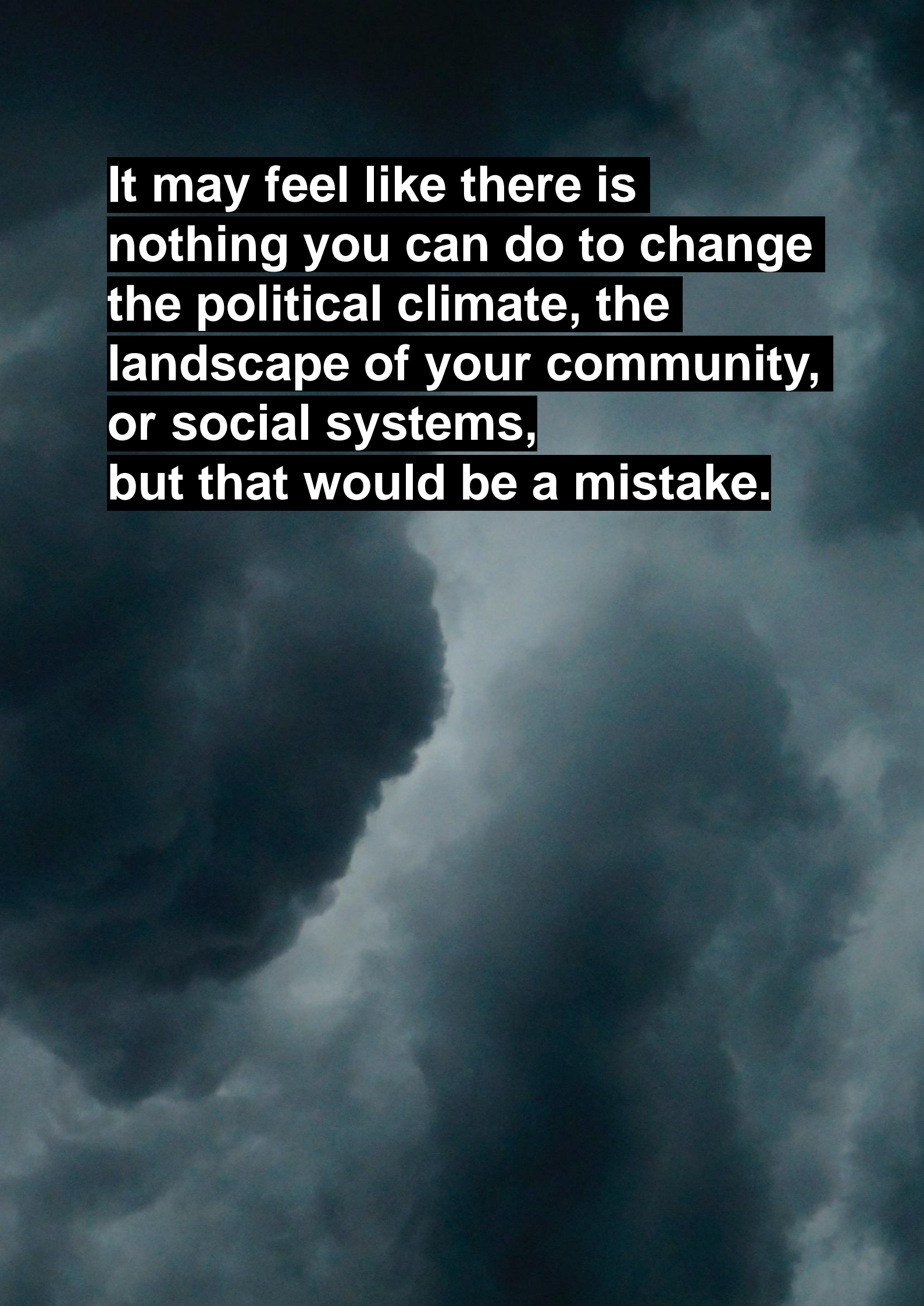




**There is a lot you can do to change your habits (i.e. gratitude practices, exercise, spending more time with loved ones), but of course changing habits can be difficult.**



**The tricky part comes in your external circumstances.**



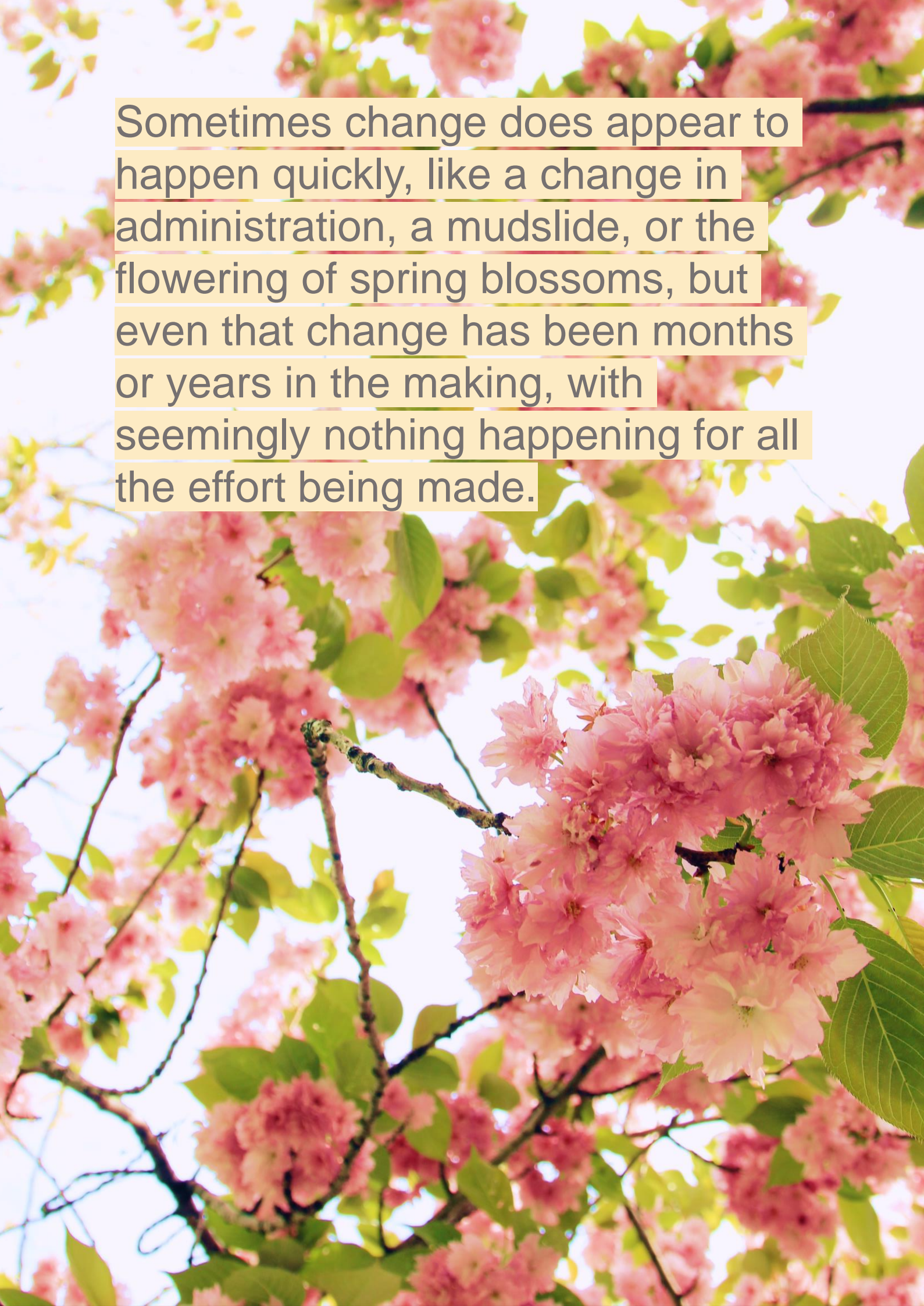
**It may feel like there is  
nothing you can do to change  
the political climate, the  
landscape of your community,  
or social systems,  
but that would be a mistake.**

Often one of the reasons we feel helpless or useless is that our expectation is that change will happen immediately.



It would be nice if change happened that way, but in fact, it rarely does.

Instead, it often takes time, patience and persistence.



Sometimes change does appear to happen quickly, like a change in administration, a mudslide, or the flowering of spring blossoms, but even that change has been months or years in the making, with seemingly nothing happening for all the effort being made.



**Don't buy into the fiction that you can't make a difference.**


**In fact, every time you make an effort for change, you contribute to progress.**

# You



**Make  
a  
Difference**



A background of light blue and white with numerous pink petals falling from the top. The petals are in various stages of descent, some appearing as small specks and others as larger, detailed shapes. The overall effect is one of gentle, continuous movement.

**Ten things  
you can do  
right now  
for a change  
to**





**happiness.**



Change  
is  
inevitable.

The trick is to change intentionally. The first thing you can do for a change to happiness is to set your intention for happiness.

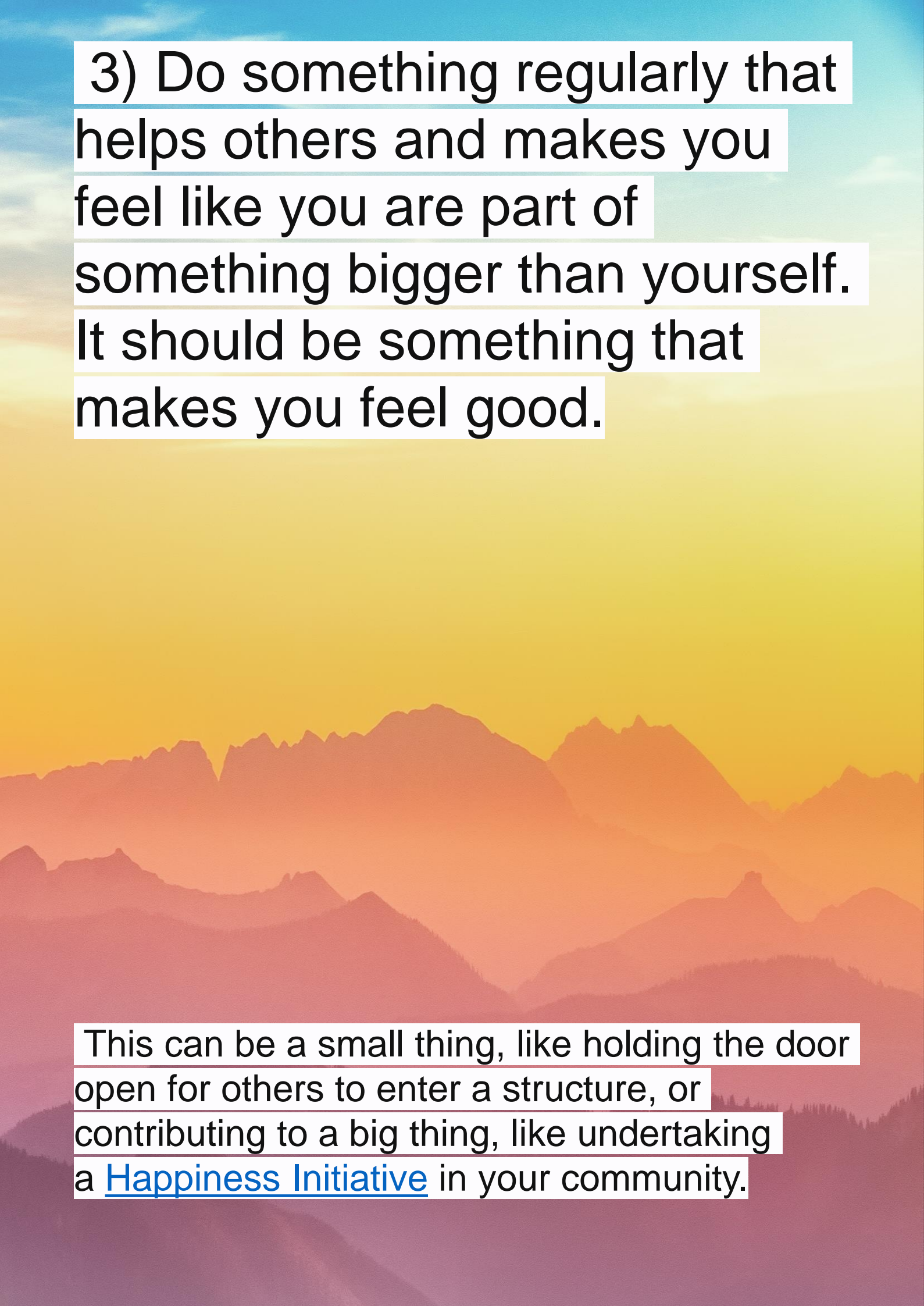


1) Set an intention  
to be happy in your  
life and to bring  
happiness to  
others.



2) Define your happiness both in terms of how you feel and how you live (hedonism and eudaimonia).





3) Do something regularly that helps others and makes you feel like you are part of something bigger than yourself. It should be something that makes you feel good.

This can be a small thing, like holding the door open for others to enter a structure, or contributing to a big thing, like undertaking a [Happiness Initiative](#) in your community.

4) Choose one domain of happiness, learn about it and share what you learn with others – online, in person, etc.



You can use the Happiness Index at [happycounts.org](http://happycounts.org) to learn experientially about the domains of happiness.

5) Dream up a plan for how you would change the world in that domain so you and others will be happier and healthier. Share your plan with others.

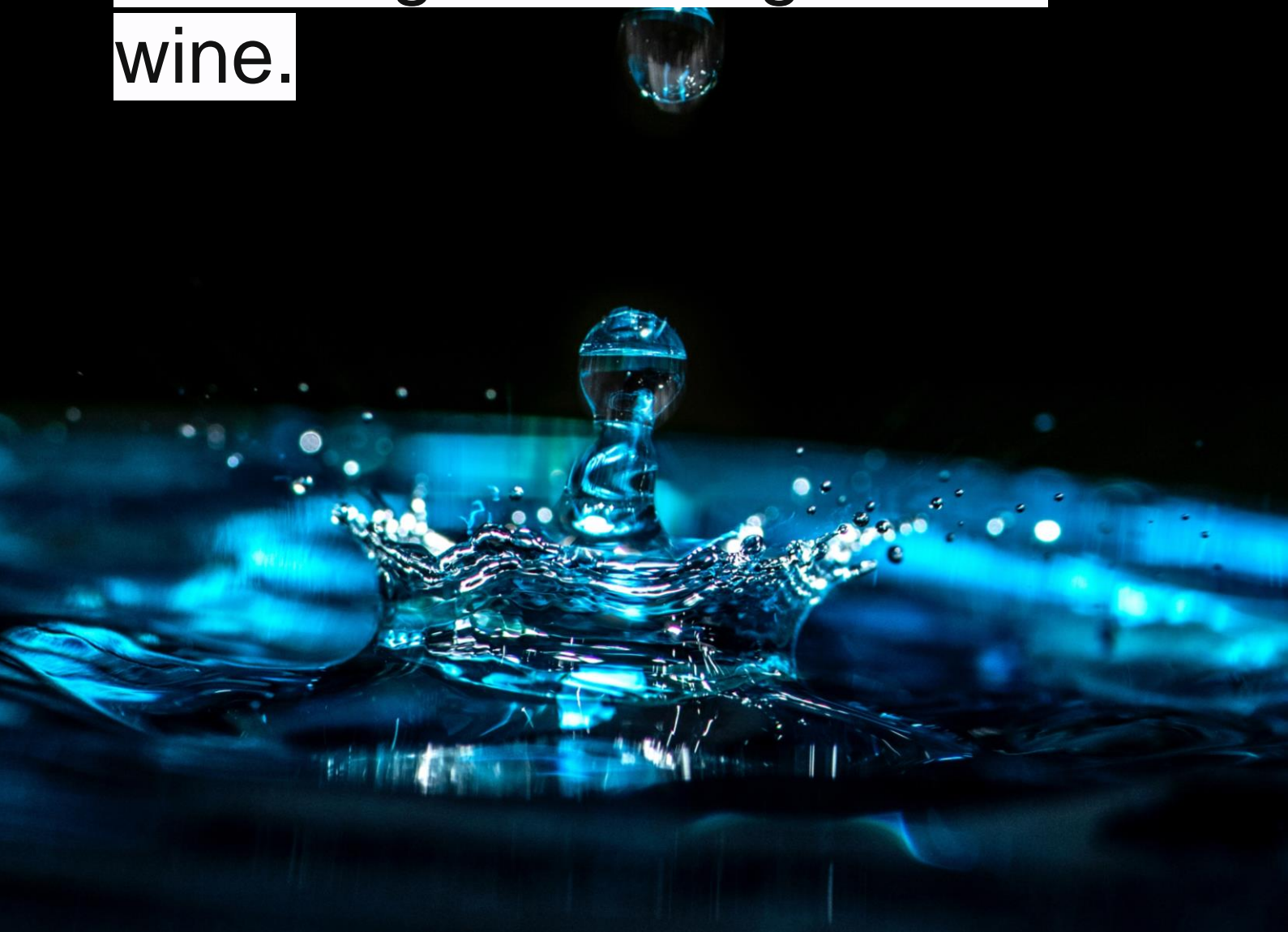





6) Develop your listening skills including active listening and non-violent communication.



7) Everyday, refrain from doing one small thing that would *not* make you happier, like having a conversation with someone when you are upset, buying something you don't need, or having an extra glass of wine.



A close-up photograph of a sandy beach. A series of footprints is visible, receding into the distance. The most prominent footprint is in the foreground, showing clear impressions of the toes and the heel. The sand is a light tan color and has a fine, granular texture. The lighting is bright, creating soft shadows within the footprints.

8) Take one small step to foster the change you imagined in your plan.

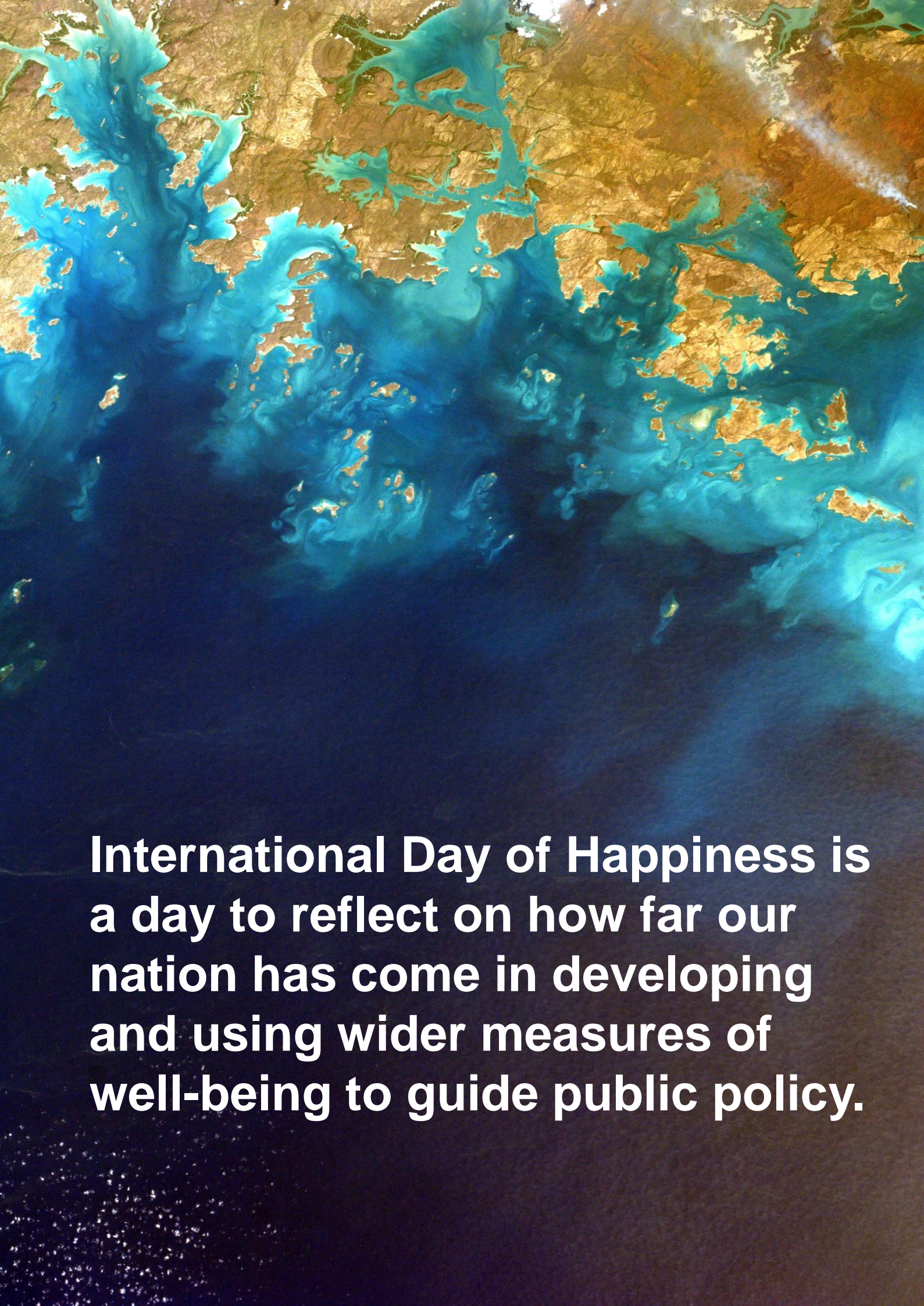
9) Release an expectation that the change you wish to see will happen immediately. Remind yourself that you are part of a bigger picture, and even if you can't see it right now, that you are part of a paradigmatic shift.



10) As much as possible, be the change you want to see – with the caveat that you do this in ways that bring you and others happiness.

If the change you wish for is large scale, find ways that are manageable and fulfilling and that are based on the values of your vision.





**International Day of Happiness is a day to reflect on how far our nation has come in developing and using wider measures of well-being to guide public policy.**

**In some countries, such as New Zealand, the United Kingdom, and Bhutan, there has been much progress.**



**In others, like the United States, at the national level, the conversation has yet to begin...**



## General Assembly

Distr.: General  
12 July 2012

Sixty-sixth session  
Agenda item 14

### Resolution adopted by the General Assembly on 28 June 2012

[without reference to a Main Committee (A/66/L.48/Rev.1)]

#### 66/281. International Day of Happiness

*The General Assembly,*

*Recalling* its resolution 65/309 of 19 July 2011, which invites Member States to pursue the elaboration of additional measures that better capture the importance of the pursuit of happiness and well-being in development with a view to guiding their public policies,

*Conscious* that the pursuit of happiness is a fundamental human goal,

*Recognizing* the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives,

*Recognizing also* the need for a more inclusive, equitable and balanced approach to economic growth that promotes sustainable development, poverty eradication, happiness and the well-being of all peoples,

1. *Decides* to proclaim 20 March the International Day of Happiness;
2. *Invites* all Member States, organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe the International Day of Happiness in an appropriate manner, including through education and public awareness-raising activities;
3. *Requests* the Secretary-General to bring the present resolution to the attention of all Member States, organizations of the United Nations system and civil society organizations for appropriate observance.

*118th plenary meeting  
28 June 2012*

...Invites Member States to pursue the elaboration of additional measures that better capture the importance of the pursuit of happiness and well-being in development with a view to guiding their public policies...

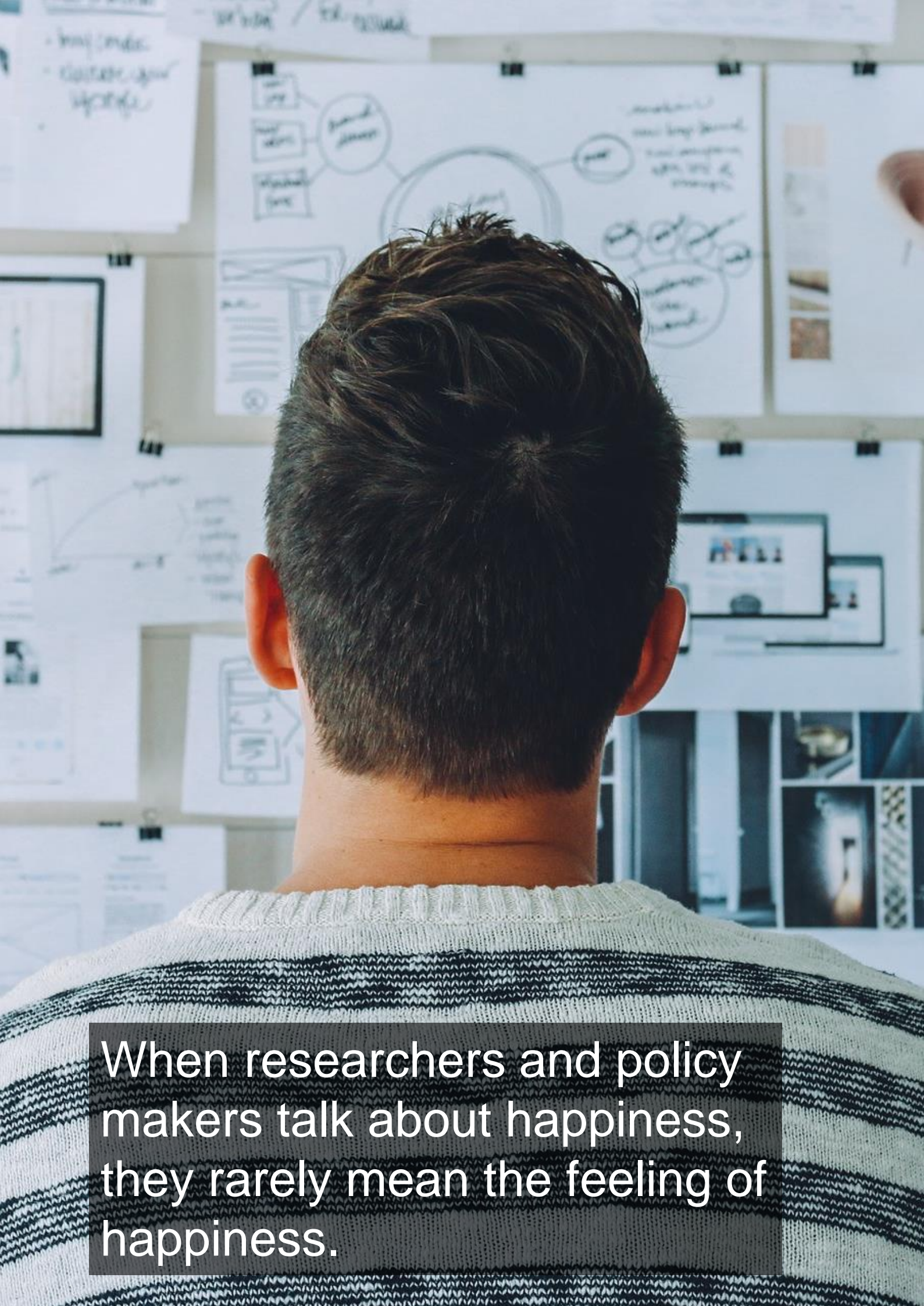


**How do you answer the questions:**

**What are measures of well-being and happiness?**

**How do you develop them and use the the data for public policy?**





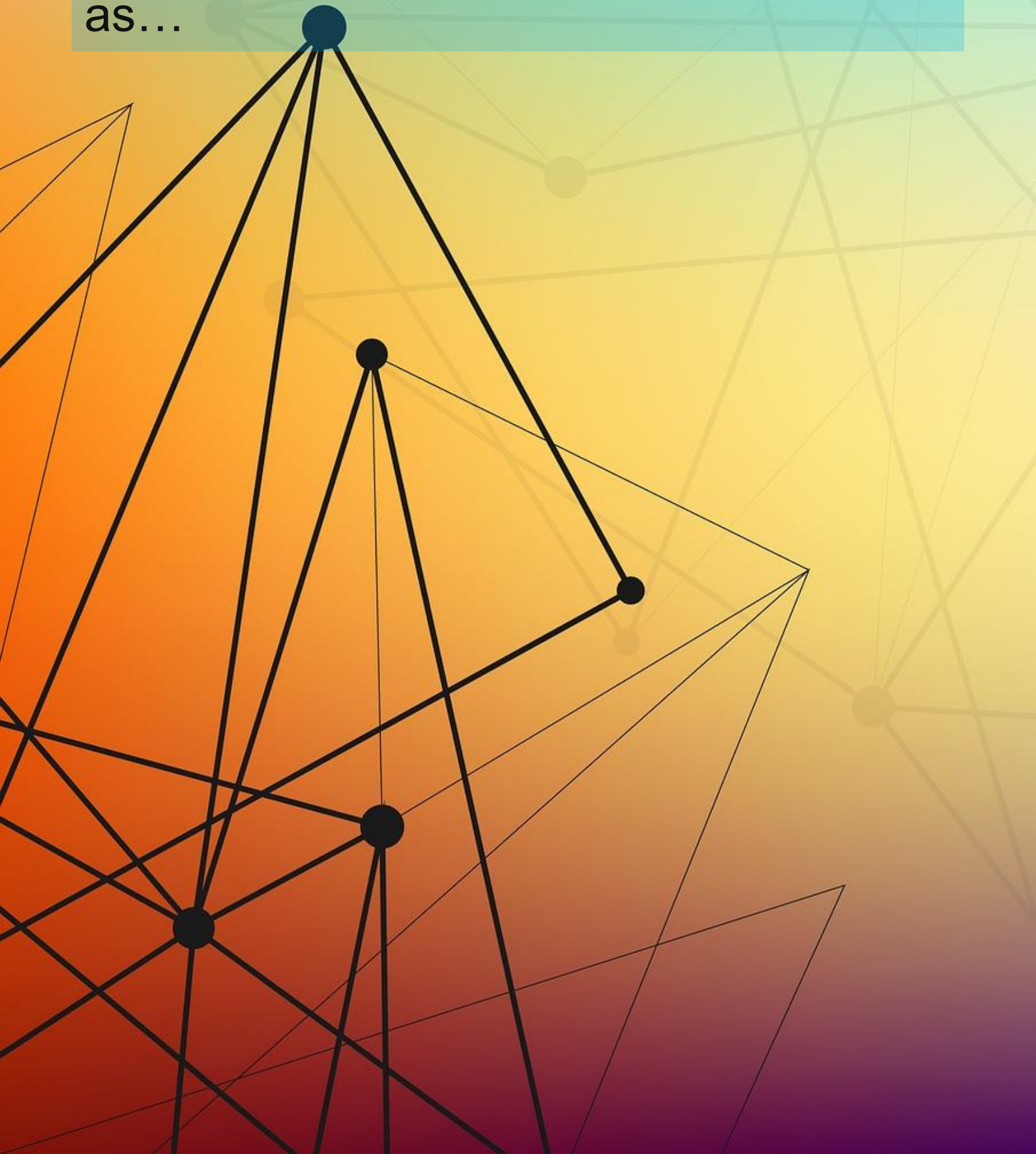
When researchers and policy makers talk about happiness, they rarely mean the feeling of happiness.

The feeling of happiness,  
called by researchers

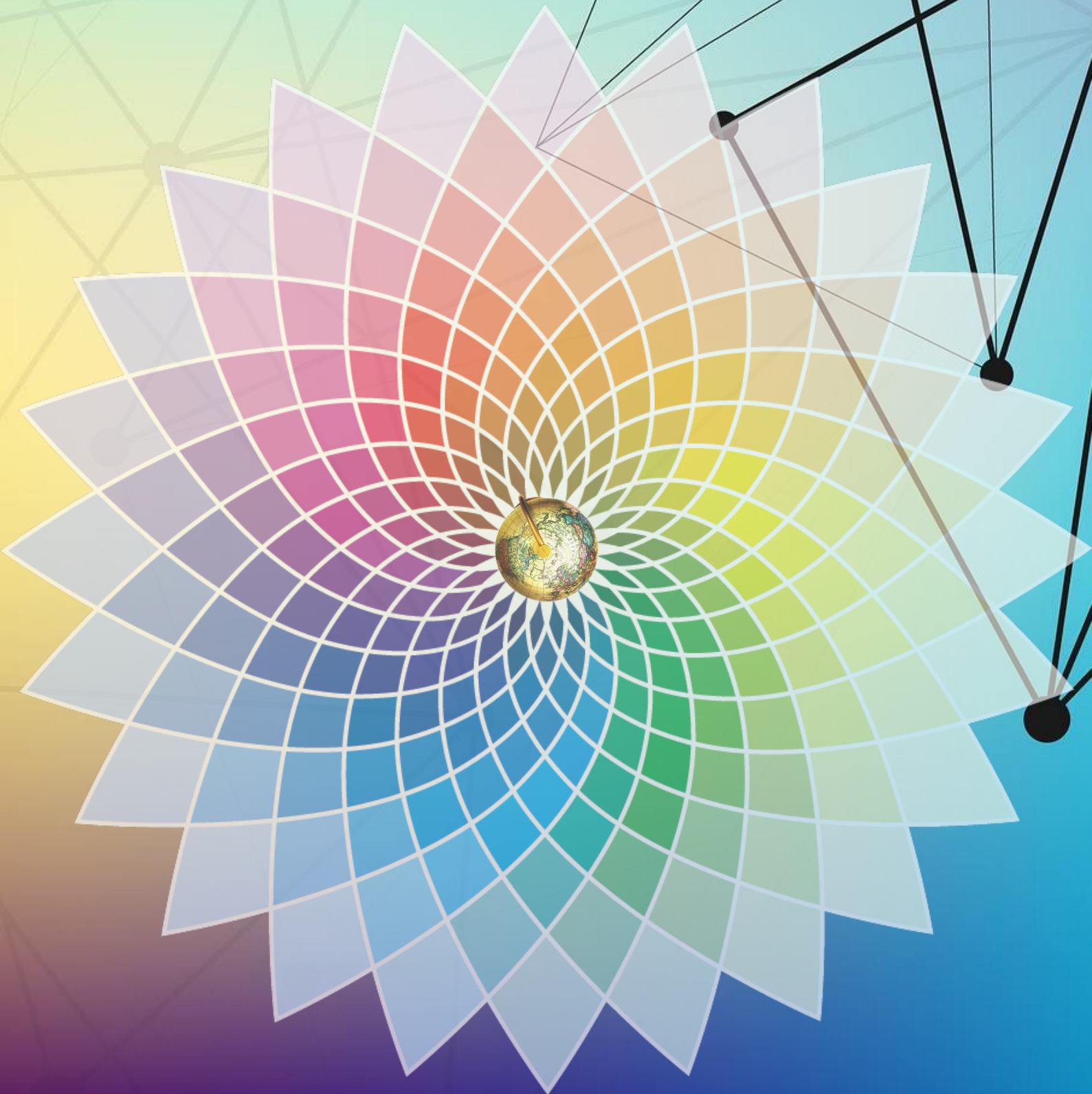
**positive affect** is just  
one of many components of  
what happiness is.




The term happiness is defined by most researchers and policy makers in the happiness movement as flourishing, eudaimonia, or living a good life as well as...



...satisfaction with life and the  
circumstances of life.



A good life is a life worth living.

A person is silhouetted against a vibrant, colorful aurora borealis in a dark, starry night sky. The aurora displays a spectrum of colors, including purple, pink, orange, and green, creating a dramatic and awe-inspiring scene. The person stands on a dark, rocky outcrop, looking up at the celestial display. The background is filled with numerous stars, adding to the sense of vastness and wonder.

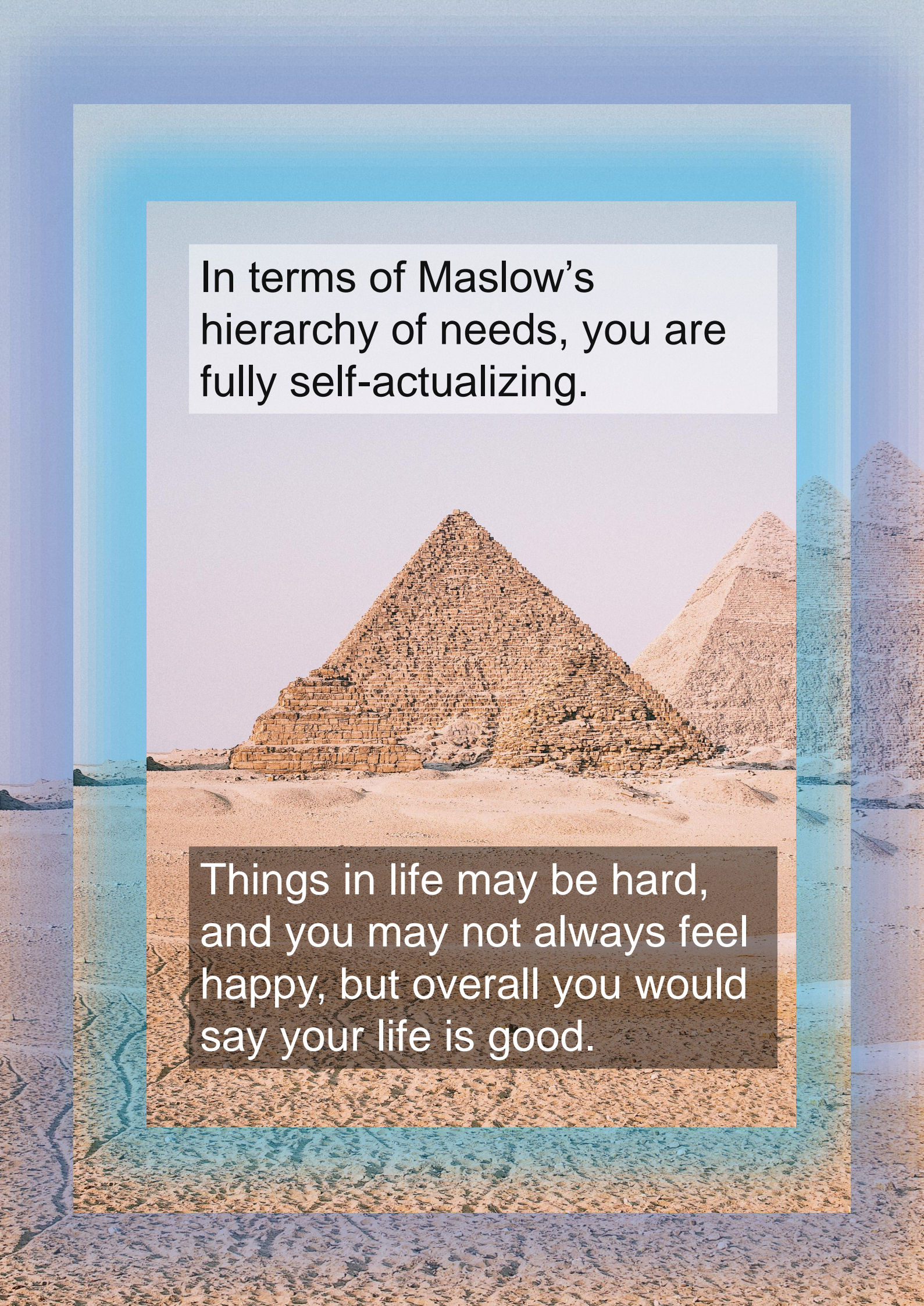
When you are living a good life,  
you feel that your life has a sense  
of purpose and that you are  
making a difference.

You are  
flourishing because you  
are living  
to your full potential  
in your  
work,  
relationships,  
community,  
& solitude.



In terms of Maslow's hierarchy of needs, you are fully self-actualizing.

Things in life may be hard, and you may not always feel happy, but overall you would say your life is good.





This is the kind of happiness most researchers and policy makers care about when they study or make policy for happiness.





They want to understand and create the circumstances that allow you to...

...flourish.



**That does not mean that how you feel right now, or in any other moment, does not matter.**



**In fact, how you feel right now, and in the next moment, is the basis, as time passes, on which you decide if life is worth living.**

**You know if something is right for you or gives you a sense of purpose by how you feel.**



# How you feel




right now matters.



Days, weeks and  
lives are full of  
moments.





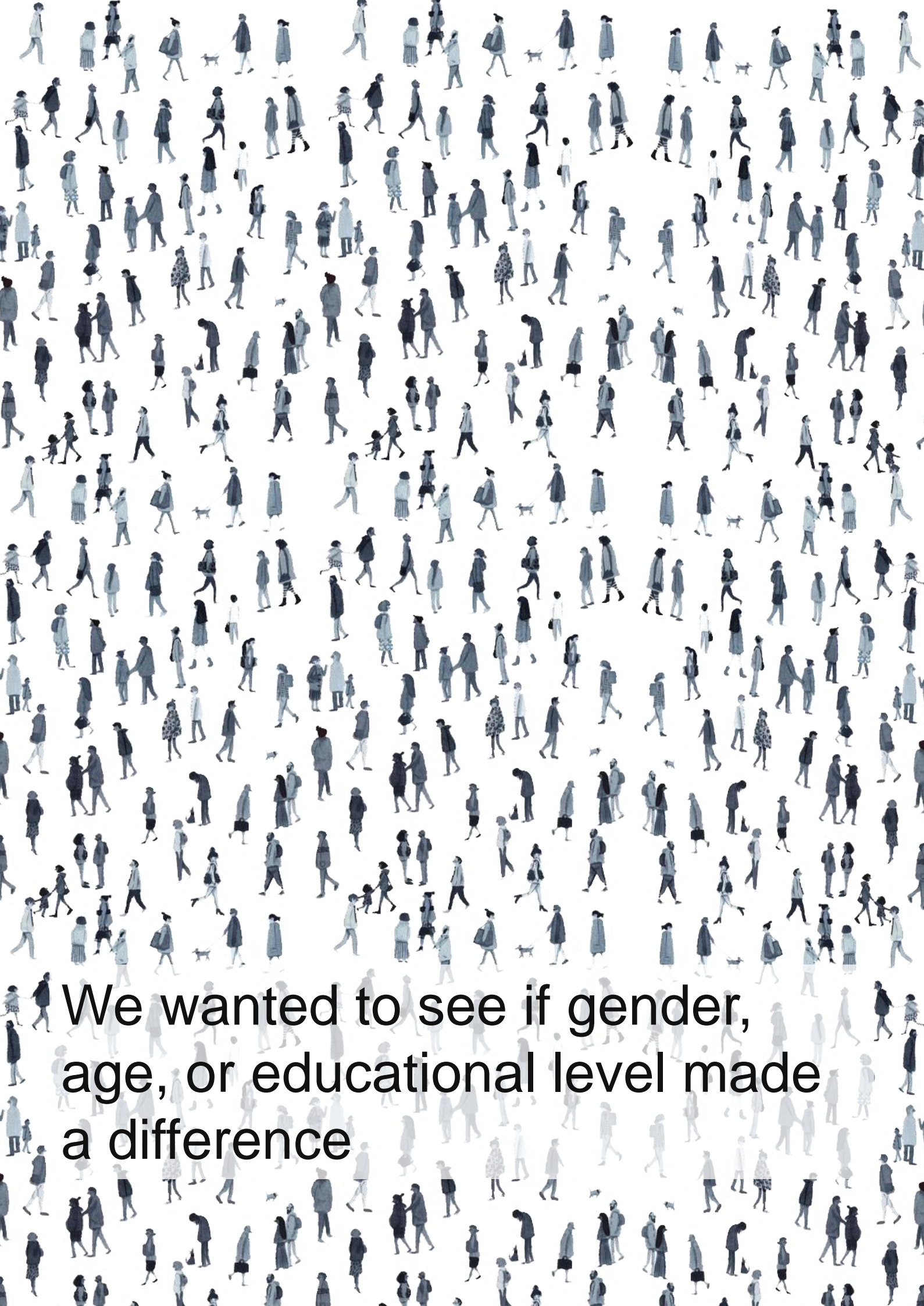


How you are feeling in this  
moment, and the next,  
and the next, .

will determine what you do  
in this moment,  
the next  
and the next.

To bridge the divide between what researchers and policy makers mean by happiness and happy as a feeling, we looked at our Happiness Index data for feeling happy, and other dimensions of life.





We wanted to see if gender,  
age, or educational level made  
a difference



It turns out that gender makes a little bit of difference sometimes...



...and so can age and educational level...



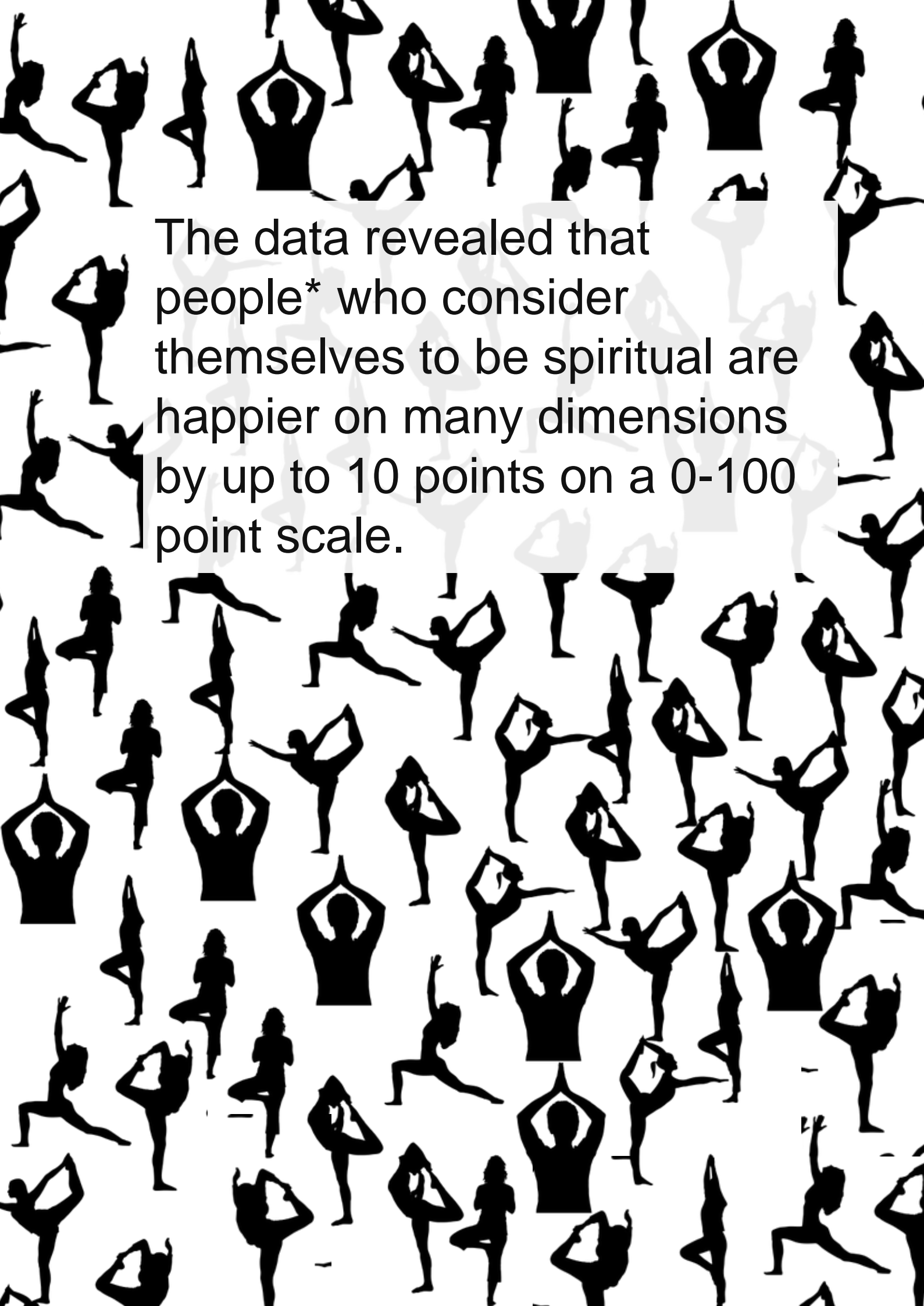
...but not that much.

We turned to a question we ask  
in the Happiness Index about  
spirituality.




How  
spiritual do  
you consider  
yourself  
to be?





The data revealed that people\* who consider themselves to be spiritual are happier on many dimensions by up to 10 points on a 0-100 point scale.



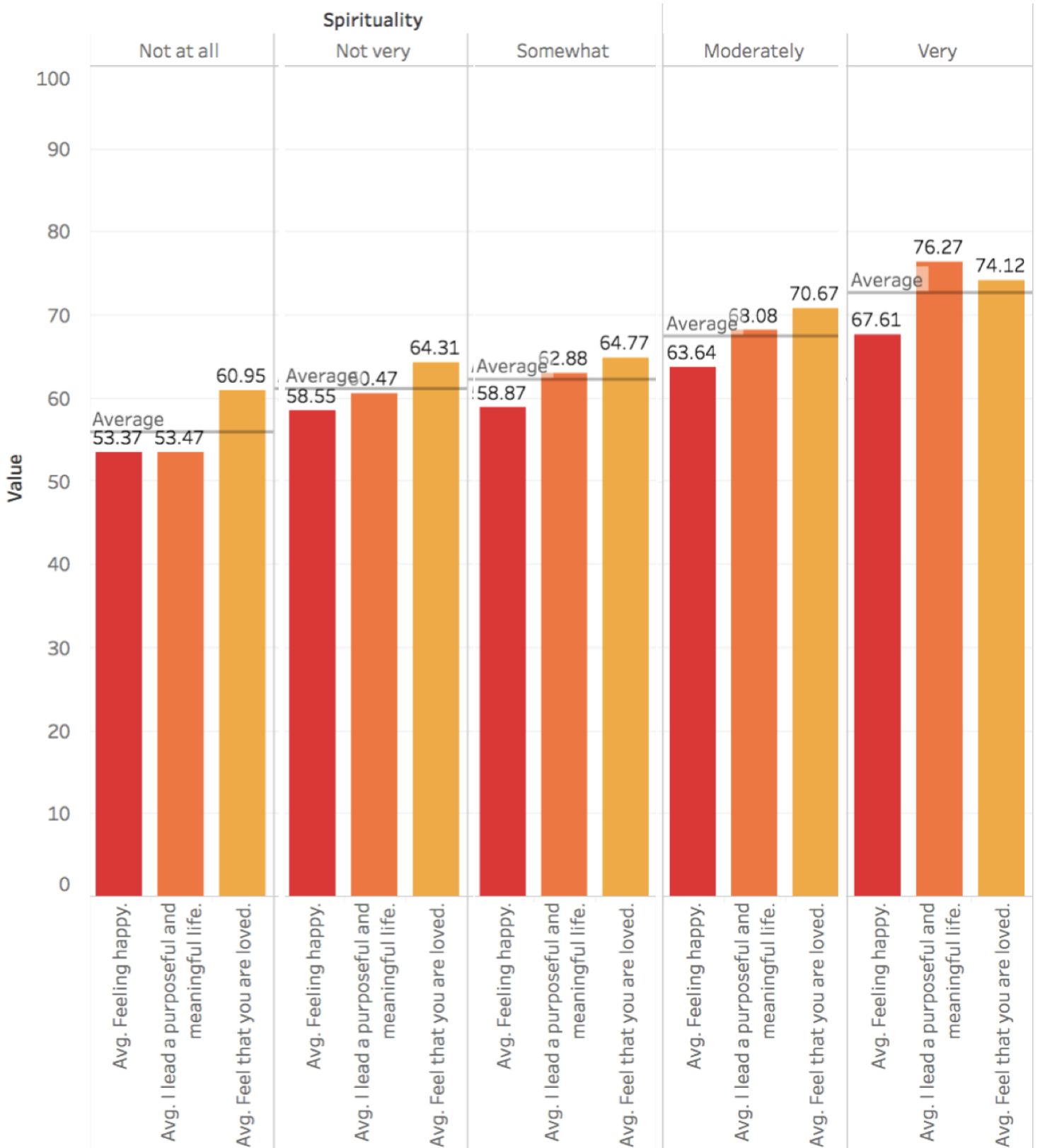


**People who opted to take the Happiness Index survey and finished it (about 30% finish rate) comes to about 4500 in 2018. This is called a convenience sampling, and represents the state of the people who took the survey, and not necessarily all people in the US or elsewhere.**

People who report themselves as moderately or very spiritual are happier and have more of a sense of purpose and being loved than those who are not at all spiritual.

0 is not at all. 100 is completely.

- I feel happy.
- I have a sense of purpose and meaning in life.
- I feel that I am loved.

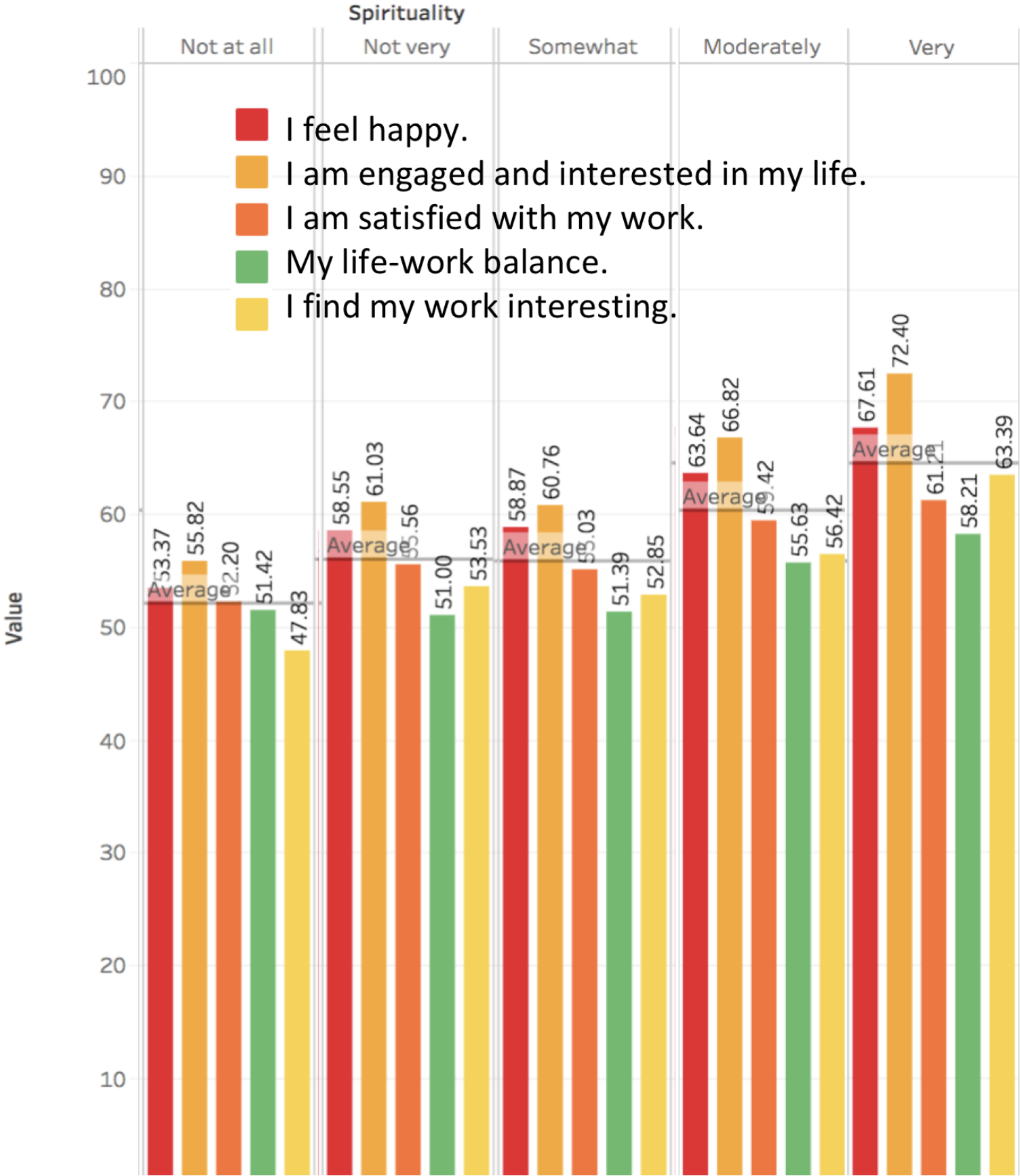





How do you connect  
happiness and  
spirituality?

# People who consider themselves to be very spiritual have higher levels of happiness, interest in work and life, and satisfaction with work and work-life balance

0 is not at all. 100 is completely.





How do you connect  
work, happiness and  
spirituality?

Our belief is that spirituality is a part of being human...



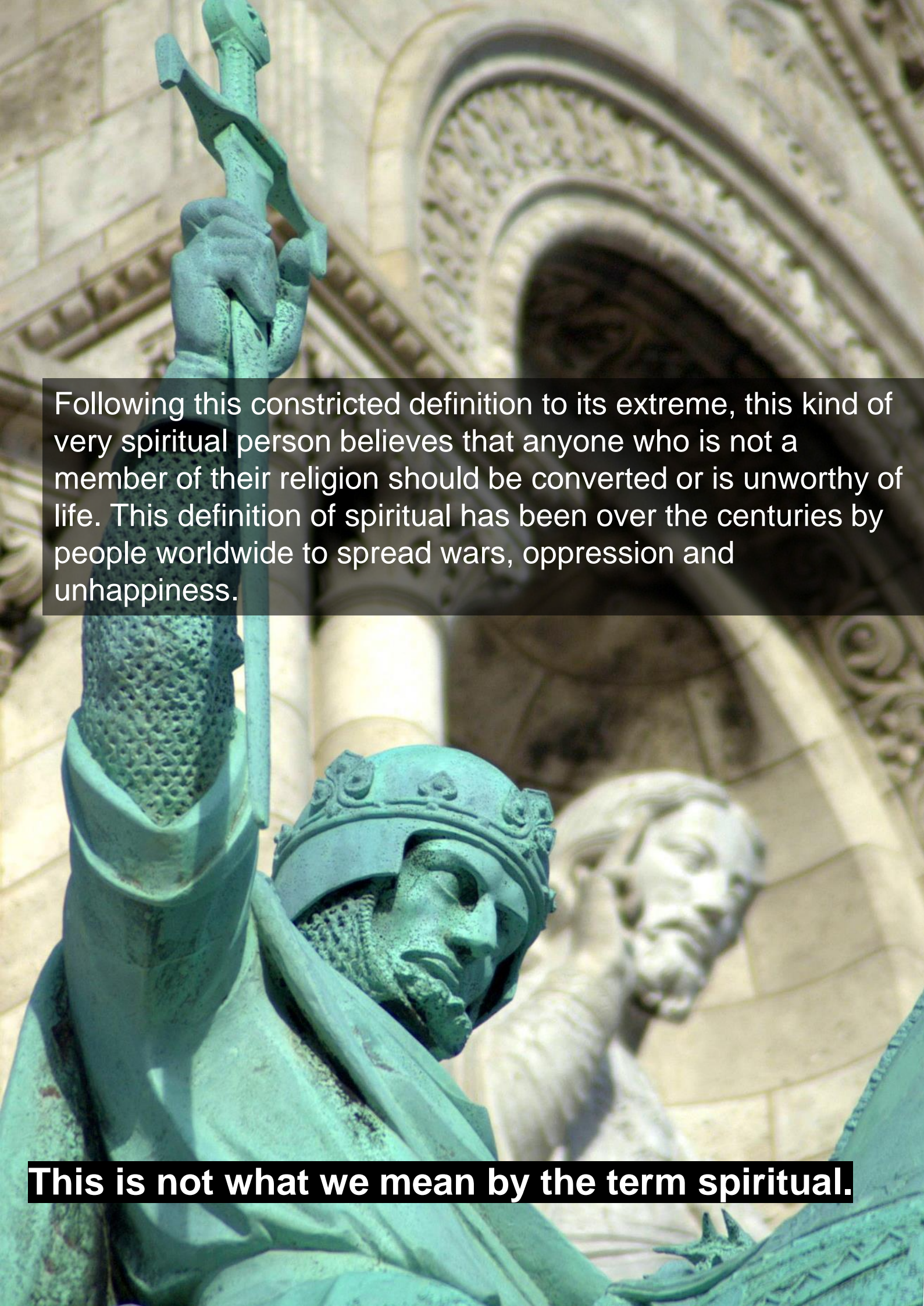


...and that there is not a need for people to become more spiritual, but there is a need to redefine spirituality.



A constricted definition of being *very spiritual* might entail being a member of a religious organization, going to worship at least once a week, and engaging in other activities daily, such as prayer, proselytizing or volunteering for an activity of the religious organization.



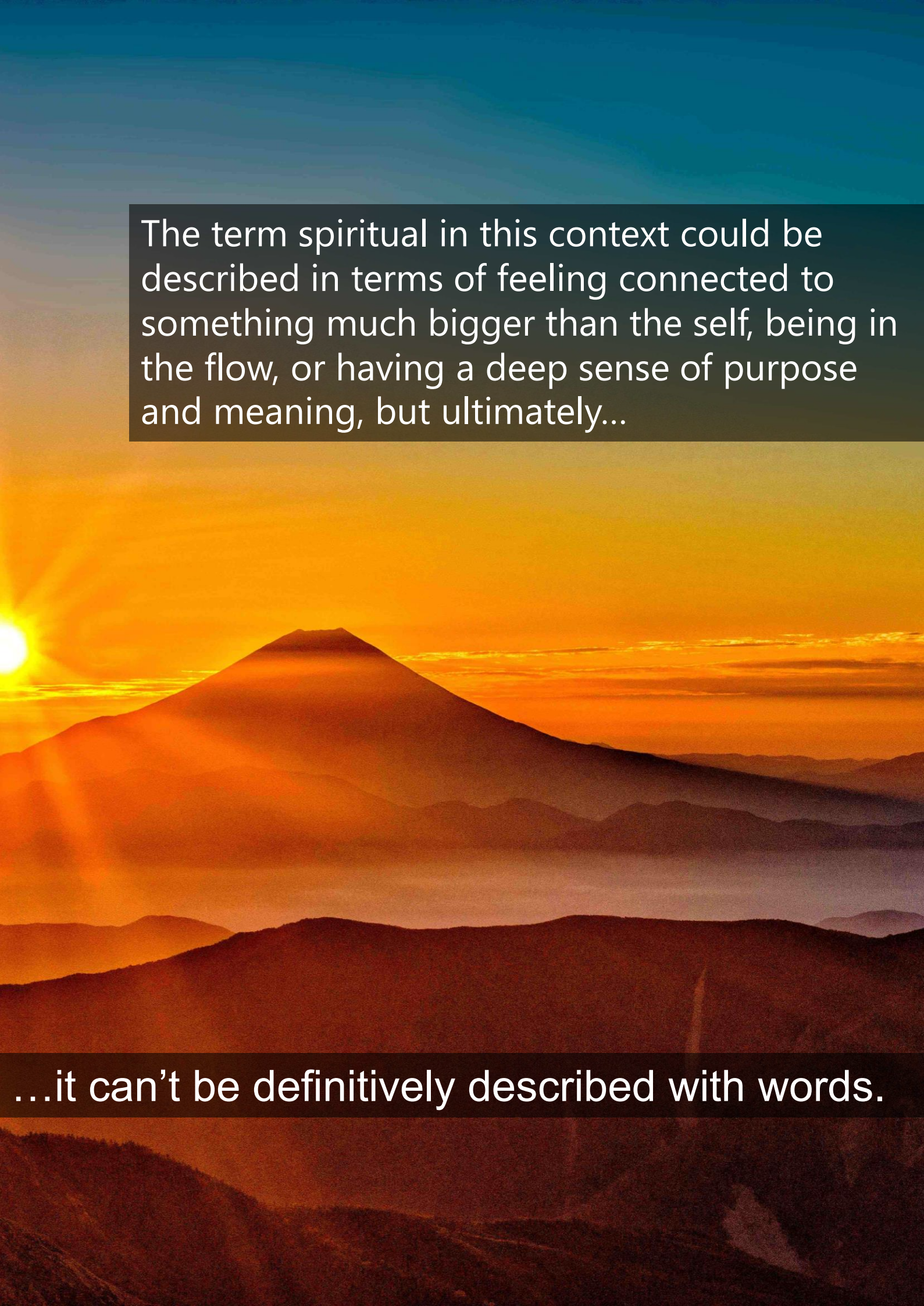
A close-up photograph of a green patina statue of a religious figure, possibly a saint or prophet, holding a staff or scepter. The statue is positioned in the foreground, with its head and upper torso visible. In the background, there is a stone archway and another statue, which is out of focus. The overall scene is set in a stone building, likely a church or cathedral.

Following this constricted definition to its extreme, this kind of very spiritual person believes that anyone who is not a member of their religion should be converted or is unworthy of life. This definition of spiritual has been over the centuries by people worldwide to spread wars, oppression and unhappiness.

**This is not what we mean by the term spiritual.**

An open definition of spirituality allows a sense of the spiritual to be found anywhere.





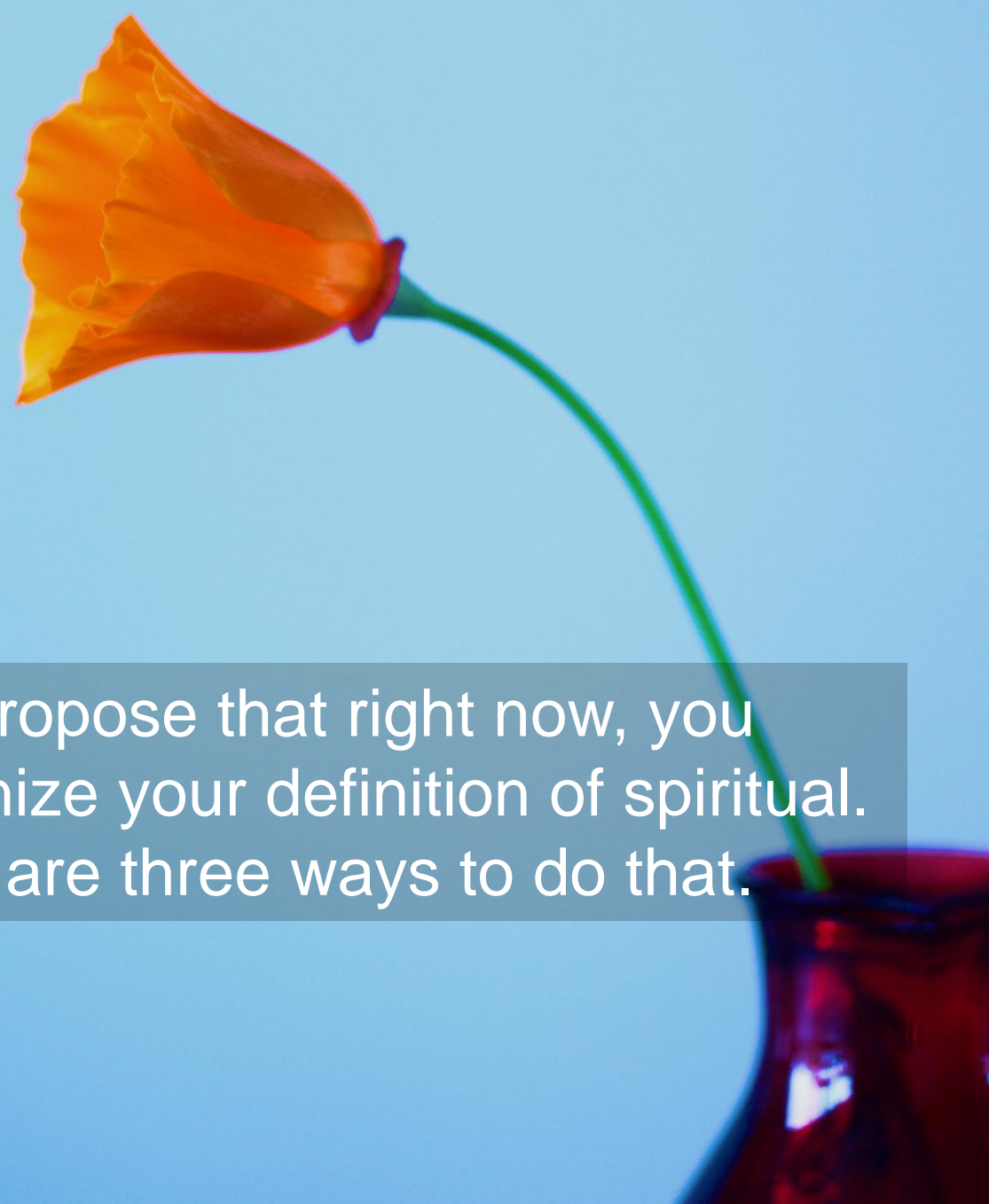
The term spiritual in this context could be described in terms of feeling connected to something much bigger than the self, being in the flow, or having a deep sense of purpose and meaning, but ultimately...

...it can't be definitively described with words.

Spirituality is something that humans experience.



# Our Happiness Proposal



We propose that right now, you revolutionize your definition of spiritual. Here are three ways to do that.

# Right Now Experiment



Assume that right now, in this moment, no matter how hard things may be, you can experience the spiritual.

You can pull yourself out of your feelings, thoughts and sense of who you are, even if just for a second, and connect to all that is without it having to be a special or revelatory moment.

It can just be this moment, right now.

Maybe it's a moment when the mind calms down, and a feeling of love or calm floods in.

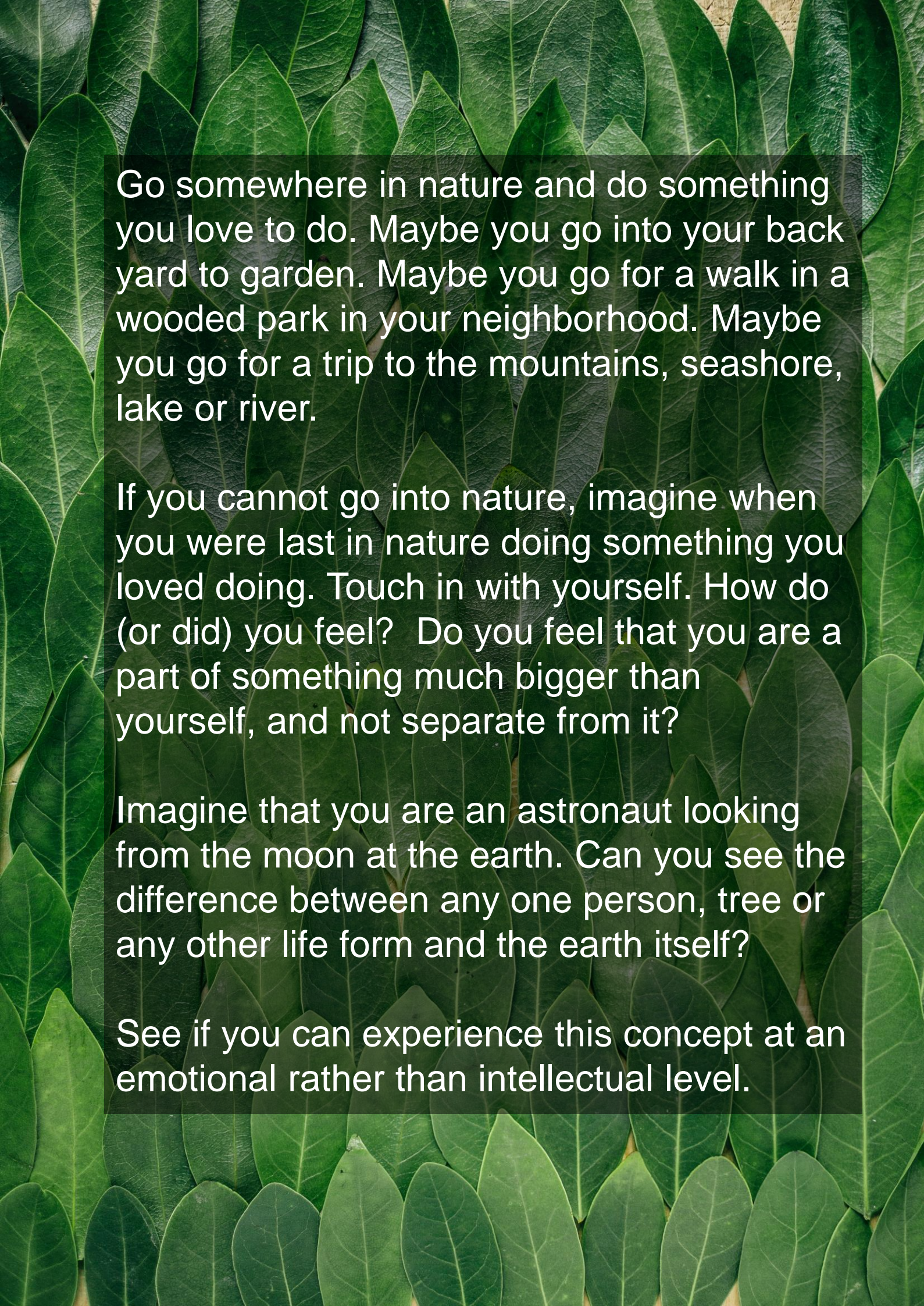
Maybe it's a moment of feelings buzzing about like mad flies. It's just a moment that is.

We propose that as you experience more of these moments, you will get in touch with your innate sense of the spiritual. It's not an easy task, but it is possible.

# Nature Touch Experiment







Go somewhere in nature and do something you love to do. Maybe you go into your back yard to garden. Maybe you go for a walk in a wooded park in your neighborhood. Maybe you go for a trip to the mountains, seashore, lake or river.

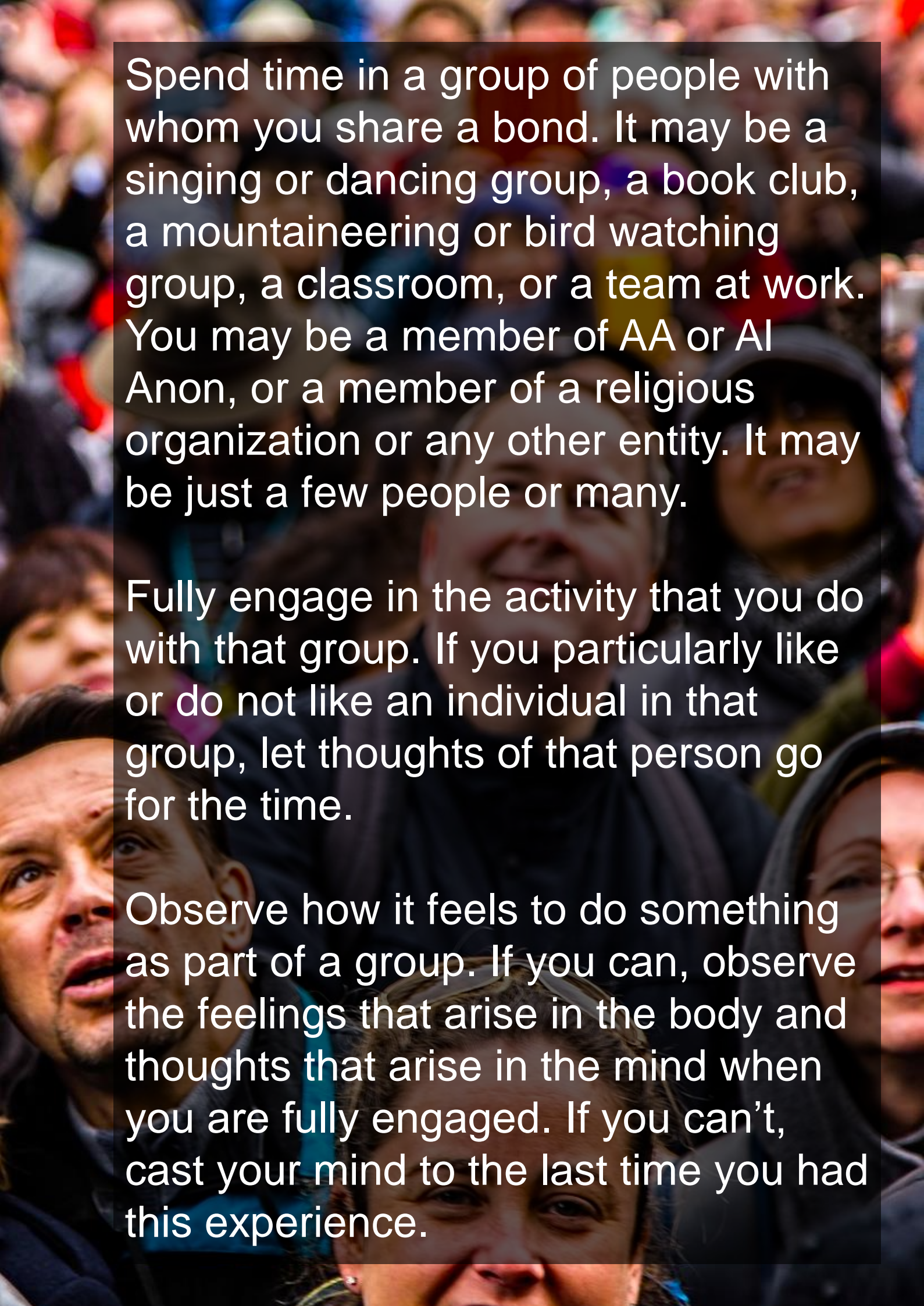
If you cannot go into nature, imagine when you were last in nature doing something you loved doing. Touch in with yourself. How do (or did) you feel? Do you feel that you are a part of something much bigger than yourself, and not separate from it?

Imagine that you are an astronaut looking from the moon at the earth. Can you see the difference between any one person, tree or any other life form and the earth itself?

See if you can experience this concept at an emotional rather than intellectual level.

# Community Connection Experiment





Spend time in a group of people with whom you share a bond. It may be a singing or dancing group, a book club, a mountaineering or bird watching group, a classroom, or a team at work. You may be a member of AA or Al Anon, or a member of a religious organization or any other entity. It may be just a few people or many.

Fully engage in the activity that you do with that group. If you particularly like or do not like an individual in that group, let thoughts of that person go for the time.

Observe how it feels to do something as part of a group. If you can, observe the feelings that arise in the body and thoughts that arise in the mind when you are fully engaged. If you can't, cast your mind to the last time you had this experience.

Our theory is that by getting into touch with our spiritual nature, we will love and care more for each other, our mother earth, and ourselves.

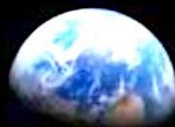




We will be happier, in all  
senses of the word.



What do you think?

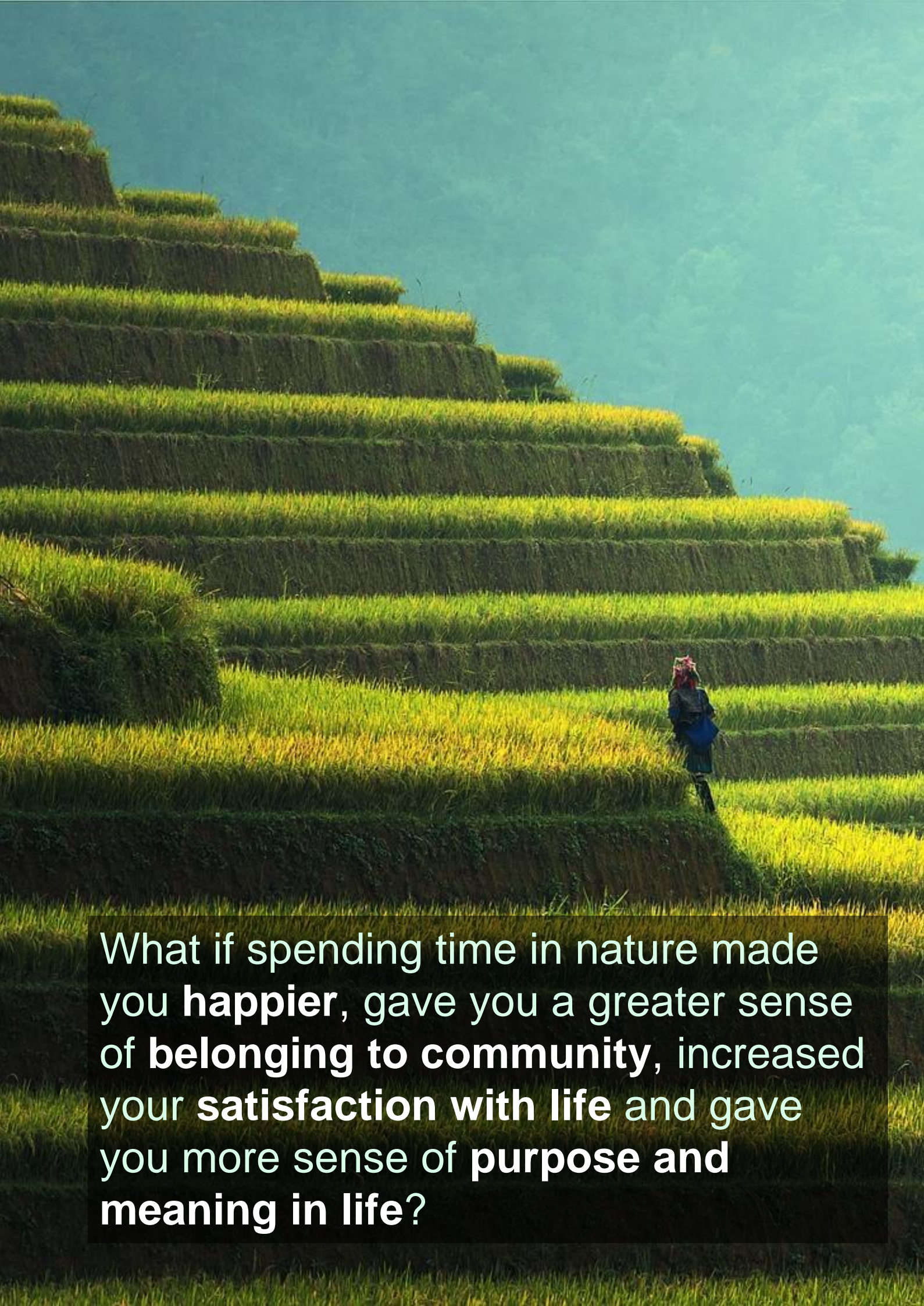








**Earth Day Happiness**  
*Happiness Data Report*  
*for Earth Day 2019*



What if spending time in nature made you **happier**, gave you a greater sense of **belonging to community**, increased your **satisfaction with life** and gave you more sense of **purpose and meaning in life**?

Would that change how you thought about **spending time in nature?**

Would it change how, as a collective, **we treat our beautiful planet?**



# What makes you happy on earth day?



**We wanted to see how happy people are when they are satisfied with their opportunities to enjoy nature**

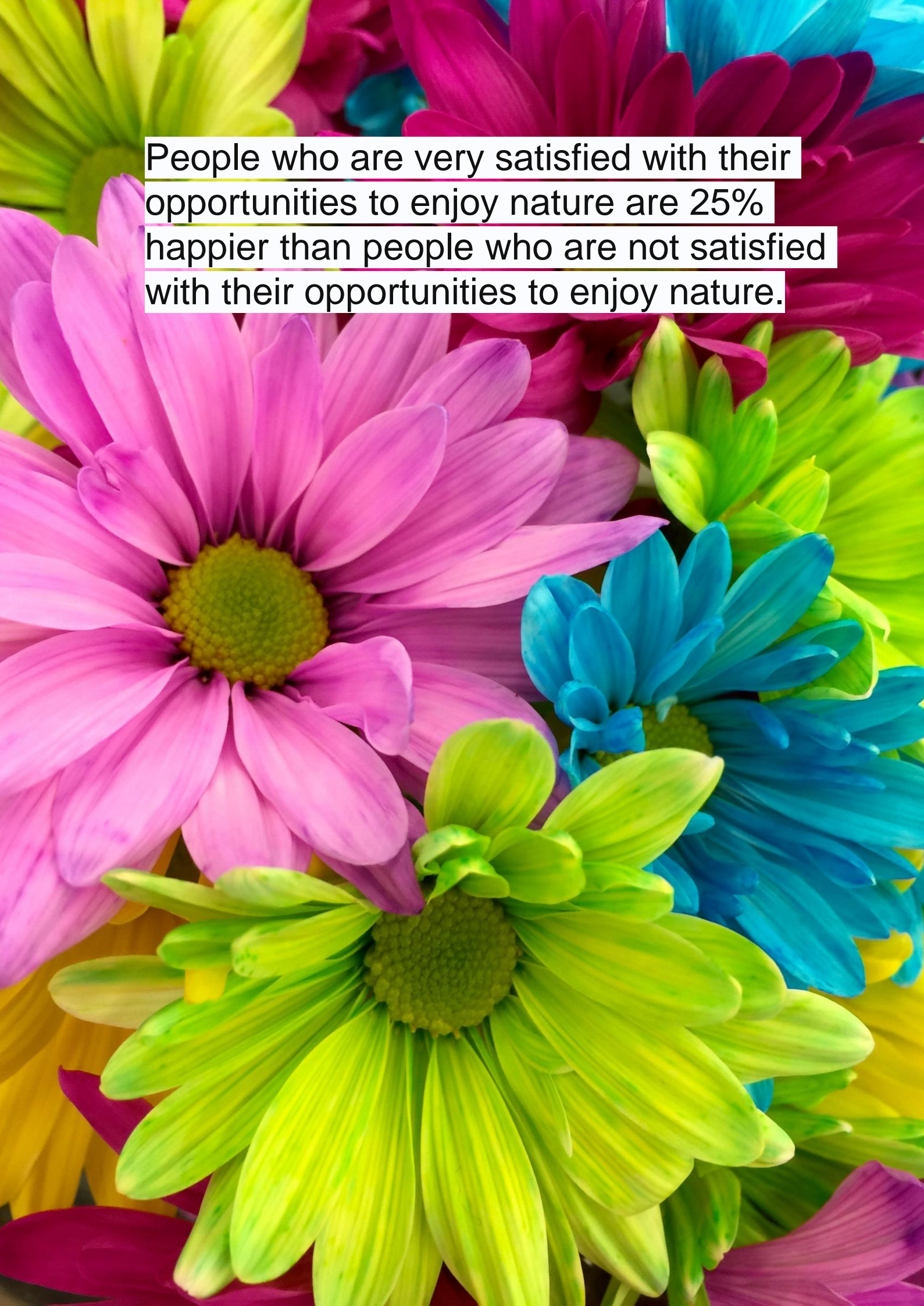
**versus**

**when they are dissatisfied with their opportunities to enjoy nature.**





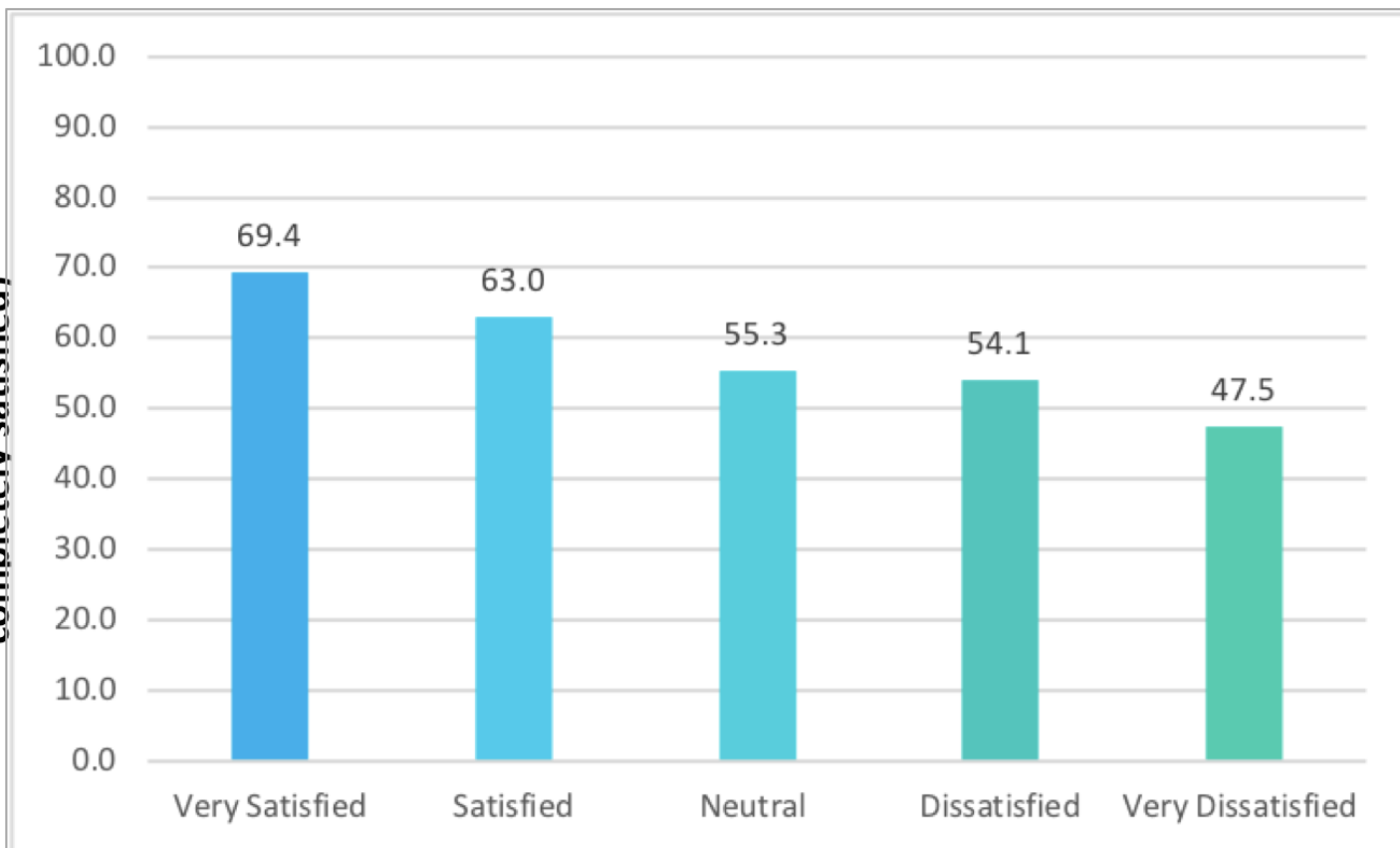
**The results were startling.**

A close-up photograph of a bouquet of colorful flowers, primarily daisies. The colors are bright and saturated, including shades of pink, blue, yellow, and green. The flowers are densely packed, creating a rich, textured background. A white text box with a thin black border is overlaid on the upper portion of the image, containing a statistic about happiness and nature enjoyment.

People who are very satisfied with their opportunities to enjoy nature are 25% happier than people who are not satisfied with their opportunities to enjoy nature.

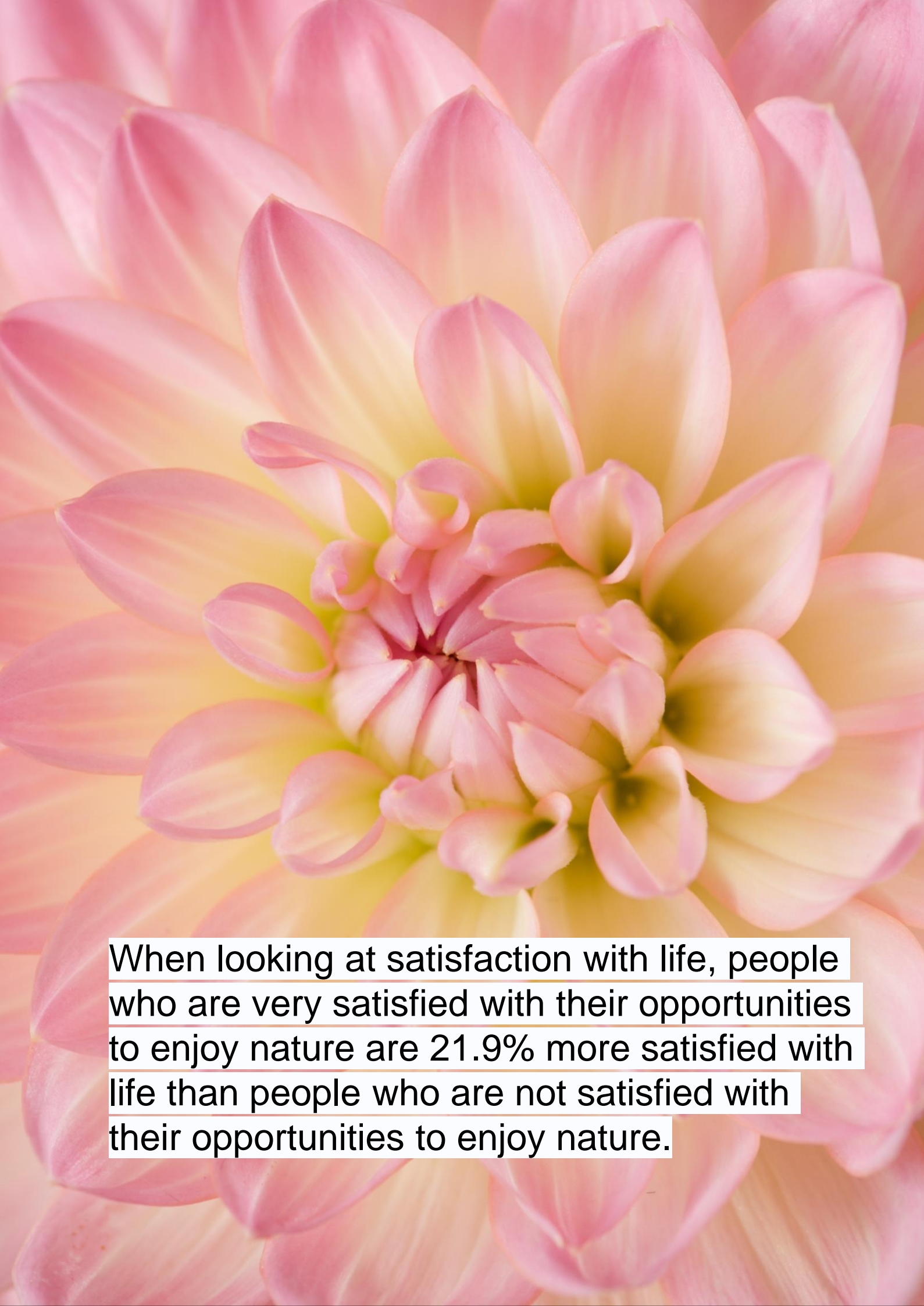


**Satisfaction with Life**  
(100 is completely satisfied, 50 is neutral, 0 is completely satisfied)



**Satisfaction with opportunities to enjoy nature**





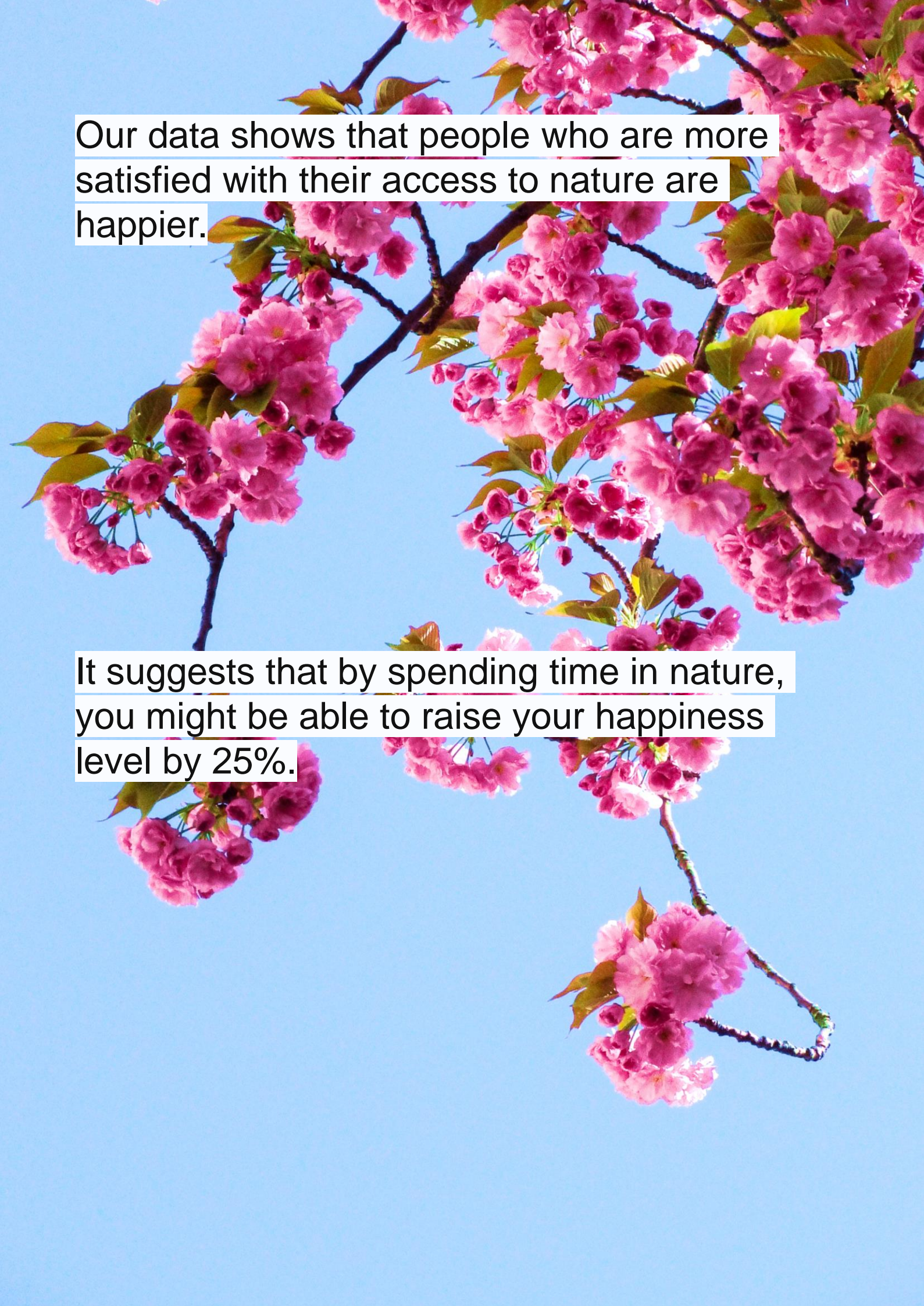
When looking at satisfaction with life, people who are very satisfied with their opportunities to enjoy nature are 21.9% more satisfied with life than people who are not satisfied with their opportunities to enjoy nature.



Happy (100 is very happy, 50 is neutral, 0 is very unhappy)

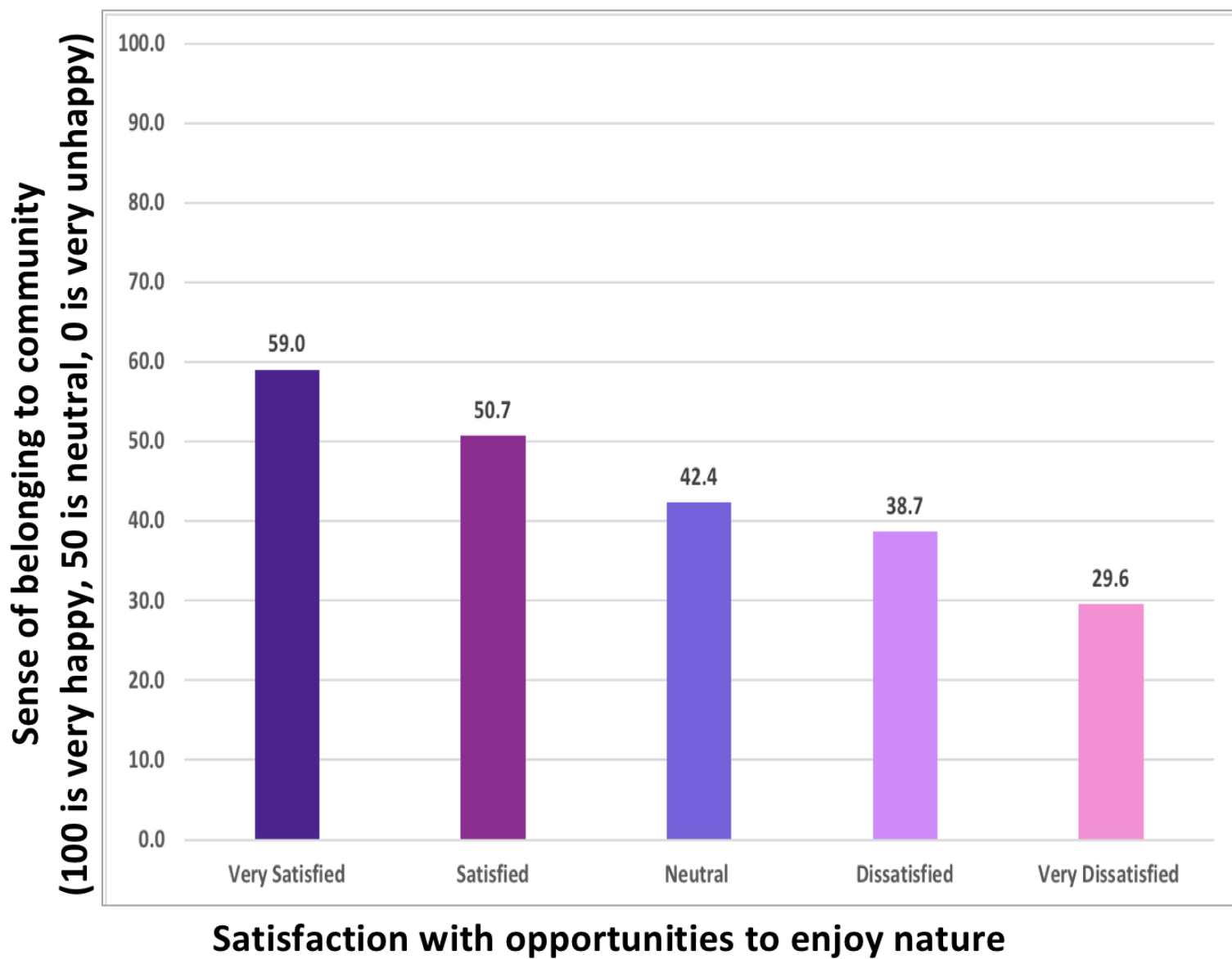



Satisfaction with opportunities to enjoy nature



Our data shows that people who are more satisfied with their access to nature are happier.

It suggests that by spending time in nature, you might be able to raise your happiness level by 25%.



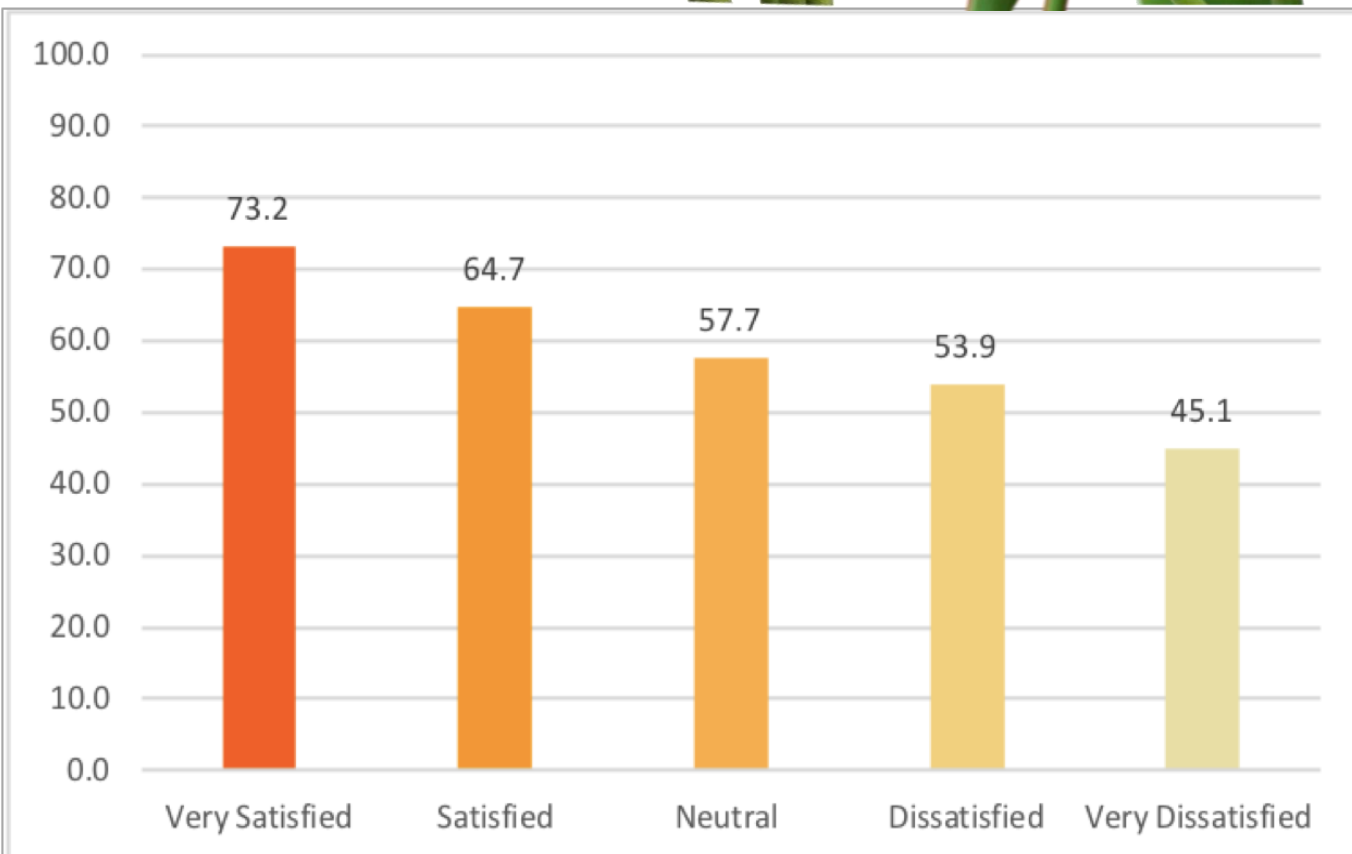


When looking at sense of belonging to community, it turns out that people who are very satisfied with their opportunities to enjoy nature are 29 points on a 100 point scale higher than those who are very dissatisfied with their opportunities to enjoy nature.

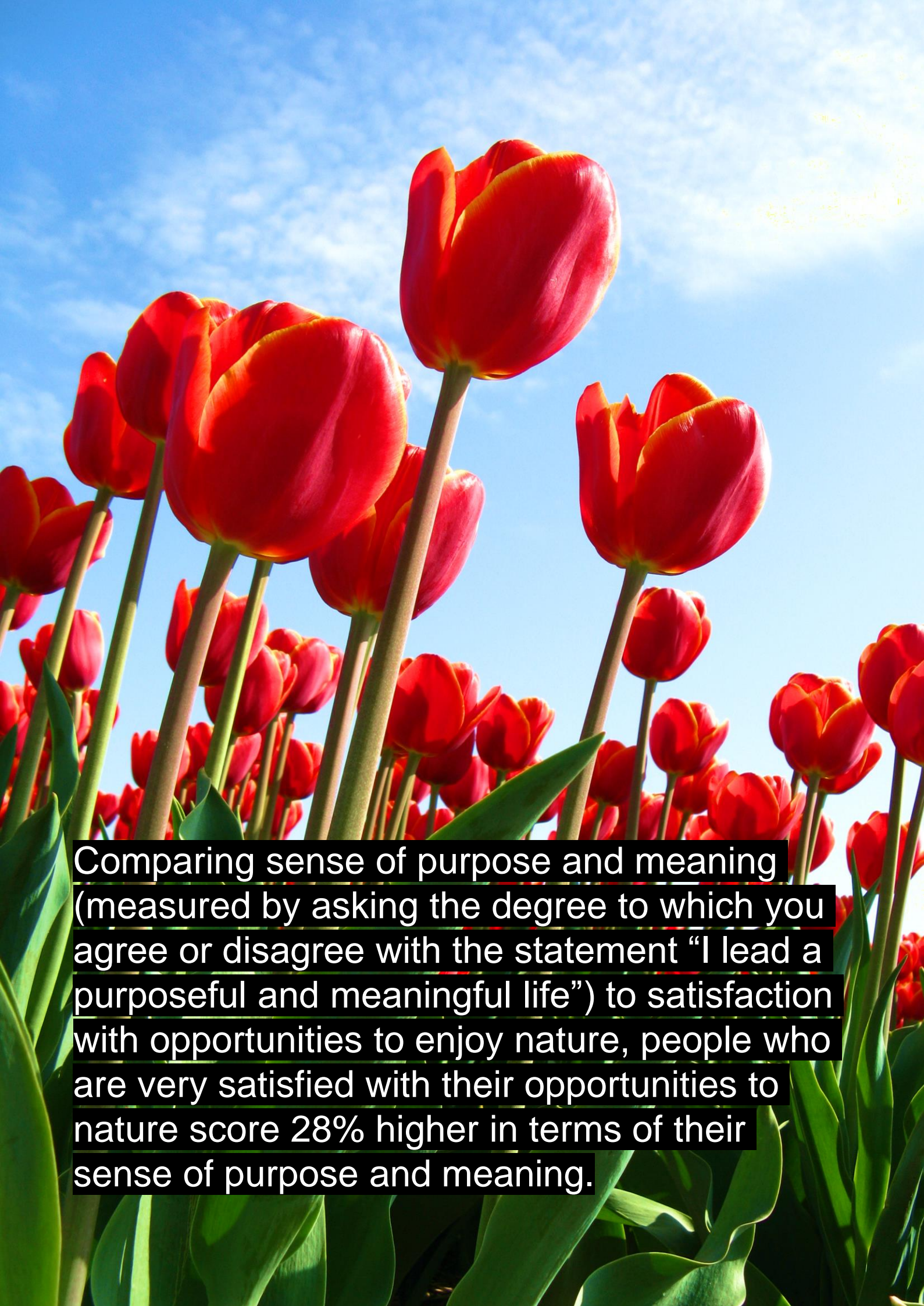


### Sense of Purpose and Meaning

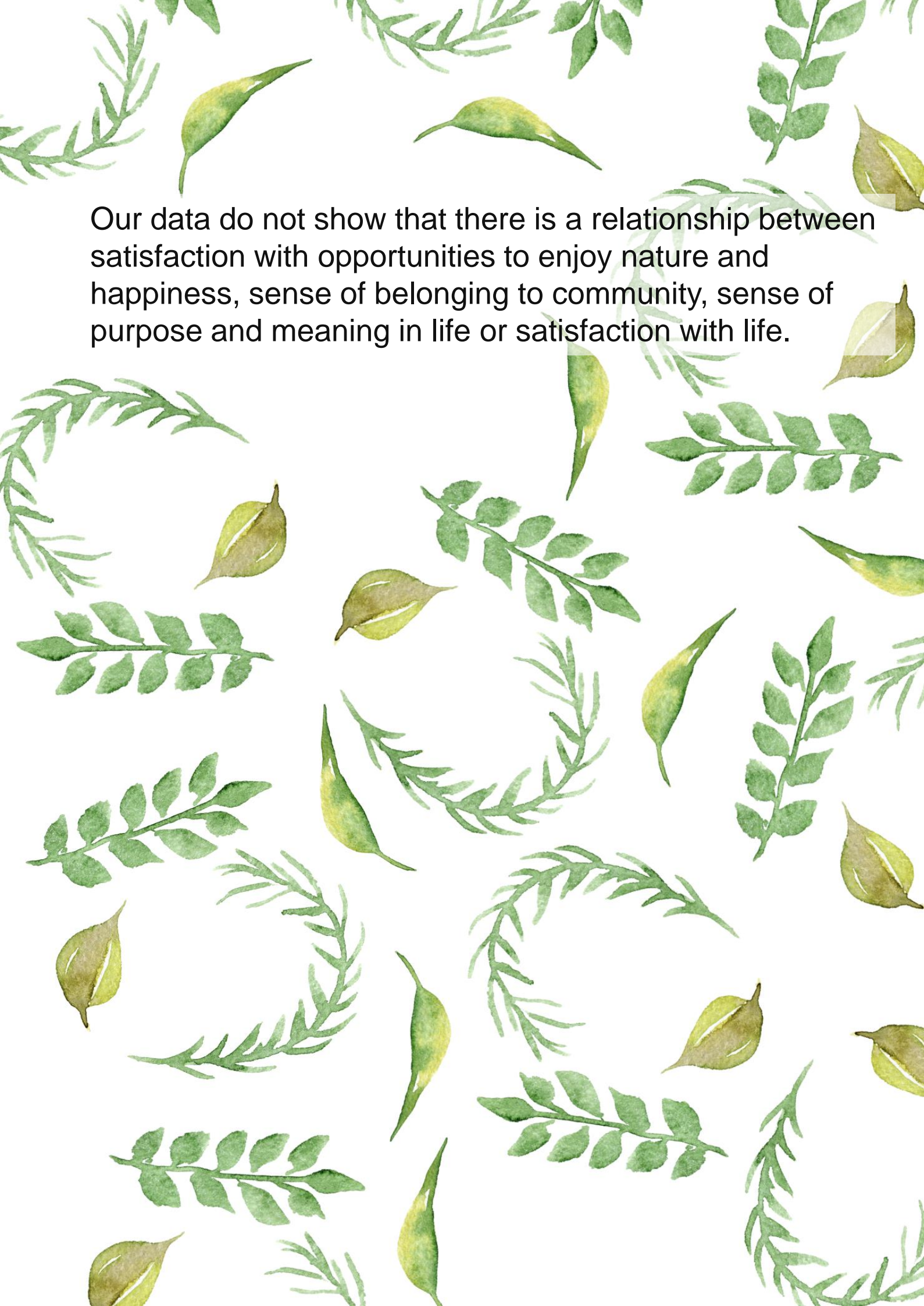
(100 is strong sense of purpose and meaning 50 is neutral, 0 is weak sense of purpose and meaning)



Satisfaction with opportunities to enjoy nature




Comparing sense of purpose and meaning (measured by asking the degree to which you agree or disagree with the statement “I lead a purposeful and meaningful life”) to satisfaction with opportunities to enjoy nature, people who are very satisfied with their opportunities to nature score 28% higher in terms of their sense of purpose and meaning.

The background of the page is a repeating pattern of watercolor-style illustrations of various green leaves and branches. The leaves are in different shades of green, from light to dark, and some have a yellowish-green tint. The branches are thin and have small, pointed leaves. The overall style is soft and naturalistic.

Our data do not show that there is a relationship between satisfaction with opportunities to enjoy nature and happiness, sense of belonging to community, sense of purpose and meaning in life or satisfaction with life.





It does indicate interesting topics for research. That said, research by Nisbet, Zelenski and Murphy\* (2010) shows that when people spend time in nature, they enjoy a greater sense of well-being, as well as a greater sense of belonging (relatedness).\*

\*Nisbet, E.K., Zelenski, J.M. & Murphy, S.A. J Happiness Stud (2011) 12: 303. <https://doi.org/10.1007/s10902-010-9197-7>; Zelenski, J. M., & Nisbet, E. K. (2014). Happiness and Feeling Connected: The Distinct Role of Nature Relatedness. *Environment and Behavior*, 46(1), 3–23. <https://doi.org/10.1177/0013916512451901>



This earth day,  
experiment.



**Every day is earth day.**

**Every day is an experiment.**



**Why not do some research on yourself?**





**First, take the Happiness Index  
at [happycounts.org](http://happycounts.org)**

**& save your scores.**

**Next, spend time in nature  
and/or with animals.**



If you can go to the mountains or for a walk in the park, do!

If you have pets, spend time playing with them.



Garden or plant some seeds in egg cartons to put in the soil later.

If you live in a place where nature is not accessible, spend some time looking at picture or a video or show about nature.

Then, take the Happiness Index again.






See if there is a change in your scores.



Spend a little time in  
nature everyday this week.





At the end of the week, take the Happiness Index again. Compare your scores to what they were when you began your experiment.



Note that our happiness index data is gathered from people who choose to take the Happiness Index.

This is called a convenience sampling. A convenience sampling means that the data does not necessarily represent the entire population, but it does represent the people who took the survey.

The sample size for the data was:

Very satisfied with opportunities to enjoy nature: 997

Satisfied with opportunities to enjoy nature: 1800

Neutral with opportunities to enjoy nature: 854

Dissatisfied with opportunities to enjoy nature: 403

Very dissatisfied with opportunities to enjoy nature: 148



**We're only human.**

What does it mean to  
be a human to you?





The term homo sapiens is comprised of two words.

**Homo** has its roots in an ancient word *dhghem* meaning earthling.





***Sapiens* comes from the latin verb *sapere*, which means to know, to be aware, to be wise.**

A human being is a part of the whole called by us universe, a part limited in time and space.

One experiences oneself, one's thoughts and feeling as something separated from the rest, a kind of optical delusion of one's consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

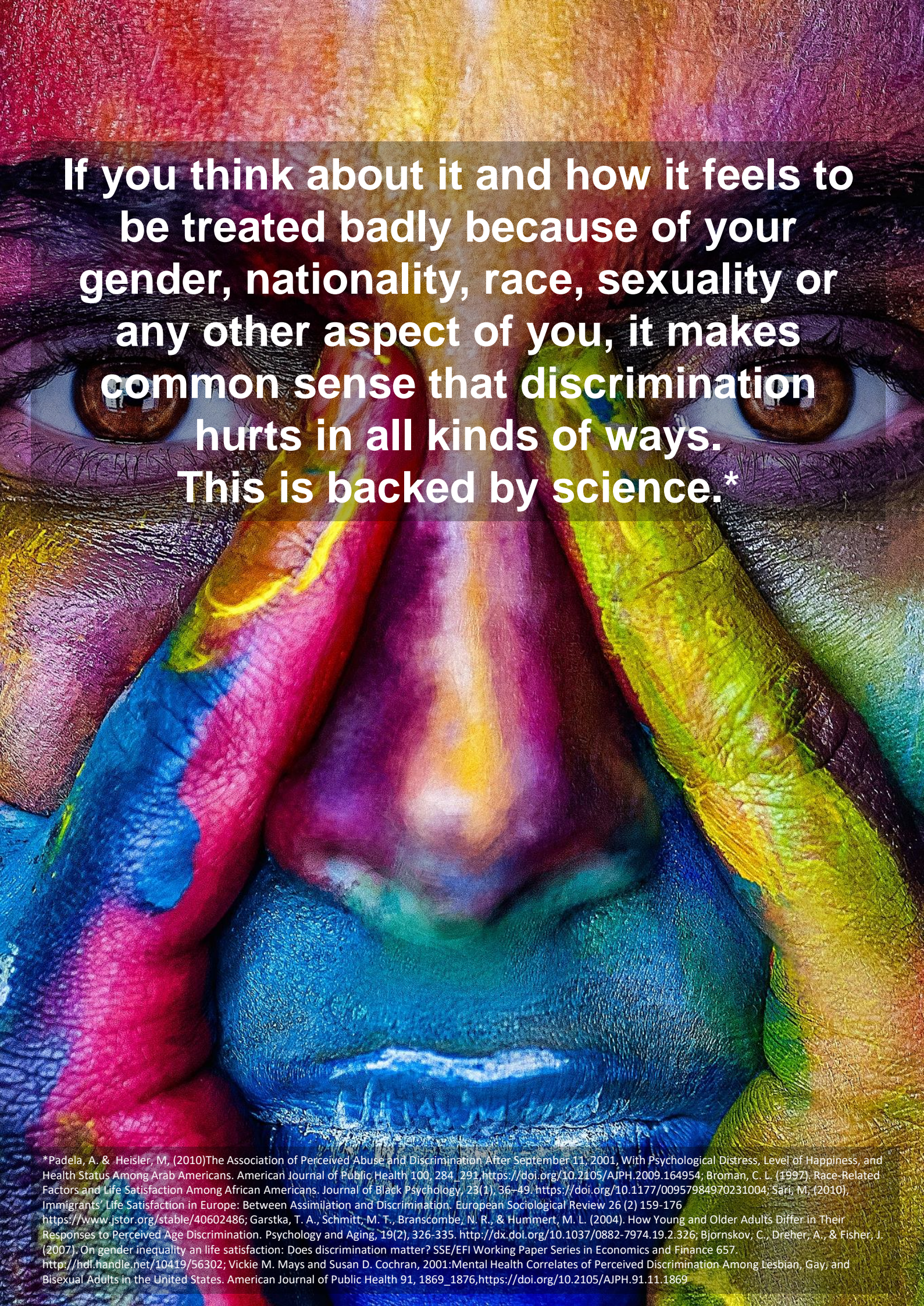
- Albert Einstein

And yet, one of the characteristics of humans is to see ourselves as separate, different and better or worse than others, and to sometimes behave in ways that are unkind and unwise.



The Happiness Index is a comprehensive survey for well-being that includes a question for experiences of discrimination because feeling included or excluded has a big impact on your happiness.





**If you think about it and how it feels to be treated badly because of your gender, nationality, race, sexuality or any other aspect of you, it makes common sense that discrimination hurts in all kinds of ways. This is backed by science.\***

\*Padela, A. & Heisler, M. (2010) The Association of Perceived Abuse and Discrimination After September 11, 2001, With Psychological Distress, Level of Happiness, and Health Status Among Arab Americans. *American Journal of Public Health* 100, 284-291. <https://doi.org/10.2105/AJPH.2009.164954>; Broman, C. L. (1997). Race-Related Factors and Life Satisfaction Among African Americans. *Journal of Black Psychology*, 23(1), 36-49. <https://doi.org/10.1177/00957984970231004>; Sari, M. (2010). Immigrants' Life Satisfaction in Europe: Between Assimilation and Discrimination. *European Sociological Review* 26 (2) 159-176 <https://www.jstor.org/stable/40602486>; Garstka, T. A., Schmitt, M. T., Branscombe, N. R., & Hummert, M. L. (2004). How Young and Older Adults Differ in Their Responses to Perceived Age Discrimination. *Psychology and Aging*, 19(2), 326-335. <http://dx.doi.org/10.1037/0882-7974.19.2.326>; Bjørnskov, C., Dreher, A., & Fisher, J. (2007). On gender inequality and life satisfaction: Does discrimination matter? SSE/EFI Working Paper Series in Economics and Finance 657. <http://hdl.handle.net/10419/56302>; Vickie M. Mays and Susan D. Cochran, 2001: Mental Health Correlates of Perceived Discrimination Among Lesbian, Gay, and Bisexual Adults in the United States. *American Journal of Public Health* 91, 1869-1876. <https://doi.org/10.2105/AJPH.91.11.1869>

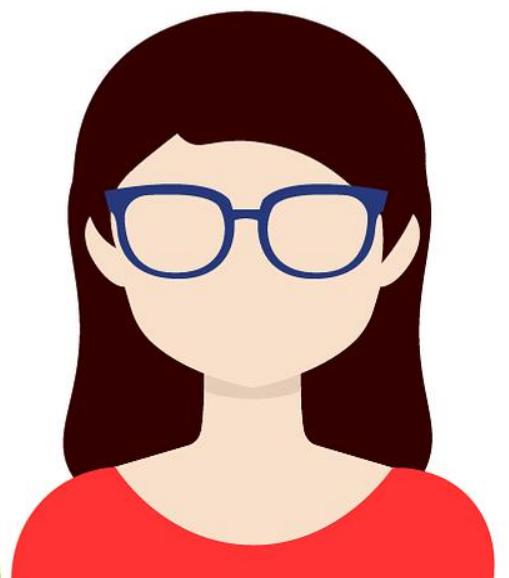
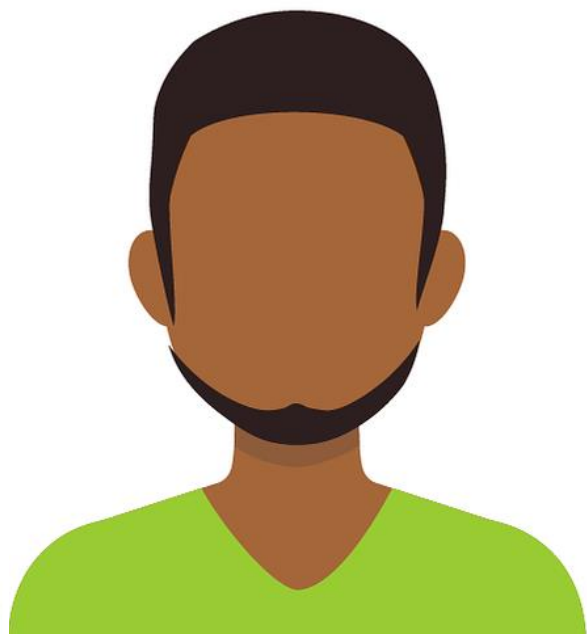
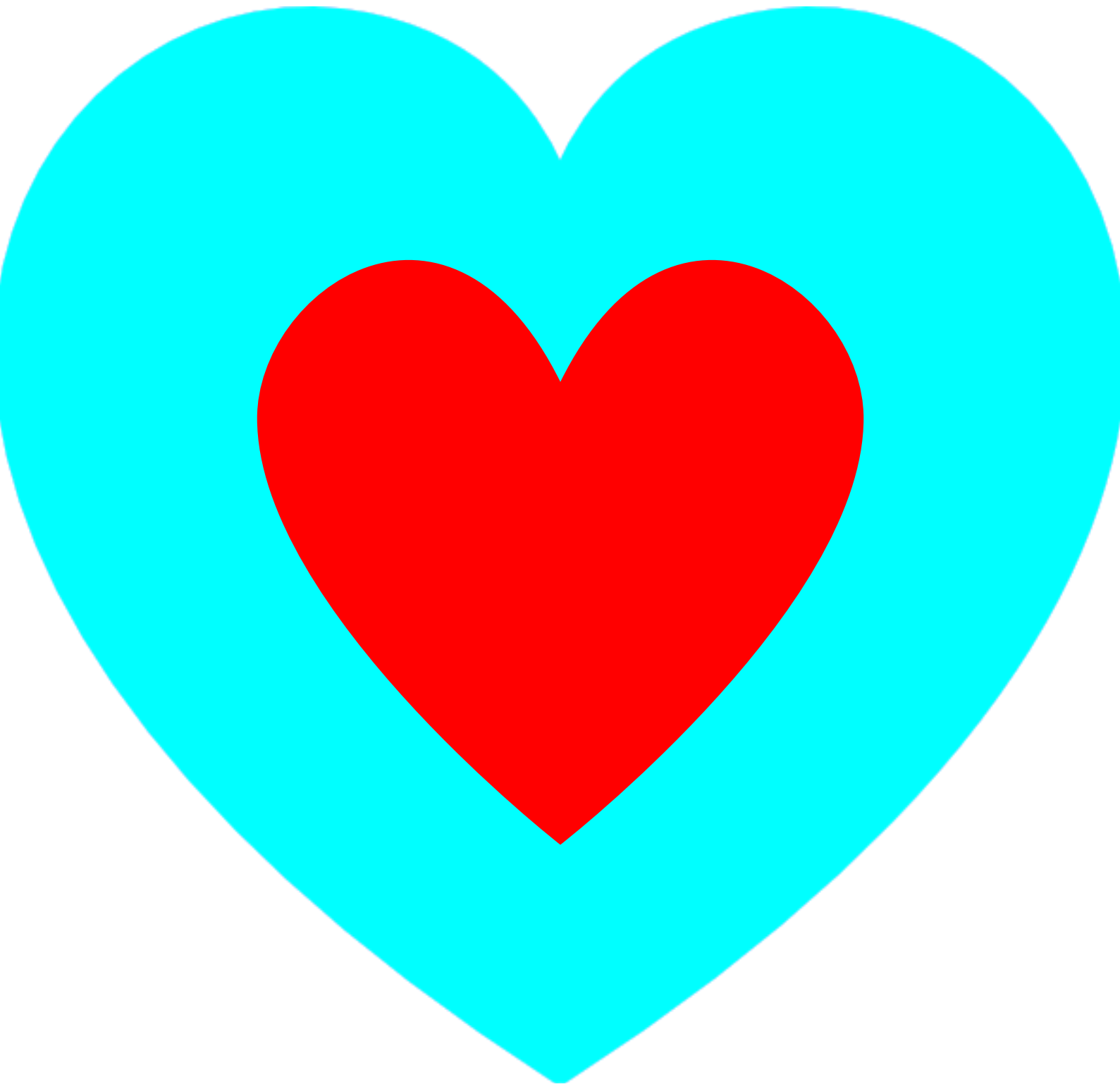
**We decided to analyze our data based on how included or excluded people feel.**



**The question is:**  
How often do you  
feel uncomfortable  
or out of place in  
your neighborhood  
because of your  
**ethnicity,**  
**culture, race,**  
**skin color,**  
**language,**  
**accent, gender,**  
**sexual**  
**orientation, or**  
**religion?**

**We  
found  
a  
strong  
connection  
between  
sense of  
discrimination  
and  
happiness in  
terms of  
satisfaction with life, feeling  
positive about oneself, feeling  
anxious, sense of health, stress  
about finances and work  
satisfaction.**







The biggest gap is feeling positive about oneself, with an 18.7 spread on a scale of 0 -100. The average difference is 15.3 spread of six factors.

**Satisfaction with life.**

**Feeling positive about oneself.**

**Feeling anxious.**

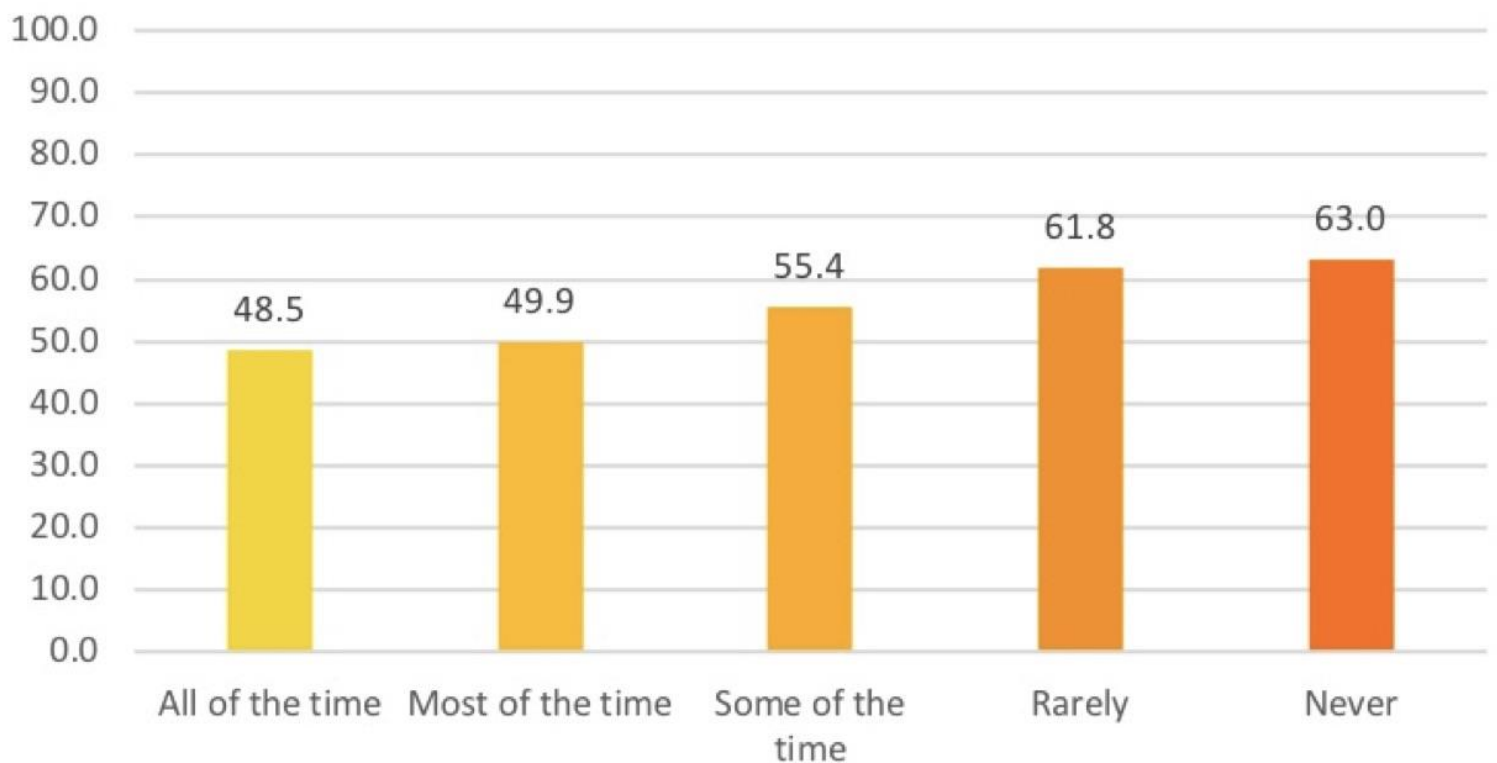
**Sense of health.**

**Stress about finances.**

**Work satisfaction.**



## Satisfaction with life



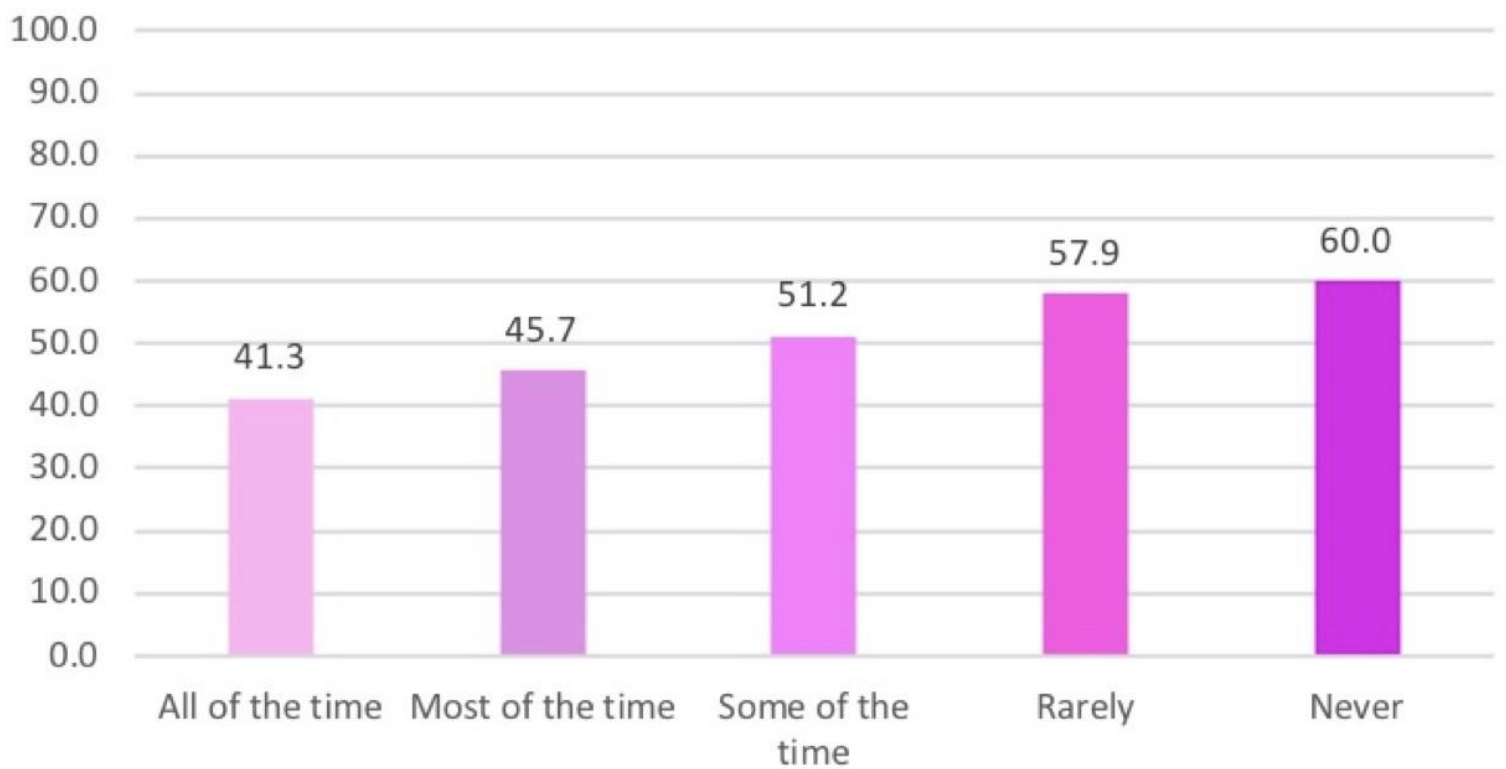
## Sense of discrimination

how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.

**People who never or rarely  
feel discriminated against  
score higher on  
satisfaction with life.**



## Feel Positive about Self



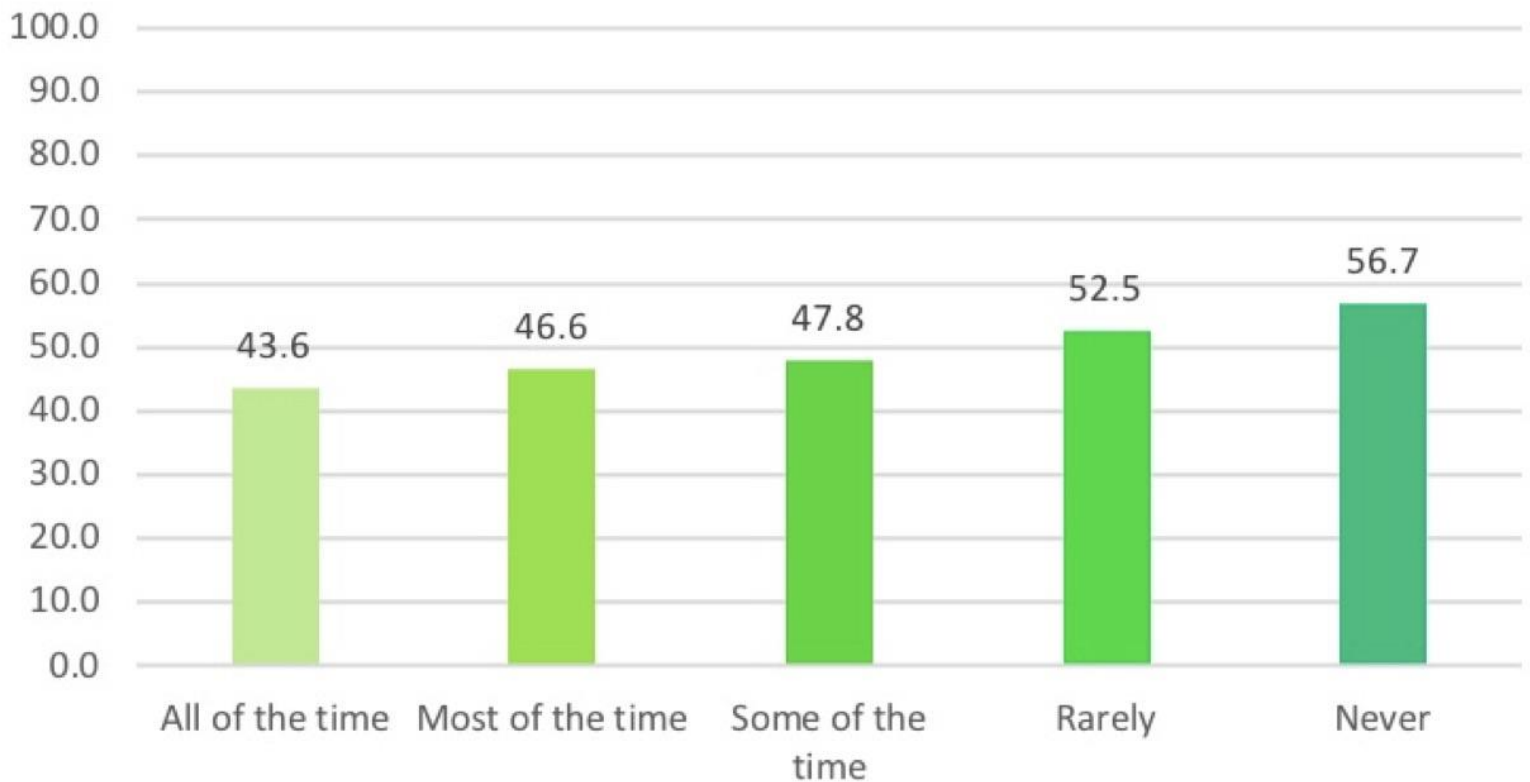
### Sense of discrimination

how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.

**People who feel discriminated against all of the time or most of the time feel less positive about themselves than people who never or rarely feel discriminated against, by almost 20%.**



## Feel Anxious



### Sense of discrimination

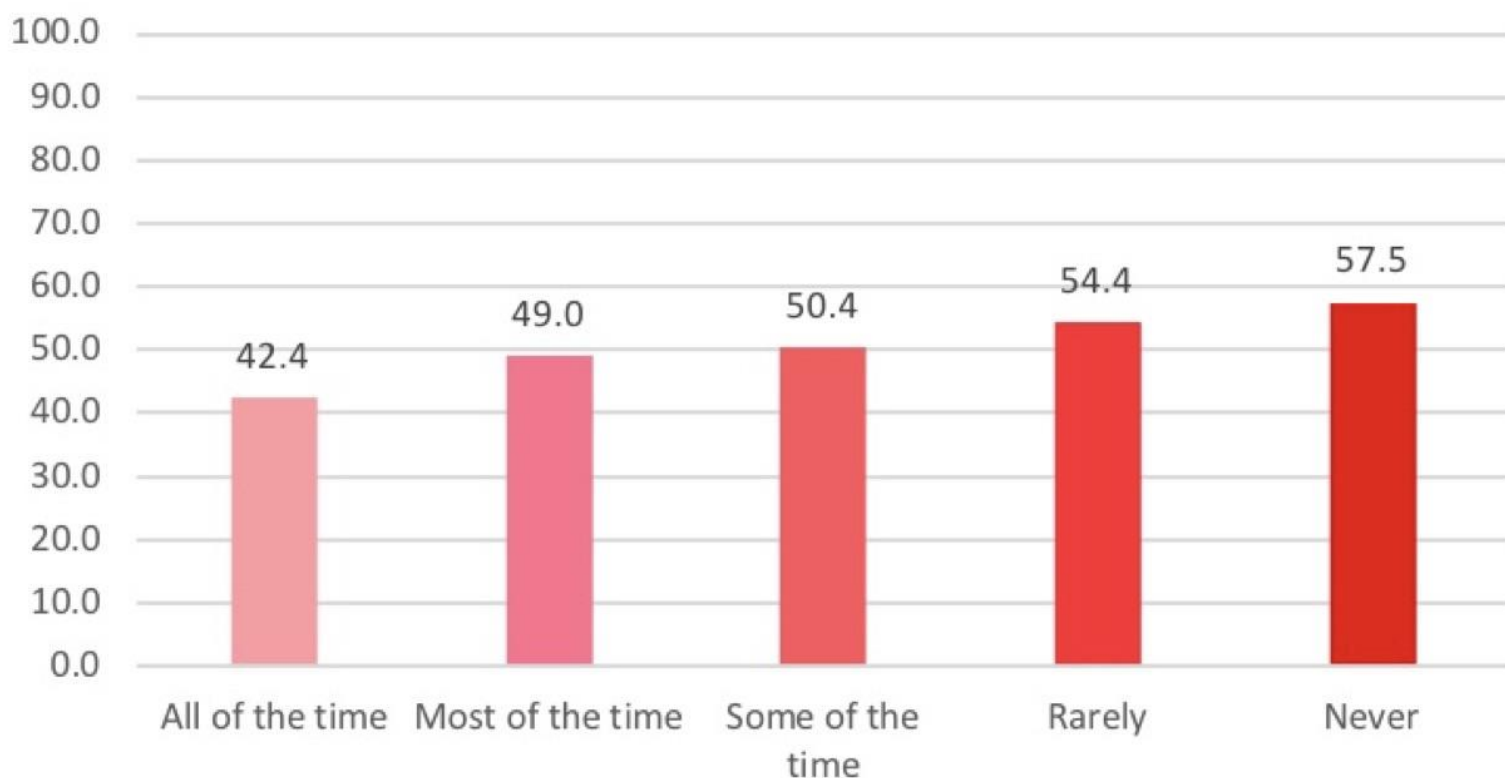
how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.



**People who feel discriminated against all the time, most of the time or some of the time feel between 13.2%-8.9% more anxious than people who never feel discriminated against.**



### Sense of Health



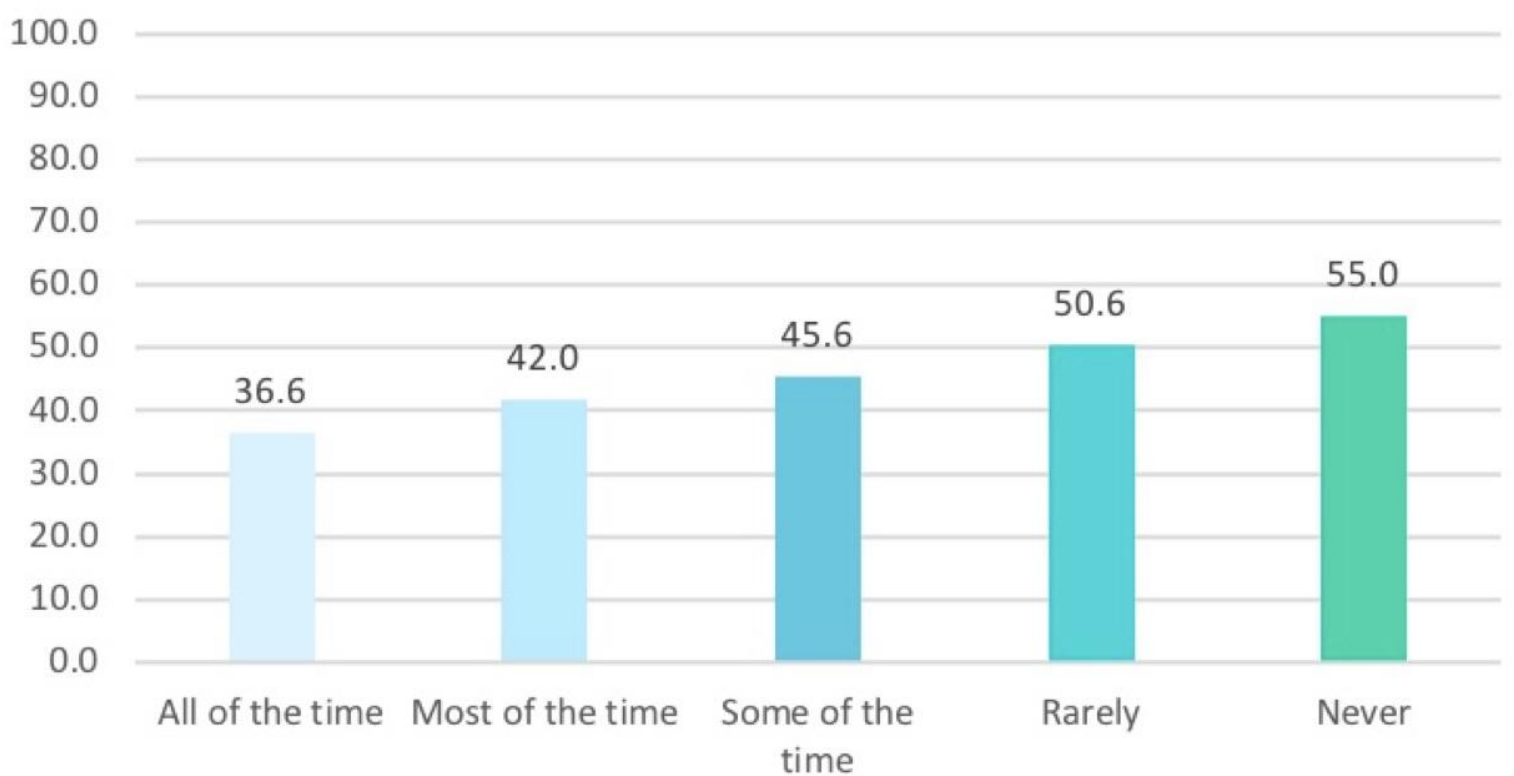
### Sense of discrimination

how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.

**People who said they rarely or never feel discriminated against, on average, feel healthier than people who experience discrimination.**



## Stress about Finances



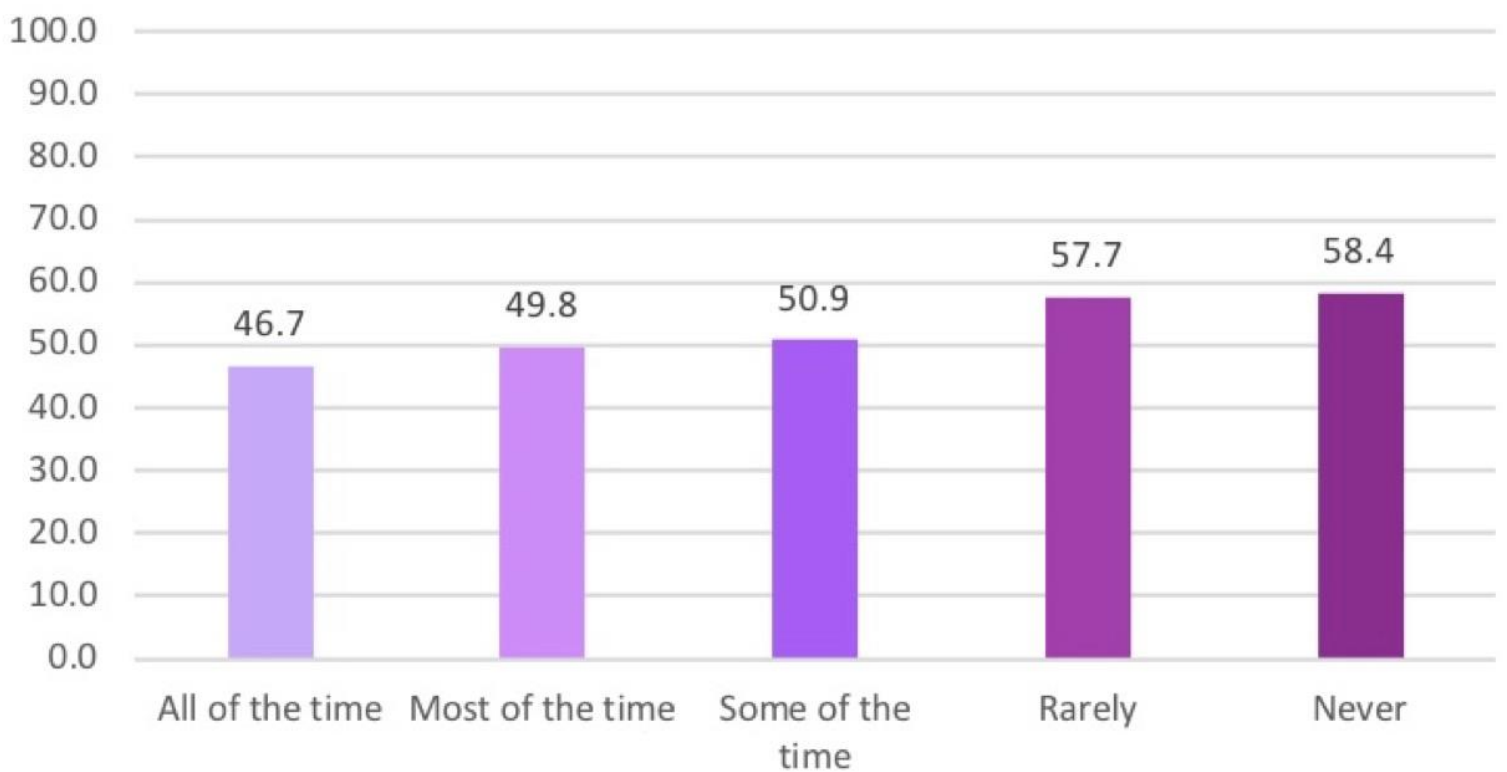
## Sense of discrimination

how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.

**People who feel discriminated against all the time, most of the time or some of the time feel more stress about finances than people who never feel discriminated against.**



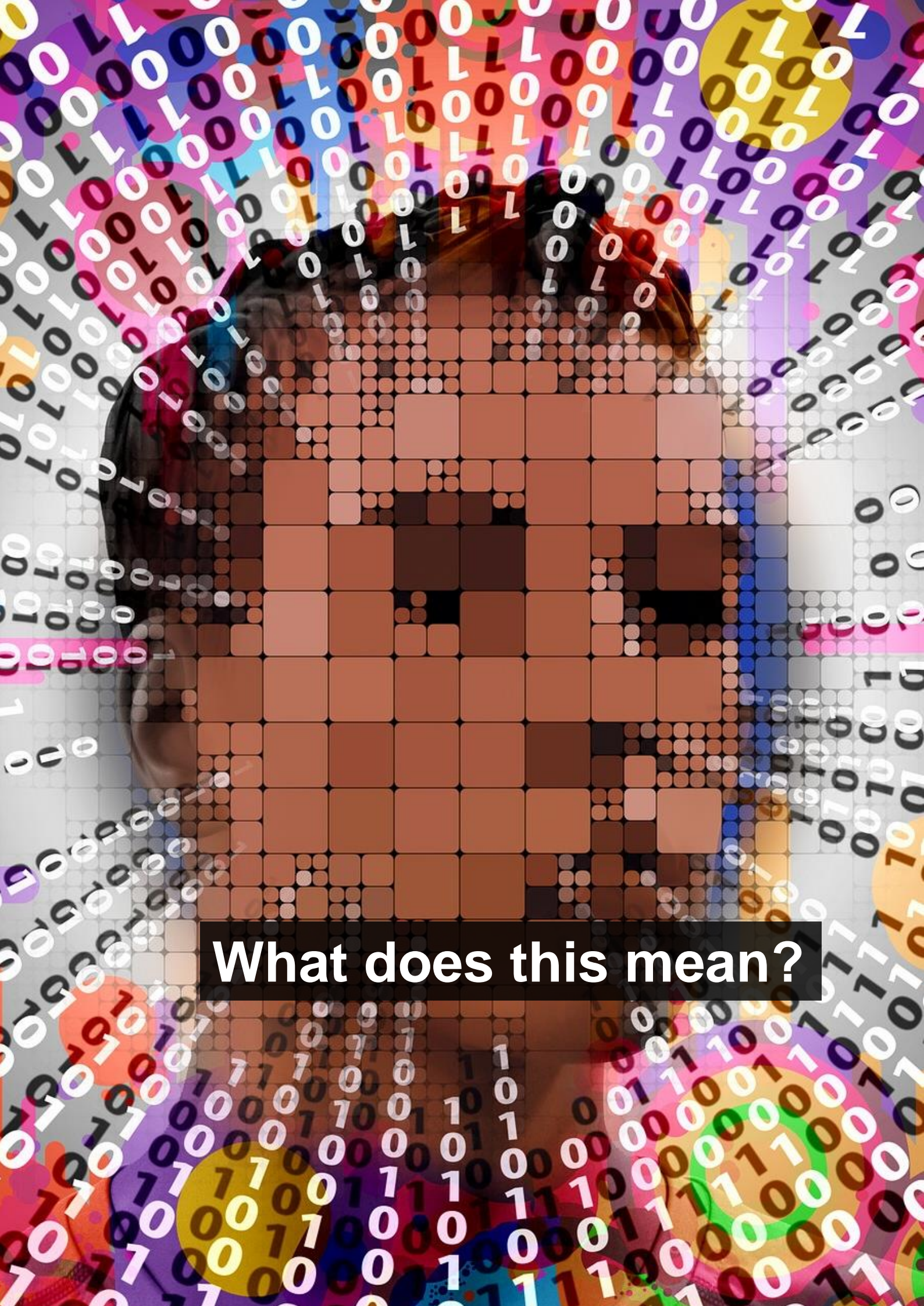
### Satisfaction with Work



### Sense of discrimination

how often one feels uncomfortable or out of place in your neighborhood because of ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion.

**People who said they rarely or never feel discriminated against, on average, have higher satisfaction with work than people who experience discrimination.**



**What does this mean?**



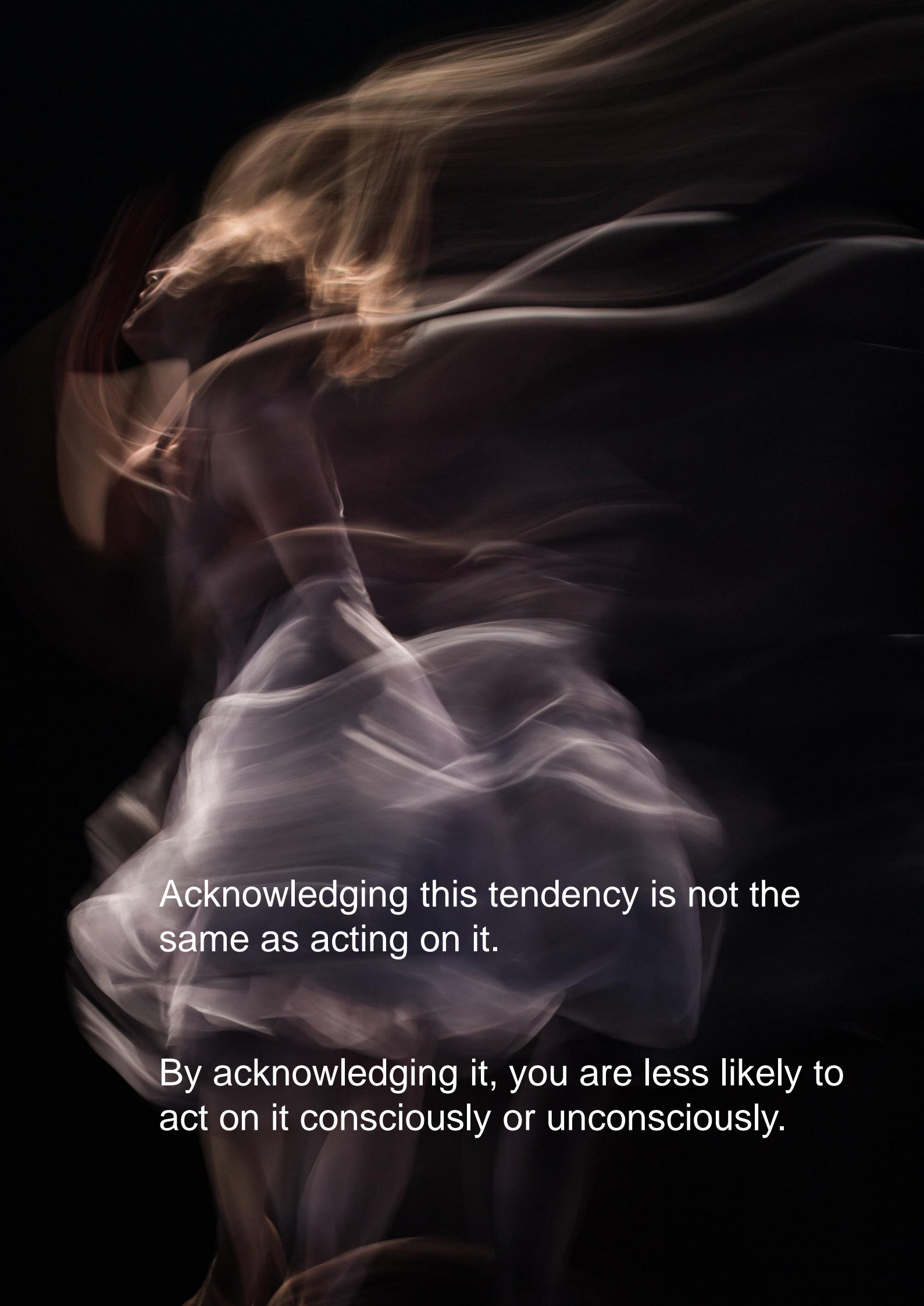


There are a few things you can do  
right now to help yourself and others



# 1

Become aware that you are no different from any other human in your innate tendency to see others as different and so better than or less than you.

A woman in a white dress is captured in a dynamic, blurred pose, suggesting movement or dance. The background is dark, and the lighting creates long, flowing trails of light around her, emphasizing the motion. The overall mood is ethereal and artistic.

Acknowledging this tendency is not the same as acting on it.

By acknowledging it, you are less likely to act on it consciously or unconsciously.

When you are treated badly because of your nationality, race, gender, sexuality or any other part of who you are, acknowledge how it feels inside you.





Then simply state what you observe and how you are feeling, without blaming or attacking.

IGNORANCE  
INSTINCT  
HABIT  
SENSITIVITY  
INSECURITY

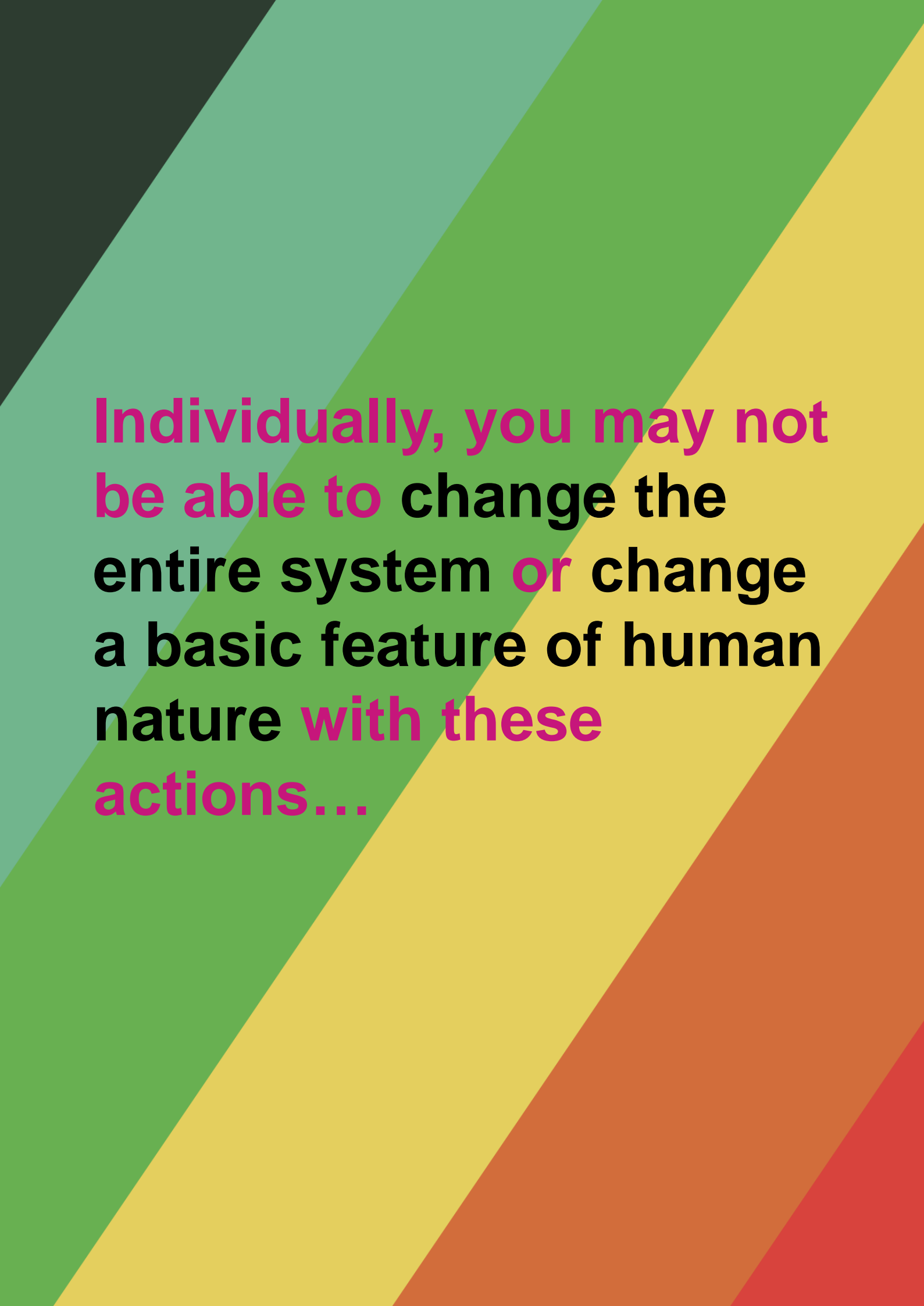


# 3

When you speak badly about a group of people, such as the rich, a political party, or other group that you see as distinct and different from you, notice how it feels inside.

Even if you know there is something wrong with the others, take the time to observe how your statements about them feel inside you.



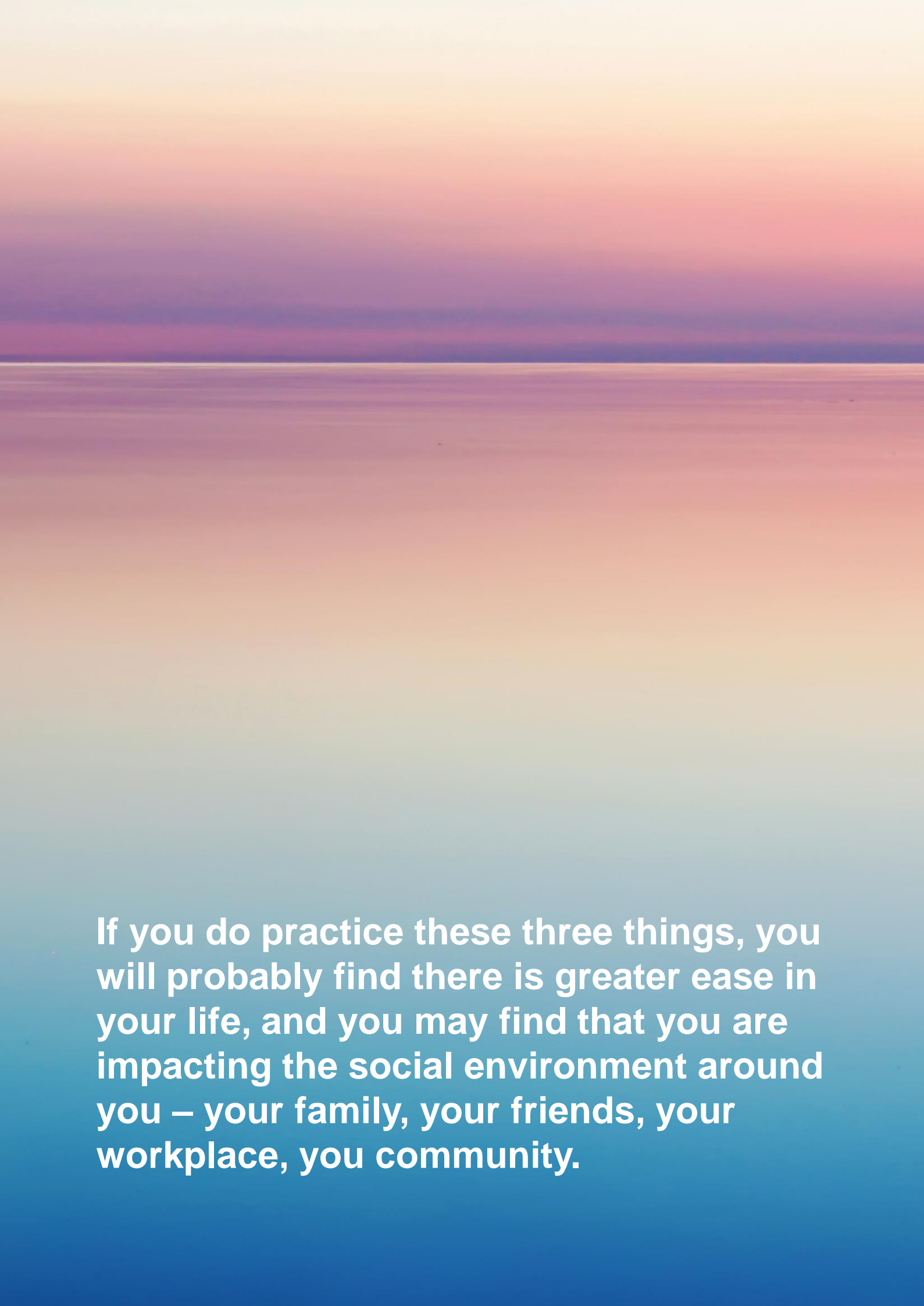


**Individually, you may not  
be able to change the  
entire system or change  
a basic feature of human  
nature with these  
actions....**





...but a person never knows the ripple effects they have over time.



**If you do practice these three things, you will probably find there is greater ease in your life, and you may find that you are impacting the social environment around you – your family, your friends, your workplace, you community.**

**– in positive ways you had not expected.**





**Work**



**Life**

# Balance



**When it is beautiful outside...**





**or the inside needs tending...**

**Do you have the time...**



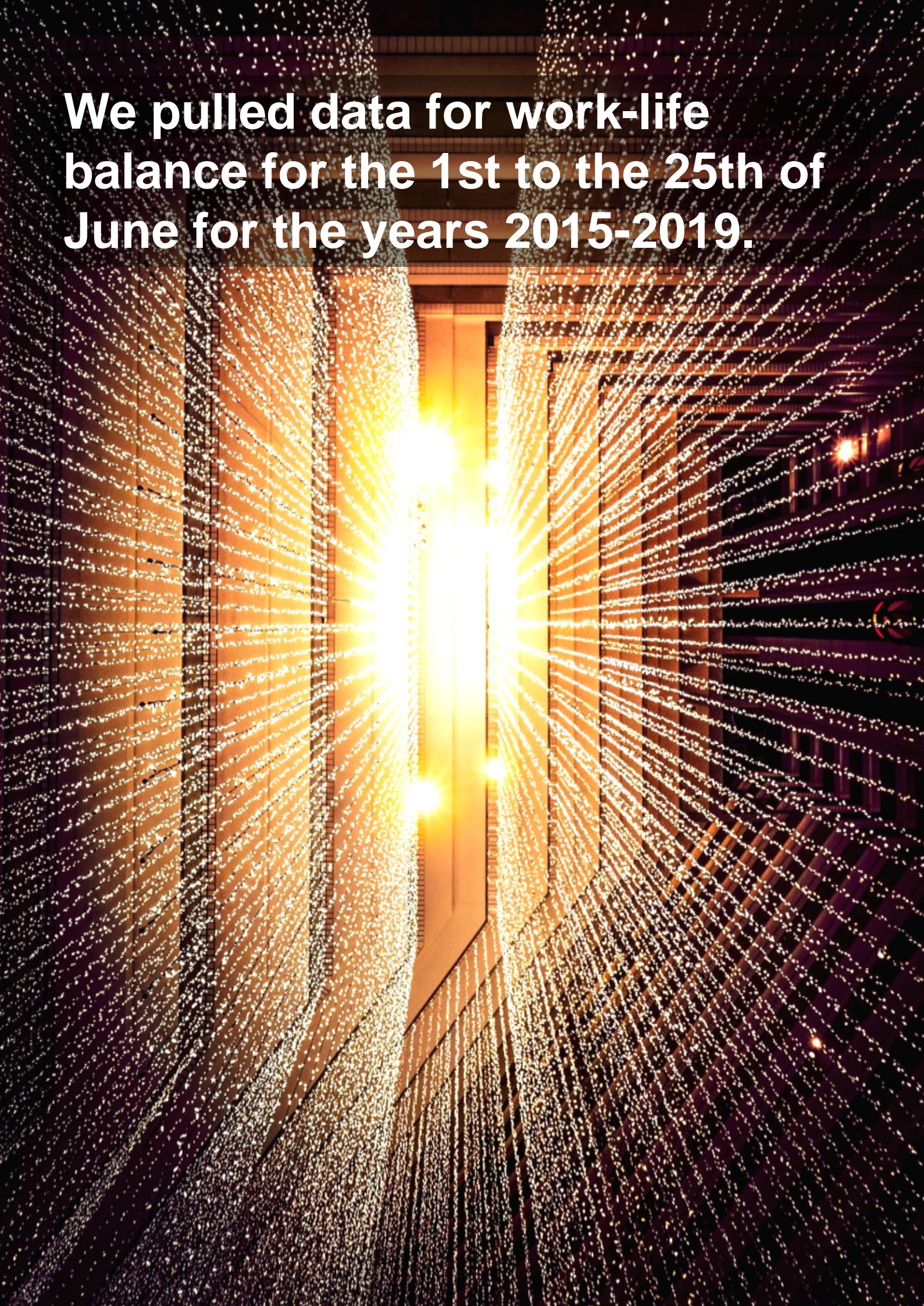
**to enjoy life...**





**Or take care of what  
needs time?**

**We pulled data for work-life balance for the 1st to the 25th of June for the years 2015-2019.**



**Who has life balance?  
Not many.  
Do you?**



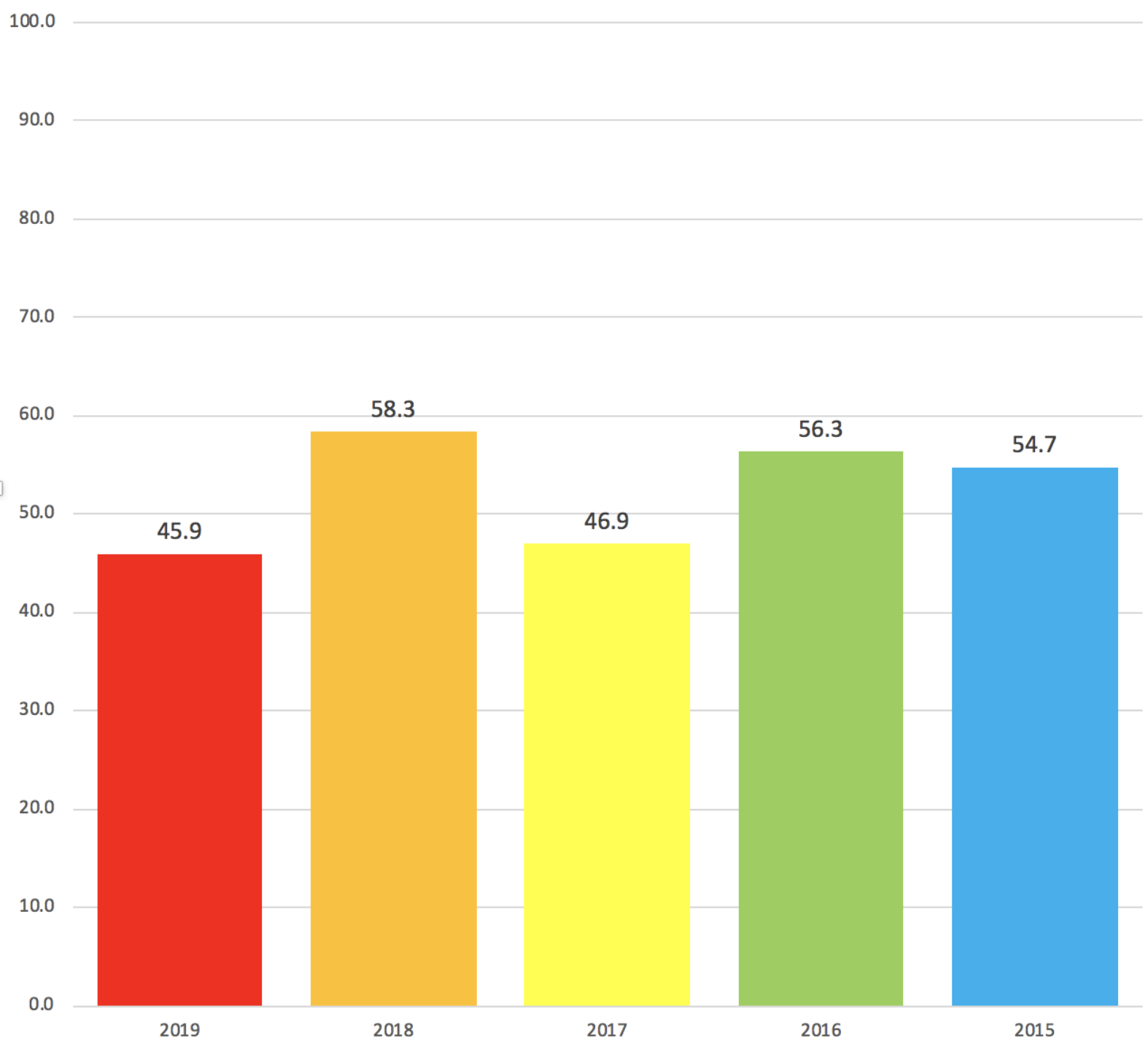
Work-life balance scores over the years 2015 - 2019 for the time between June 1-24 show that on average, we are not enjoying work-life balance.





Work Life Balance:

100 is very satisfied, 50 is neither satisfied nor dissatisfied, 0 is very dissatisfied

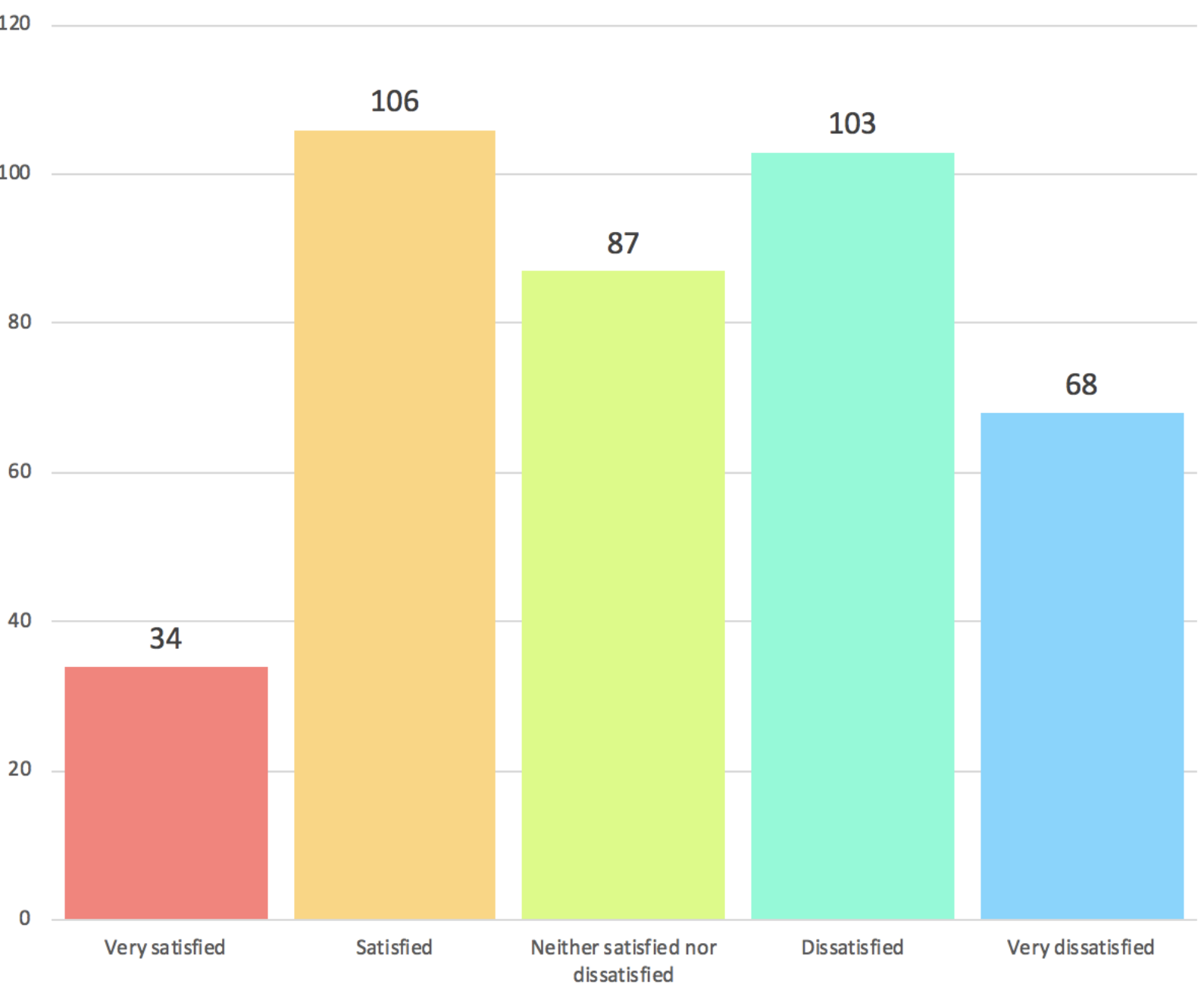





Year	Number who answered between June 1-25
2019	399
2018	172
2017	419
2016	116
2015	177



Work-life Balance -  
Number of people who answered and answers  
for June 1- 25 2019



A vertical photograph of a lush green wall. The wall is covered in various types of plants, including ferns, mosses, and succulents. In the center, a large smiley face is formed by a dense arrangement of succulents with yellow and green variegated leaves. The background is a mix of dark green ferns and lighter green mosses.

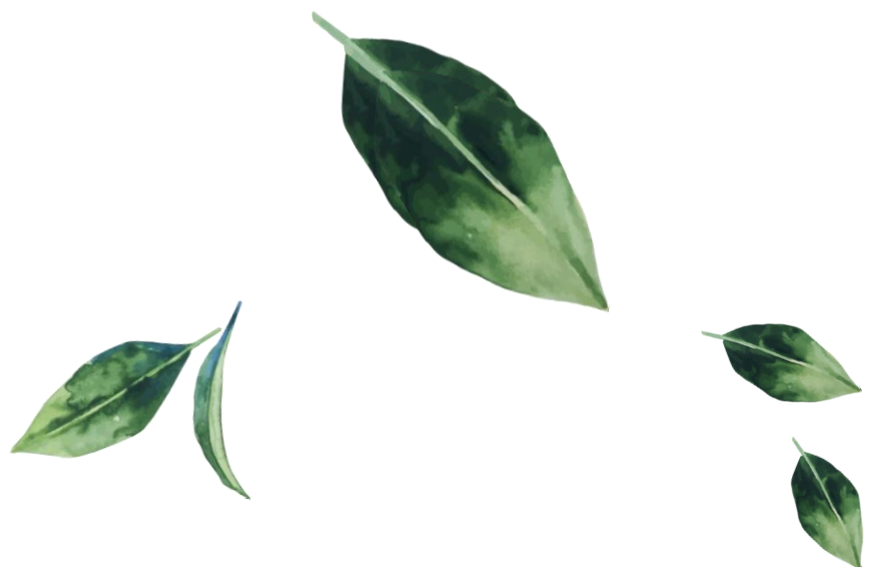
**We asked you.**

**What is your wisdom?**





**How do you preserve  
(or wish you did)  
your work-life balance?**



# **Live simply with few needs**

**Work part time**

**House-share**

**Play games**

**Tai chi**

**Grow Vegetables**

**Spend time with family and friends**

**Be out in nature**

**Daily spiritual practice**

**Study**

**Volunteer**

**Charity work**

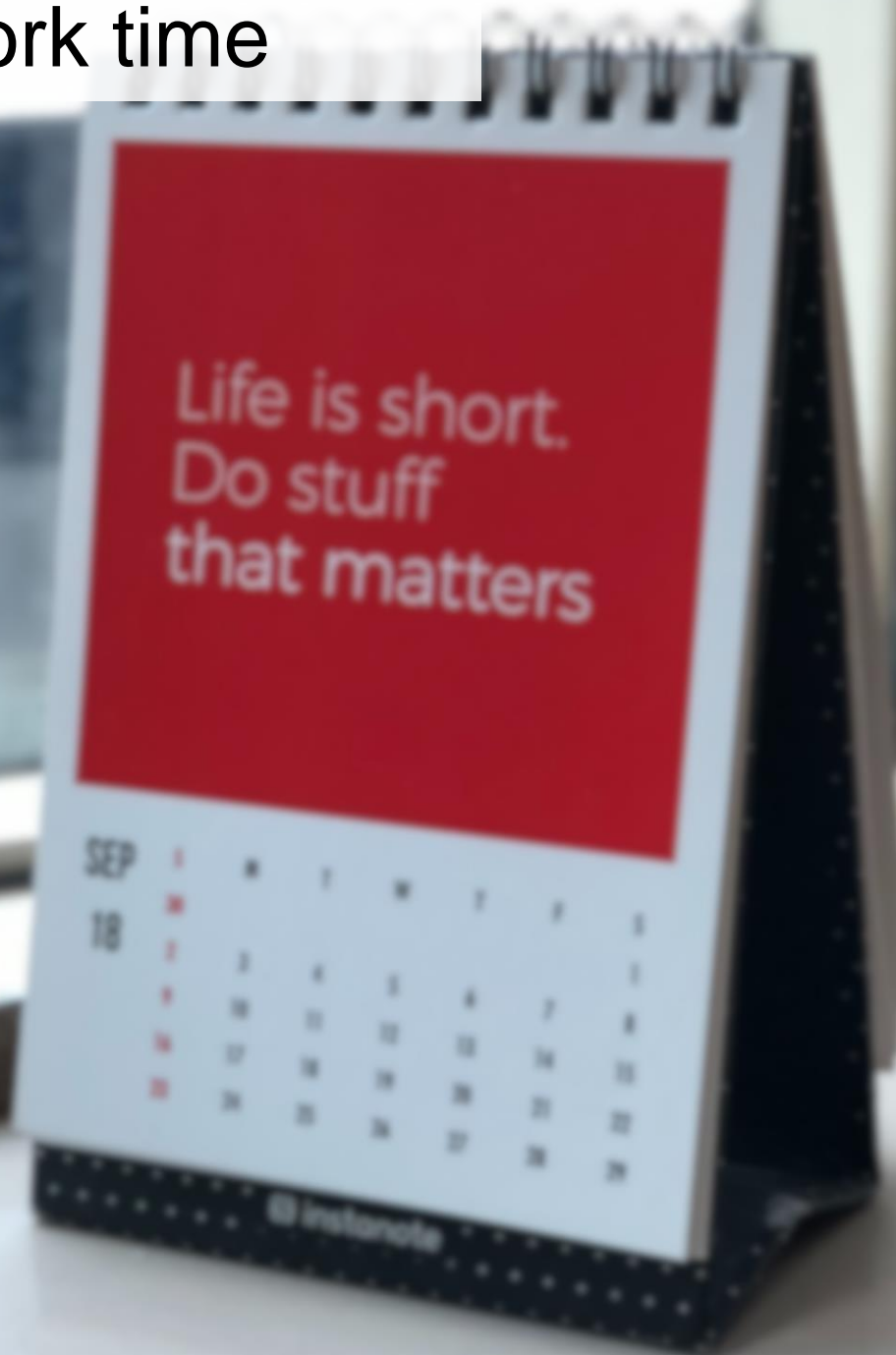


**Work 32 hours a week**

**Say no to extra hours**



Booking important  
& fun thing into  
my calendar after  
work time



SEP	S	M	T	W	T	F	S
18	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					



Read  
Listen to music  
Take walks in nature  
Watch films  
Travel

Work self-employed

Spend time with my family

Spend time alone





**Work full-time job**

**Have job security**

**No working in the late nights**



**Exercise**

**Get regular massages**

**Spend time alone**



**Take a vacation**

**Meditate**

**Live in the moment**

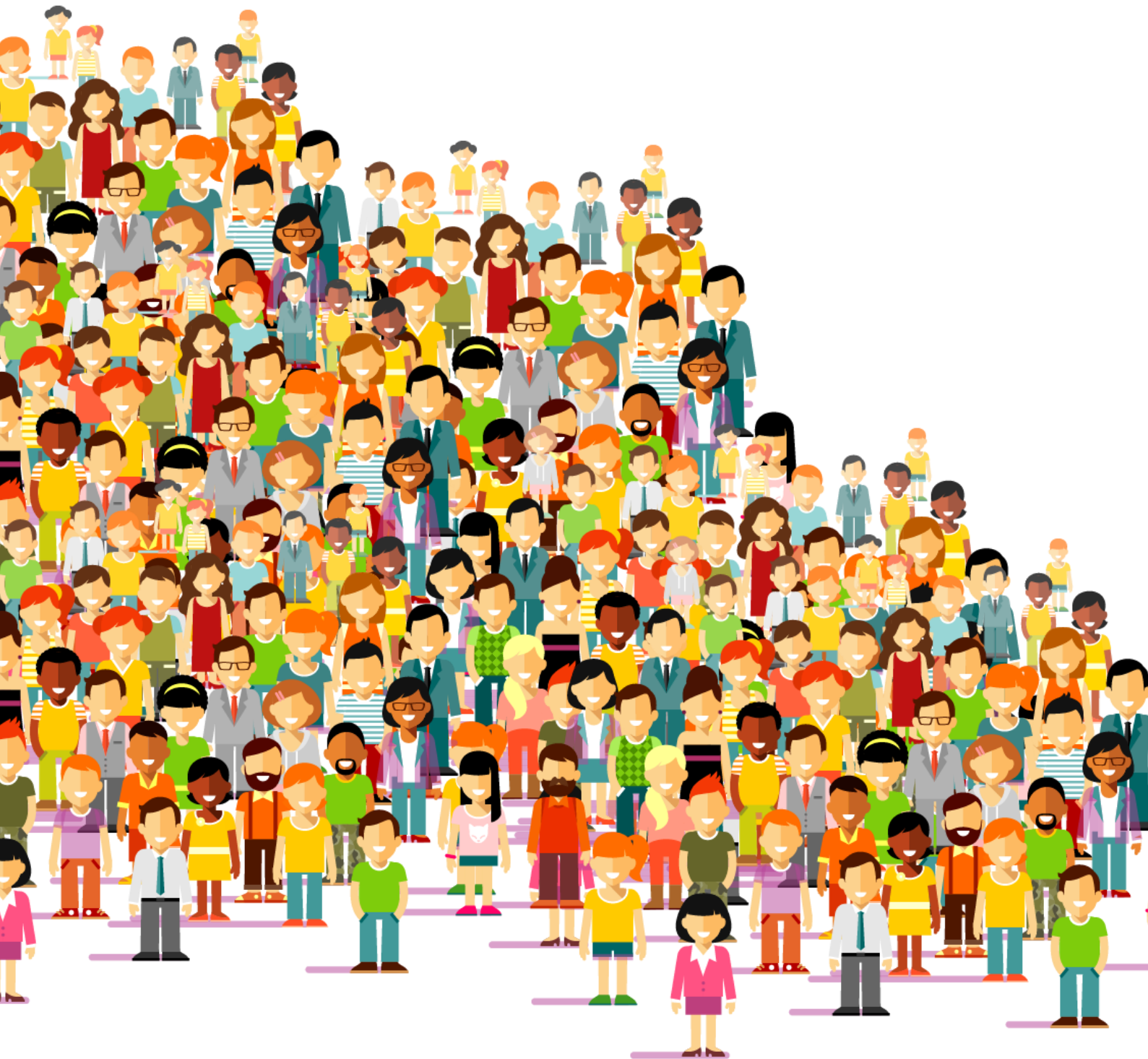




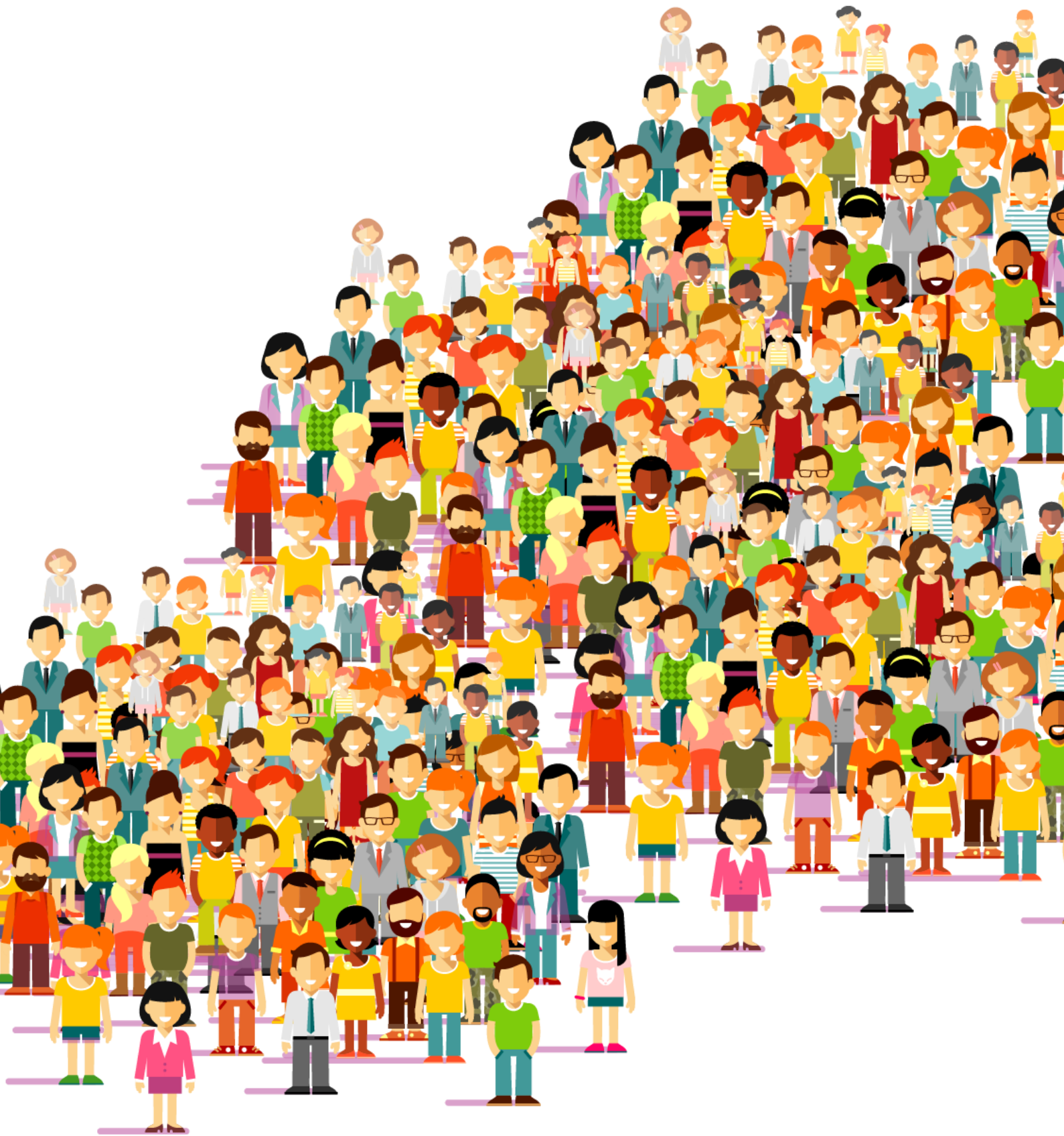
# Your happiness counts

**Your  
happiness  
well-being &  
sustainability  
wisdom  
is  
the path forward**





**While these scores are for only about 4,356 people who completed the Happiness Index (we have about a 30% finish rate), and from a convenience sampling, we suspect they are fairly accurate in reflecting the general population. Moreover, we suspect that our data would be reflective of people in the United States on both sides of political spectrum.**



**Last year, we groundtruthed our data with the Gallup poll data, gathered from a random sampling. The Gallup data for 2018 is not yet released at the time of this report, but nevertheless, we suspect our data will turn out to reflect our state of well-being.**

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

**Our mission is to awaken happiness in all beings.**



For attribution, please cite:

Musikanski, L., Bliss, C. & Bradbury, J. (2019). The Happiness Report Card 2019 Semi-annual Report.  
*Happiness Alliance [happycounts.org](http://happycounts.org)*