

# What makes a good life?



Lessons from the longest study  
on happiness

# Why I chose this topic

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I have seen many different people in my life. My parents divorced when I was very young, but my mother is now living a very full life. The family I homestayed with in high school was rich and had everything. The girls I have met at the maid café where I have worked part-time in the past have always been anxious about something and never seem to be fulfilled. Does having lots of money make them happy? Or are they happy if they have lots of followers on their SNS? I chose this topic because I have seen a lot of people and I am interested in what state of happiness is.

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# Vocabulary & Grammar Practice

Read the sentences from the presentation. In the space next to the definition, choose the word which is written in bold that you think matches the definition.



Most of what we know about human life we know from asking people to remember the past, and as we know, hindsight is anything but 20:20.



Some developed alcoholism. A few developed schizophrenia.

\_\_\_\_\_ someone who is between 80 and 89 years old



Once we had followed our men all the way into their 80s, we wanted to look back at them at midlife and to see if we could predict who was going to grow into a happy, healthy octogenarian and who wasn't.

\_\_\_\_\_ to argue, especially about something very unimportant



Some of our octogenarian couples could bicker with each other day in and day out, but as long as they felt that they could really count on the other when the going got tough, those arguments didn't take a toll on their memories.

\_\_\_\_\_ the ability to understand a situation only after it has happened

\_\_\_\_\_ a serious mental illness in which someone's thoughts and feelings are not based on what is really happening around them



# Questions



What is the clearest message that they get from that 75-years study?



What are three big lessons about relationships they learned?



What happen to people who are more socially connected to family, to friends, to community, compared to people who are less well connected?



In the presentation, what loneliness is said turns out to be? What happen to the people who are more isolated than they want to be from others?

# Time for psychological test !

What do you see in the illustration? Please choose one of the following that comes closest.

01 Hair

02 Jellyfish

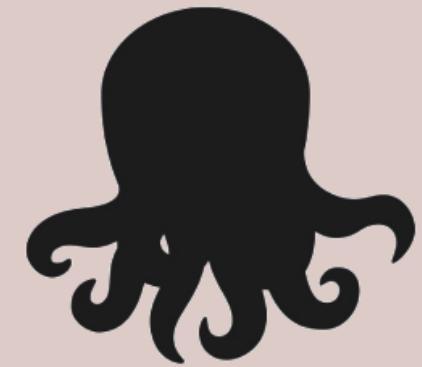
03 Alien

04 Octopus



# Time for psychological test !

What do you see in the illustration? Please choose one of the following that comes closest.



01

Hair

30% happiness now.

You are a very kind-hearted person. But even when you are kind to others, they may feel that you are meddling. Your personal happiness level is high, but you do not want to impose your ways on other.

02

Jellyfish

55% happiness now.

You are the type who values your own world. And these days, you may tend to be more conscious of your inner world.

03

Alien

95% happy now.

You may value your relationships. Your relationships with those around you right now are probably quite good. You will be able to work together and achieve great things together.

04

Octopus

80% happy now.

You are probably the type of person who focuses on one thing and works hard to achieve your goals. Now is a good time to feel rewarded in what you are working on. You may enjoy working on it as if it were a hobby.

# Vocabulary & Grammar Practice Answer

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octogenarian someone who is between 80 and 89 years old



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bicker to argue, especially about something very unimportant



Some of our octogenarian couples could bicker with each other day in and day out, but as long as they felt that they could really count on the other when the going got tough, those arguments didn't take a toll on their memories.

hindsight the ability to understand a situation only after it has happened

schizophrenia a serious mental illness in which someone's thoughts and feelings are not based on what is really happening around them



# Questions Answer



What is the clearest message that they get from that 75-years study?

Good relationships keep us happier and healthier.



What are three big lessons about relationships they learned?

- #1 social connections are really good for us, and that loneliness kills.
- #2 it's not just the number of friends you have, and it's not whether or not you're in a committed relationship, but it's the quality of your close relationships that matters.
- #3 good relationships don't just protect our bodies, they protect our brains.



What happen to people who are more socially connected to family, to friends, to community, compared to people who are less well connected?



In the presentation, what loneliness is said turns out to be? What happen to the people who are more isolated than they want to be from others?

The experience of loneliness turns out to be toxic. People who are more isolated than they want to be from others find that they are less happy, their health declines earlier in midlife, their brain functioning declines sooner and they live shorter lives than people who are not lonely.