

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 start to unravel and explore in depth some of the unethical practices of the fashion industry.

Introduction

Understanding the choices that we have surrounding the clothes that we are wearing is important in helping us understand why we wear what we wear and who (or what) influences our behaviour. Beyond the practicalities of fashion, there are also many untold implications within our clothing choices, from the cost of fast fashion on people and environment, to the destruction of the natural environment caused by factory waste, textile waste and mass production.

Activity

Take a look at the following video: [Why happiness is a useless word](#)

The video introduces the idea of fulfilment – EUDAIMONIA – as a more significant way to find a sense of happiness in our life and explores how having the goal of happiness is not allowing us to fully develop a strong range of emotions in our life and value their significance. What do you think?

Does the word happiness prevent us from finding happiness?

Write a short creative response to this question (in whichever language you choose) either as a speech or an opinion piece. Think about the meaning of the word happiness and consider some of the following:

- Is the word itself limiting what the emotion can be?
- What is the word for happiness in other languages? Does this allow more emotions to be felt?
- How is Eudaimonia (fulfilment) a different thing to happiness?
- Is our happiness restricted by the language that we speak?
- How can we find happiness outside of the confines of language?

Your response can be a specific focus of an argument or can ponder lots of questions associated with this idea (in other words you don't necessarily need to find an answer to the question, you can instead muse lots of different responses!)

Resources

- [Glossary of Happiness \(Article\)](#)
- [How other languages can reveal the secret to happiness \(article\)](#)
- [The science of happiness \(video\)](#)
- [What is Eudaimonia? \(article\)](#)
- [7 rules for making more happiness \(video\)](#)
- [Personal happiness according to the Greeks \(article\)](#)
- [Eudaimonia \(website\)](#)

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](#)