

## ThoughtBox Takeaway: Where do we all find happiness?

**What is happiness? What does it mean to be happy? What is the link between mental health and happiness? Can you buy happiness or find ways to accrue it? And are we (or will we be) all actually *able* to find happiness in our lives if we go looking for it?**

### Learning objectives

To explore the notion of happiness and some of the different approaches we can take to finding it

### Introduction

Trying to be happy is the sole motivation for most people in life, and understanding the barriers to happiness (as well as the roots to finding more contentedness) are useful in helping us pursue our goals. By looking at the relationship of money to happiness, the barriers of mental health towards finding inner happiness and exploring social systems and countries which measure their worth on happiness, we can start to engage and understand a little more the choices and actions we can all take to shift our abilities to find happiness.

### Activity

Take a look at the following video: [Numbers](#)

When was it that we started equating happiness with consumption, growth and economic prosperity? Many people say it was the advent of the agricultural revolution, when inequality first became a part of human society, as some people were able to have more / grow more / produce more than others.

Create an infographic exploring the relationship between early agriculture and prosperity, early agriculture and inequality and prosperity and happiness. See if you can see the links between “having more” and “being happy” and how they have emerged in our modern society.

Try to include:

- When the agricultural revolution first began and what the impact was on equality
- The social impact of economic diversity
- The development of consumption as a habit
- How money and happiness are often interlinked and equated

You may just wish to focus your infographic on just one of these areas (as they can be quite large topics) or maybe just look at all of them in brief.

### Resources

- [Where did agriculture begin? \(article\)](#)
- [Money can't buy happiness...or can it? \(article\)](#)
- [The Happiness concept \(video\)](#)
- [The Development of Agriculture \(article/website\)](#)
- [Can money buy happiness \(article\)](#)
- [Effects of consumerism \(article\)](#)

## Related videos

- [What is Happiness?](#)
- [Introducing Flow](#)
- [The lie that we live](#)
- [The Empathetic Civilisation](#)
- [Prince Charles on Happiness](#)
- [The Economics of Happiness](#)

## Thought-provoking podcasts

- [Does having options make us happier?](#)
- [What does spaghetti sauce have to do with happiness?](#)
- [Why should we embrace regret?](#)
- [Being good at being Happy](#)
- [Less ego, more happiness](#)
- [Action for Happiness Podcasts](#)
- [Mindfulness in Schools](#)
- [Managing Anxiety](#)

## Interesting articles

- [A look at millennials and mental Health](#)
- [How can we measure happiness?](#)
- [Wellbeing at Wellington](#)
- [Joining the Dots](#)
- [Pursuit of Happiness](#)
- [Being Mindful](#)
- [Achieving Flow and Happiness](#)
- [Gross National Happiness](#)
- [Happiness at School](#)

## Relevant organisations and campaigns

- [Gross National Happiness](#)
- [Good Magazine](#)
- [Local Futures](#)
- [Action for Happiness](#)
- [Happy Cafes](#)
- [12 kinds of kindness](#)
- [The Happiness Institute](#)
- [International Day of Happiness](#)
- [Random acts of kindness](#)
- [Volunteering Matters](#)
- [Be a Happiness Activist](#)
- [Boom Boom Cards](#)
- [10 Steps to Happiness](#)
- [Doit](#)