



Happiness

Thursday, January 28, 2021



FAST FACTS

Happiness is interpreted by everyone differently, and therefore, there is no accurate definition for happiness. Although much of our happiness is affected by things out of our control, 40% of our happiness is within our power to influence. Being happy has a number of health benefits, including protection from heart disease, a stronger immune system, reduced stress and a longer life. There are various things we can do to be happier, such as planning a trip, spending time with family and friends, or helping others.

Originally published, Thursday, January 28, 2021