

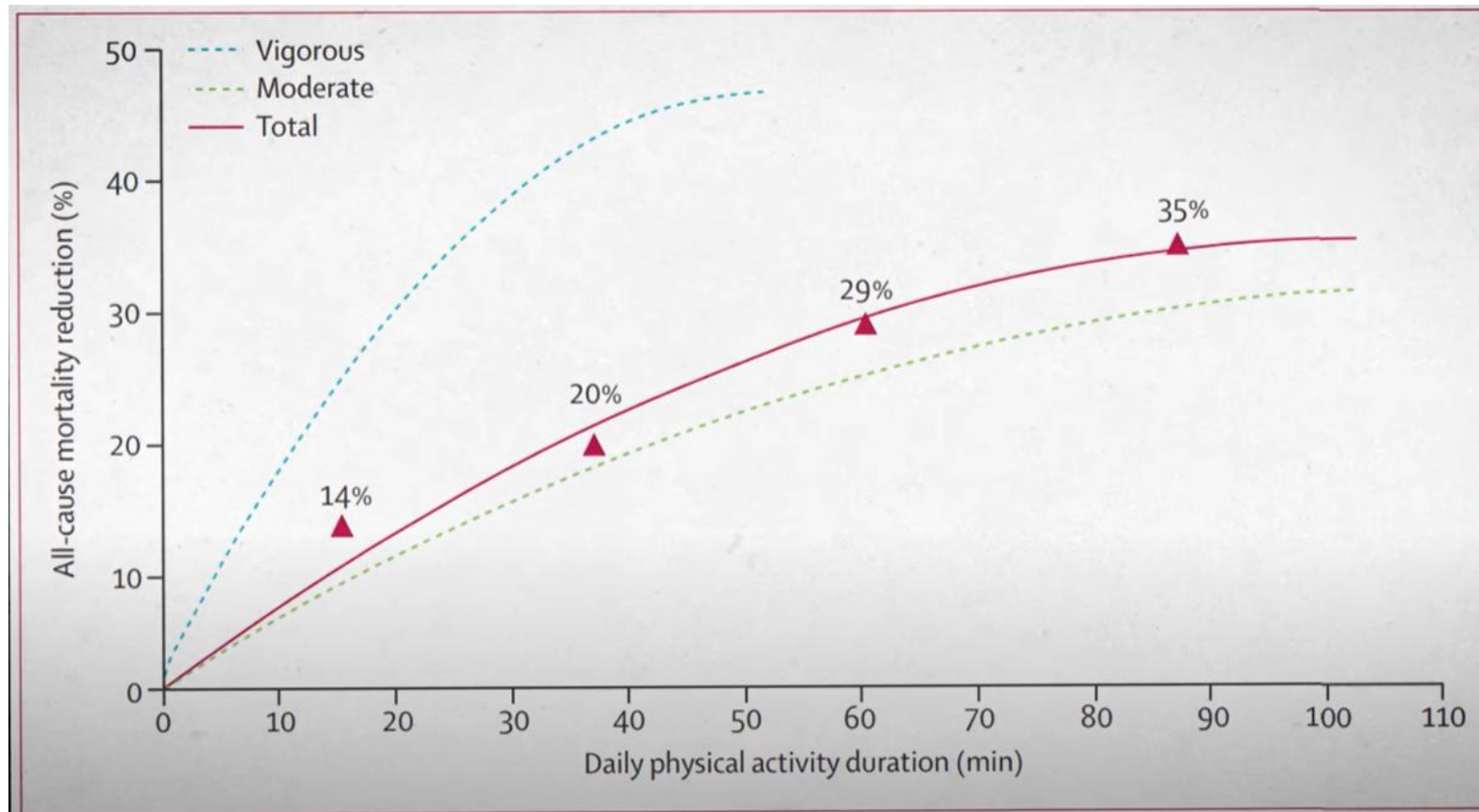


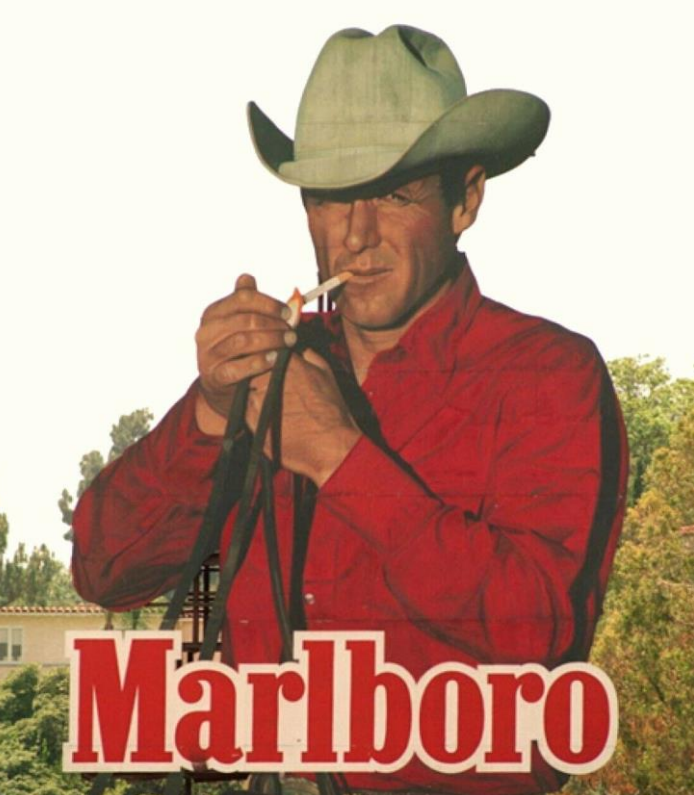
HAPPINESS

NAME 5
THINGS
THAT
MAKE YOU
HAPPY

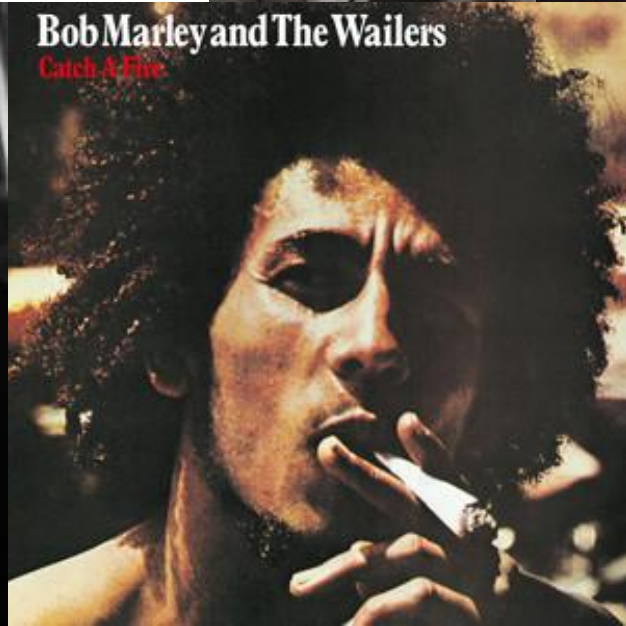


EXERCISE = NOT DEAD

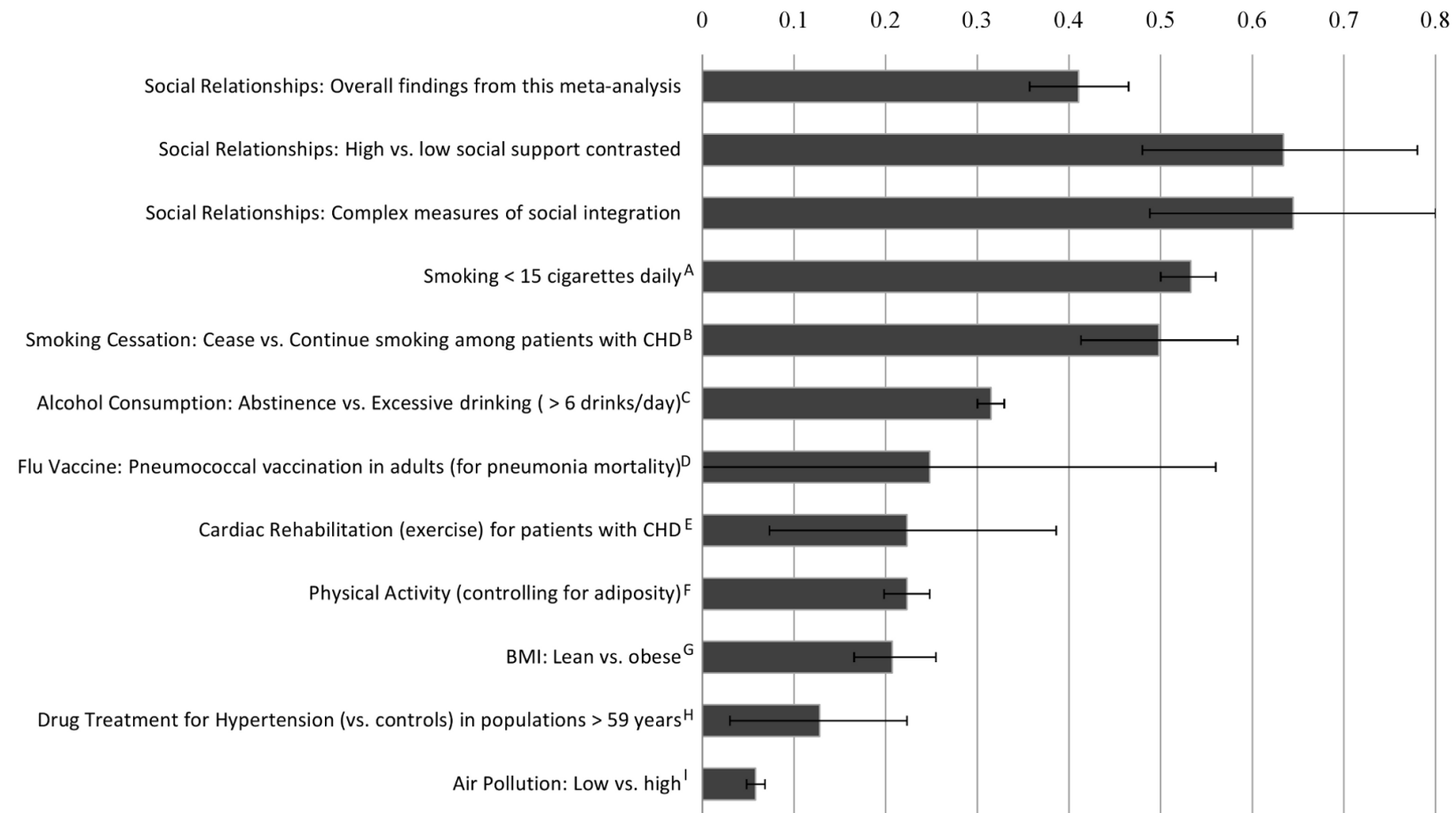




SMOKING



LONELINESS = 15 CIGARETTES A DAY



- Across 148 studies (308,849 participants), the random effects weighted average effect size was OR=1.50 (95% CI 1.42 to 1.59), indicating a 50% increased likelihood of survival for participants with stronger social relationships. This finding remained consistent across age, sex, initial health status, cause of death, and follow-up period. Significant differences were found across the type of social measurement evaluated ($p<0.001$); the association was strongest for complex measures of social integration (OR= 1.91; 95% CI 1.63 to 2.23) and lowest for binary indicators of residential status (living alone versus with others) (OR= 1.19; 95% CI 0.99 to 1.44).

STRONG

SECURE

HEALTHY

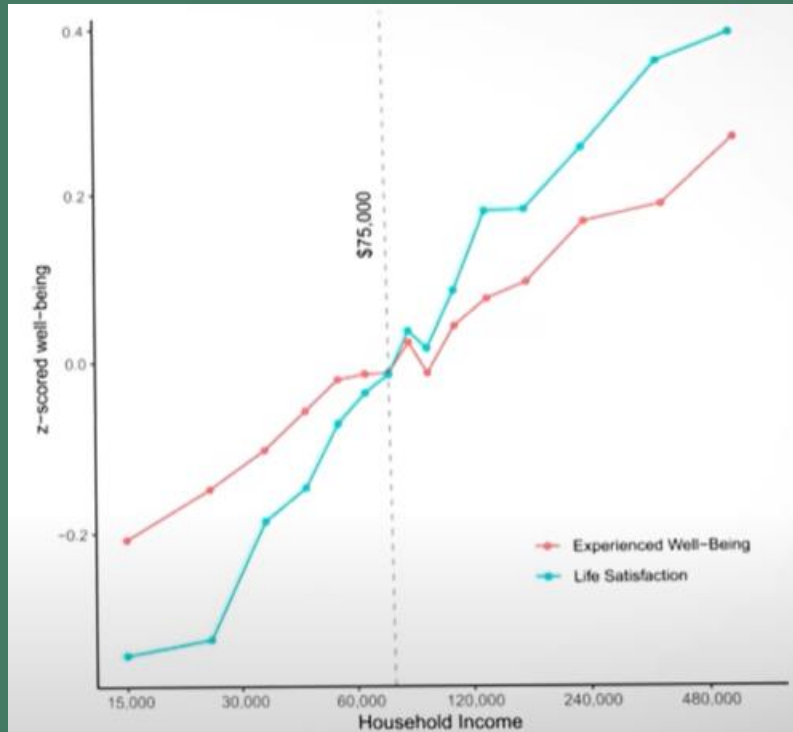
RELATIONSHIPS

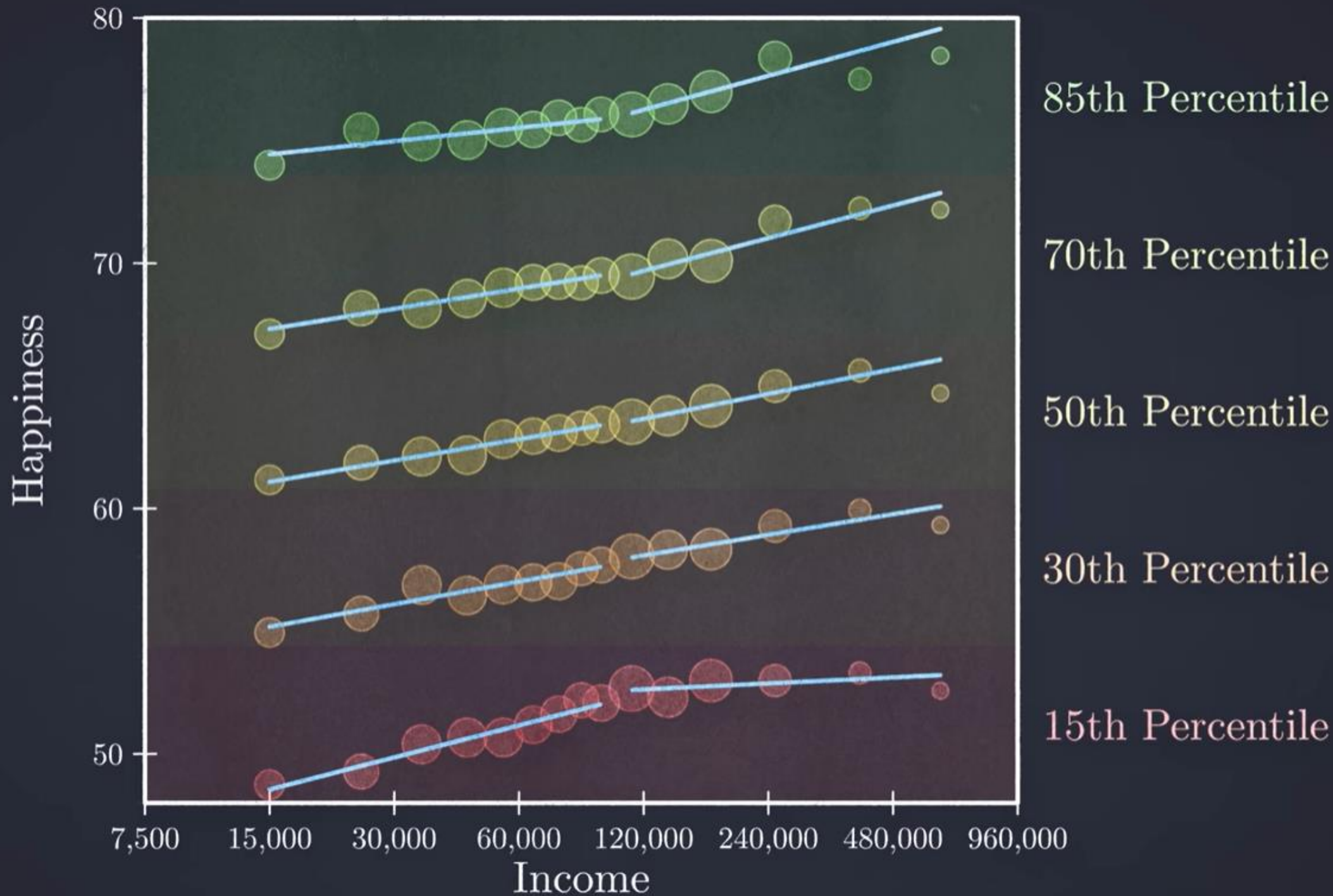




“we infer that beyond \$75,000/y there is no improvement whatever in any of the three measures of emotional well-being”

YES THERE IS





WHATS IMPORTANT IN THE END?

