

NAME: _____

DATE: _____

Happiness

Listening Quiz



1. What is the main topic of the article?

gratitude

relationships

exercise

happiness

2. What can a person think about to increase their feelings of gratitude?

the small, good things in their life

all the good things in their life

negative past experiences

their plans for the future

3. What does the lecturer say about family?

They can be a source of negative criticism.

They are more important than friends.

They can do fun things with you.

They can provide you with a sense of belonging.

4. How does exercise affect happiness?

It increases stress levels.

It reduces stress levels.

It decreases endorphins.

It must be intense to improve your mood.

5. What is mindfulness?

paying attention to negative thoughts

thinking about others

analyzing your past mistakes

thinking about the present

6. What is the benefit of helping others?

Other people will be kind to us.

We will find more ways to volunteer.

It will help us become more patient.

We will be happy, and so will others.

Discuss these questions with a friend or classmate.

1. What advice from the lecture did you find the most useful? Why?
2. Do you think animals need advice about how to be happy? Why? / Why not?
3. How can being happy affect your health?
4. Describe a time when you were very happy.
5. Can just thinking about a time you were happy before make you happy now?
6. What other advice about how to be happy can you think of?

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Audio Script

Happiness is a subjective feeling that everyone strives to attain. It is a complex emotion that is not easily achieved, but with the right attitude and mindset, anyone can learn how to cultivate happiness in their lives. Here are six things you can do to be happy:

- 1) Cultivate gratitude: Taking time to reflect on the things you are thankful for, no matter how small they may seem, can help you develop a more positive outlook on life. Gratitude helps you focus on the present moment and the good things in your life, rather than dwelling on negative thoughts and experiences.
- 2) Connect with others: Strong relationships with family and friends are critical for our emotional well-being. Spending quality time with loved ones and developing meaningful connections can provide a sense of belonging, which can greatly increase happiness.
- 3) Exercise regularly: Exercise is a great way to boost happiness and improve overall mental health. Regular exercise releases endorphins, which are natural mood-boosters, and can help reduce stress and anxiety levels. Whether you prefer a more intense workout or a leisurely walk, incorporating physical activity into your daily routine is a great way to improve happiness.
- 4) Find purpose and meaning: Having a sense of purpose or meaning in life is critical to overall happiness. Whether it's through your work, hobbies, or relationships, it is essential to find something that gives you a sense of fulfillment and direction. This sense of purpose can help you stay motivated and focused in life.
- 5) Practice mindfulness: Mindfulness is the practice of paying attention to the present moment and being aware of your thoughts and feelings. This practice can help reduce stress, increase focus, and promote overall well-being. There are many mindfulness techniques that you can use, including meditation, deep breathing, and yoga, among others.
- 6) Help others: Engaging in acts of kindness and volunteering can bring great happiness and fulfillment. When we give to others, it can boost our self-esteem, reduce stress, and bring joy to both ourselves and those we help. Whether it's volunteering at a local charity, helping a friend in need, or simply doing something nice for someone, helping others is a great way to cultivate happiness.

In conclusion, happiness is a state of mind that can be achieved through intentional effort and self-awareness. By incorporating these six habits into your life, you can cultivate a sense of happiness and well-being that will improve the quality of your life. Remember to be patient with yourself and to focus on the positive aspects of your life, and you'll be well on your way to a happier life.

ANSWER KEY

1. happiness
2. all the good things in their life
3. They can provide you with a sense of belonging.
4. It reduces stress levels
5. thinking about the present
6. We will be happy, and so will others