



You're most likely to be happy if...

Three reasons why you get happy...



YOU HAVE A SISTER

People with at least one female sibling reported better social support, more optimism, and greater coping abilities, according to the British Psychological Society. Sisters appear to encourage cohesion in families.

YOU WERE A SMILEY STUDENT

Adults who had the biggest grins in their college yearbook pictures were up to five times less likely to be divorced decades later than those who looked less happy, according to a new DePauw University study. A smiling person's positivity may rub off on a spouse.

YOU'RE NOT GLUED TO TV

The happiest people spend 30% less time watching TV, preferring to socialise, read or attend religious services-habits linked to better moods and health.

- *D Kosecki*