

FACTS & FIGURES

WHY WELLBEING MATTERS

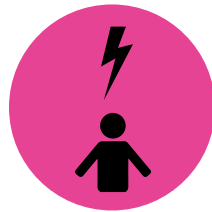
STUDIES SHOW THAT HAPPY PEOPLE



are civically engaged (1)



are 12% more productive than unhappy people(2)



have lower risk to become depressed (3)



are more likely to be politically involved and vote (4)



Happier people are **35% less likely to die** in the next five years than unhappy people(5)



People experiencing positive emotions are **less likely to develop a cold**(6)



For people with positive feelings, **the risk of heart disease is 22% lower**(7)

POSITIVE OUTCOMES OF WELLBEING



Enjoyment of life is associated with lower risk of impairment(8)



Happy people invest more time in volunteer service(9)



Happiness buffers stress response(10)



Happy youngsters show healthier behaviors like eating fruit, non-smoking(11)



Happy and satisfied people are 1.5 times less likely to have long-term health conditions than unsatisfied people (12)

SIGN UP FOR OUR BLENDED COURSE TODAY!