

## 1. READING How Happiness Affects Our Health

a) Can you call yourself a happy person? How do you measure your happiness?

b) Read the text about the connection between happiness and our health

Do you ever think about that in our organism everything is connected? A group of professionals, including doctors, **psychologists**, and economists, have recently collaborated to investigate the factors that contribute to our happiness.

How can we measure the rate of our happiness? While some experts believe that happiness can be **measured** through a person's emotions, life satisfaction, or physical health, others argue that happiness cannot be **quantified** but rather observed.

Although money may play a role in happiness, many individuals **prioritize** other values such as **meaningful** work, a **supportive** family, and **close** friendships.

Studies have found that there is a connection between happiness and health. **In general**, people who are happier have a better health. Their **immune system** works better, and they can cope with stress **easily**. Moreover, happier people may be able to live longer. Additionally, those who possess a good sense of humor and frequently experience **positive** emotions tend to be happier and potentially live longer.

Is there a way of learning happiness or improving it? Some experts claim that expressing **gratitude** is one of the methods



to become a happier person. Being socially active and participating in **different** activities can also contribute to more satisfaction and happiness. Some professor declares that happiness is **contagious**, if someone's relatives or friends are **happy**, chances, that you will be happy too, will increase.

## KEY WORDS

Psychologists – психологи  
to measure – измерять  
quantified – измеренный количественно  
meaningful – значимый  
In general, - в общем (вводная конструкция для обобщающей информации)  
immune system – иммунная система/  
иммунитет  
gratitude – благодарность/  
признательность  
contagious – заразительный  
to state – утверждать  
prioritize – расставлять приоритеты.

## 2. TASKS

Read again the text and explain the words in bold.

Then match the underlined words to their synonyms

- |              |           |            |
|--------------|-----------|------------|
| - caring     | - best    | - simply   |
| - optimistic | - various | - cheerful |

## 3. DISCUSSION

- What makes you happier? Describe some activities that help you
- If your friend or family member is happy, will you be a little bit positive after communicating with them?
- Does regular laughter help you feel better and get sick less often?
- The text lists several things that can make us happy, for example, a meaningful work, family, friends. Can you continue this list adding three more examples and providing your arguments why did you choose them?

## 4. PROJECT TASK

Make a comparative analysis of the rate of happiness in our country and suggest solutions how to make the population happier.

- Compare the happiness level of the three regions you have chosen.
- Find information about what makes people in a certain region happier. You can use statistics, photos, and videos.
- Suggest solutions what can be done to increase their rate of happiness. Explain why your idea suit.
- Present your project to the class.