

## **Do I really need to be happy all the time?**

**The science of happiness – Narrated by Adil Ray**

Happiness, according to Ken Dodd at least, is the greatest gift that we possess.

But when we unwrap this most pleasant of presents, what lies beneath the shiny paper and ribbon?

Researchers have long sought out the answer. And when it comes to short-term happiness, it appears to be reassuringly easy.

In a recent UK survey, sleeping in a freshly made bed topped the table for feel-good factor, closely followed by feeling the sun on your face. Simple pleasures indeed.

If you're looking for longer lasting bouts of bliss, things get slightly more sophisticated...but only just. Researchers using a specially developed smartphone app found getting, ahem 'intimate' was the top of the list...followed by more cultured activities like visiting the theatre and taking in a spot of art.

what about the things that make us truly happy, not just fleeting moments of loveliness?

Maybe family can help.

Not according to many experts who agree with research that reveals having a first child can mar parents happiness more than divorce, unemployment – and even the death of a partner.

And if you thought money can buy it, you'd be right. But only up to a point.

Studies in the U.S. show that after annual earnings hit \$75,000.00. – that's around £50,000 to you and me – the positive effects of money has no effect on people's happiness and moods.

If it's not kids or wealth, how about health?

Most experts agree it's one of the main factors to enjoying continued happiness.

In a recent Harvard University survey, two other crucial factors were identified: Enjoying what you're doing in work and life and investing in close relationships.

In fact, two thirds of the people who stated they were 'extremely happy' in their survey gave a top rating to the importance of relationships.

So it seems that the key to long-term happiness could be all about investing time in other people.

Get that right, and you'll be laughing. Just not all the time I hope.