

# Time's Happiness Report

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The January 17, 2005 issue of Time magazine featured yellow happy faces and the headline, *The Science of Happiness*. Here are some of their findings highlights:

1. In a Time Poll called "Feeling Good in the U.S." most of the 1,009 participants reported finding happiness in family connections and friendships. *Indeed, more and more as we sit in front of the computer, time with friends and family is needed.*
2. The positive effect of friends and family was confirmed by a 2002 study by psychologists, Edward Diener and Martin Seligman.
3. Edward Diener also showed that once basic needs are met, additional income does little to increase life satisfaction. *Oprah Winfrey once said something like, "if you think you have a struggle controlling an addiction, imagine what it is like to have rich finances to spend on food, alcohol, illegal sex or drugs." Mixing wealth with addictions is dangerous. Happiness needs to come first.*
4. The older we get, the more satisfied we tend to be with life. *As we age our bodies slow down giving us time to wonder at the chickadee appearing at the garden window.*
5. Married people are happier than singles, but then happy people may attract partners. *The theory of smiles and attractability may apply here.*
6. Psychologist, Daniel Kahneman found that 900 women reported their seven most positive activities were first sex, then socializing, relaxing, praying or meditating, eating, exercising and watching television. *Hey, didn't some of the mothers want to play with their children?*
7. Professor of organizational behaviour, Thomas Wright says that employee happiness may effect 10% to 25% of job performance. Frontline managers can make contact with employees each day, be supportive in rough times, encourage friendships and let workers know they make a difference. *It is well known that once basic salaries are achieved, workers typically desire acknowledgement and recognition.*
8. Dogs bring cheer to their owners. *This is another demonstration of the power of unconditional love.*

9. Researcher Robert Provine discovered that men are the leading laugh getters, while women are the leading laughers. *Did you know that women also smile eight times more than men? Maybe that's why women live longer—by laughing and smiling. Let's start a campaign to even up the score by more often inviting our gentlemen to join in the fun.*

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