

2015 level 2 second text

Quote from Pablo Neruda: *Happiness is interior, not exterior therefore it doesn't depend on what we have but rather on what we are*

The international day of happiness is celebrated to recover happiness after advertising that connects it will beauty, fame and money.

To separate happiness from material possessions is vital for general well being according to one of the most famous investigators of happiness, the associate professor of psychology at Victoria University, Paul Jose. Jose confirms that the commercialisation of happiness is out of control in lots of countries. His investigation revealed that looking for happiness all the time was difficult. Jose confirmed that one of the secrets to happiness consists in every night counting 3 things for which you were grateful. Usually they were small and common, such as eating well or having a nice walk. "If you are grateful for those things, you have a more positive perspective of life in general."

One of the aspects in which NZ has to work is in taking time to enjoy happiness and to express it without feeling guilty. Although Mexicans work more for less money and in areas of health, education and safety they find themselves in a low position, there are more satisfied with life than NZers. Eight five percent of Mexicans confirm that they have more positive than negative experiences in a normal day.

5 ways of being happy:

1. Be healthy. What is good for the body is good for the mind. Sleep the amount needed and exercise regularly.
2. Experience life, don't buy it. Traveling overseas or going for a walk makes you happier than buying things
3. Have an active social life. People with an active social life consider themselves happier. It's advisable to spend less time on the internet and socialise more.
4. Be economically independent. Although money doesn't buy happiness, it does minimise the stress necessary for being happy.
5. Be grateful for the little things and live the moment. It's important to centre yourself in the present instead of looking to the future.