

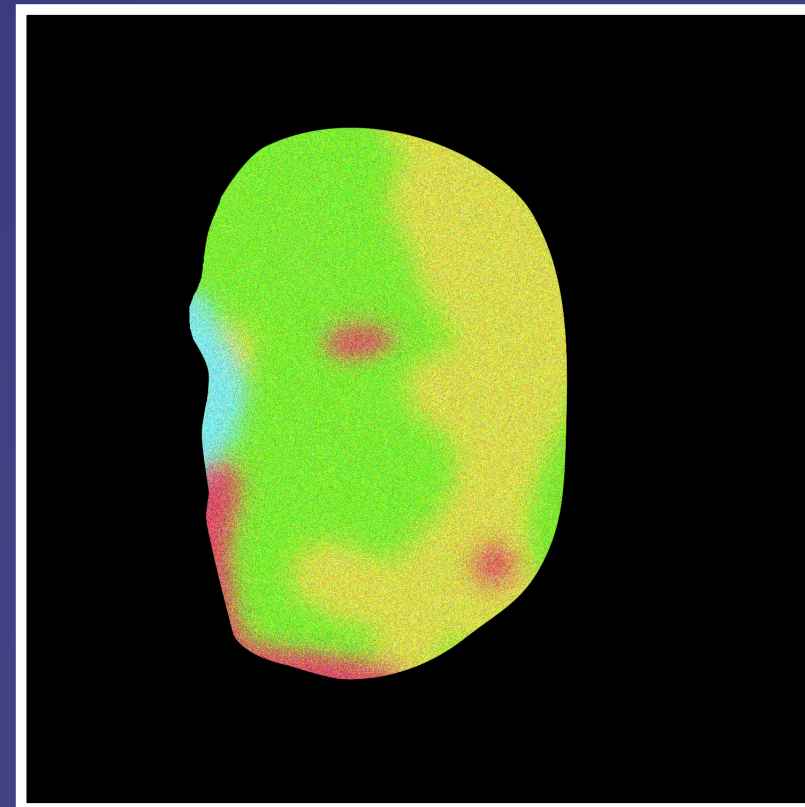
# HAPPINESS vs UNHAPPINESS





# HAPPINESS VS. UNHAPPINESS IN THE BRAIN

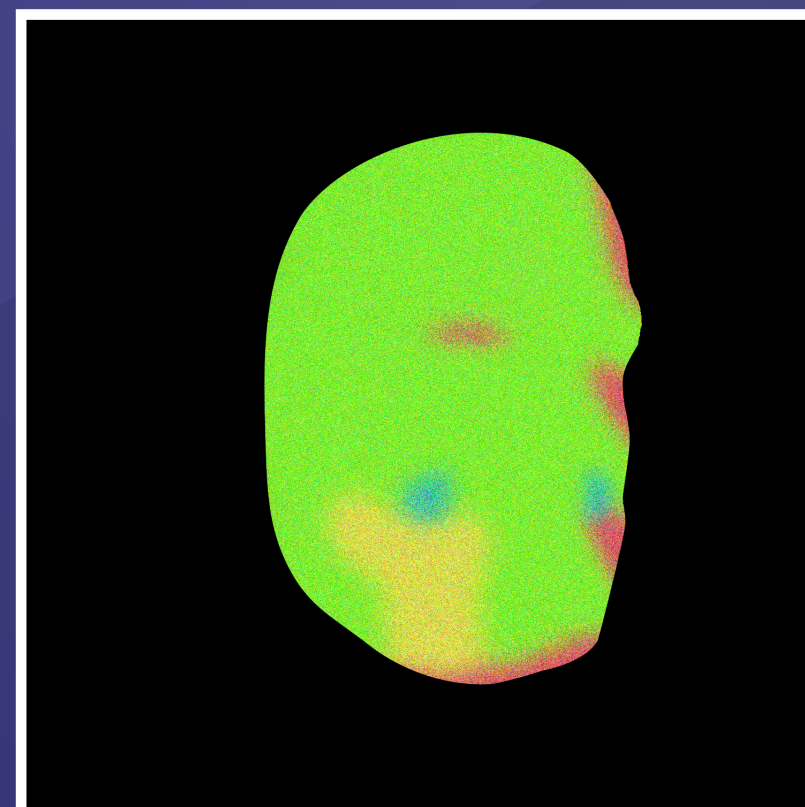
Left Face



- Happiness and unhappiness function on opposite hemispheres of the brain; which side depends on the person

- For most people, unhappiness involves more activity in the right frontal cortex and happiness involves more activity in the left frontal cortex

Right Face



- This asymmetry is even detected as lopsided facial movement



# THE EYES TELL THE STORY

## Face Conditions



Neutral

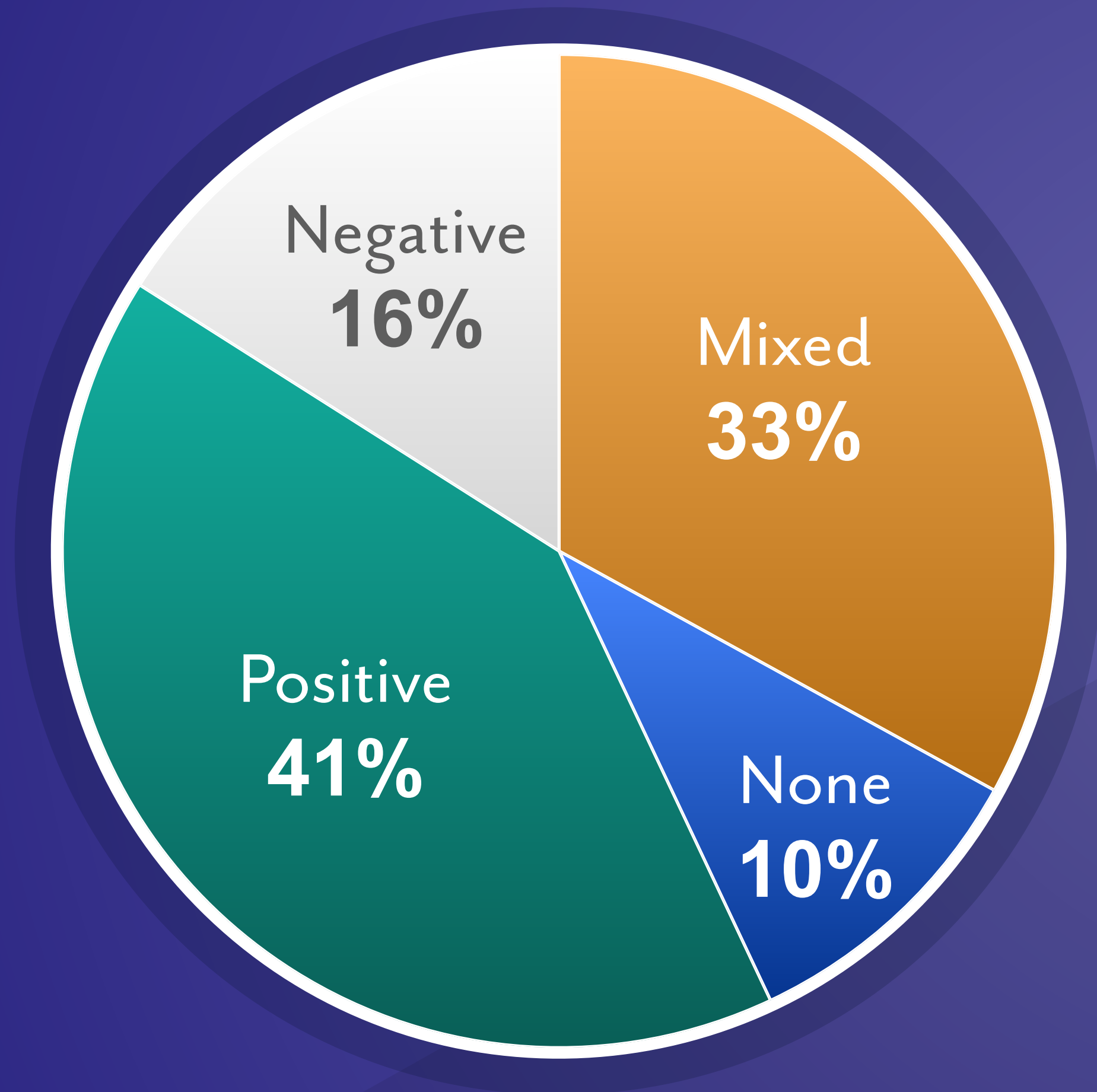


Non-Duchenne Smile



Duchenne Smile

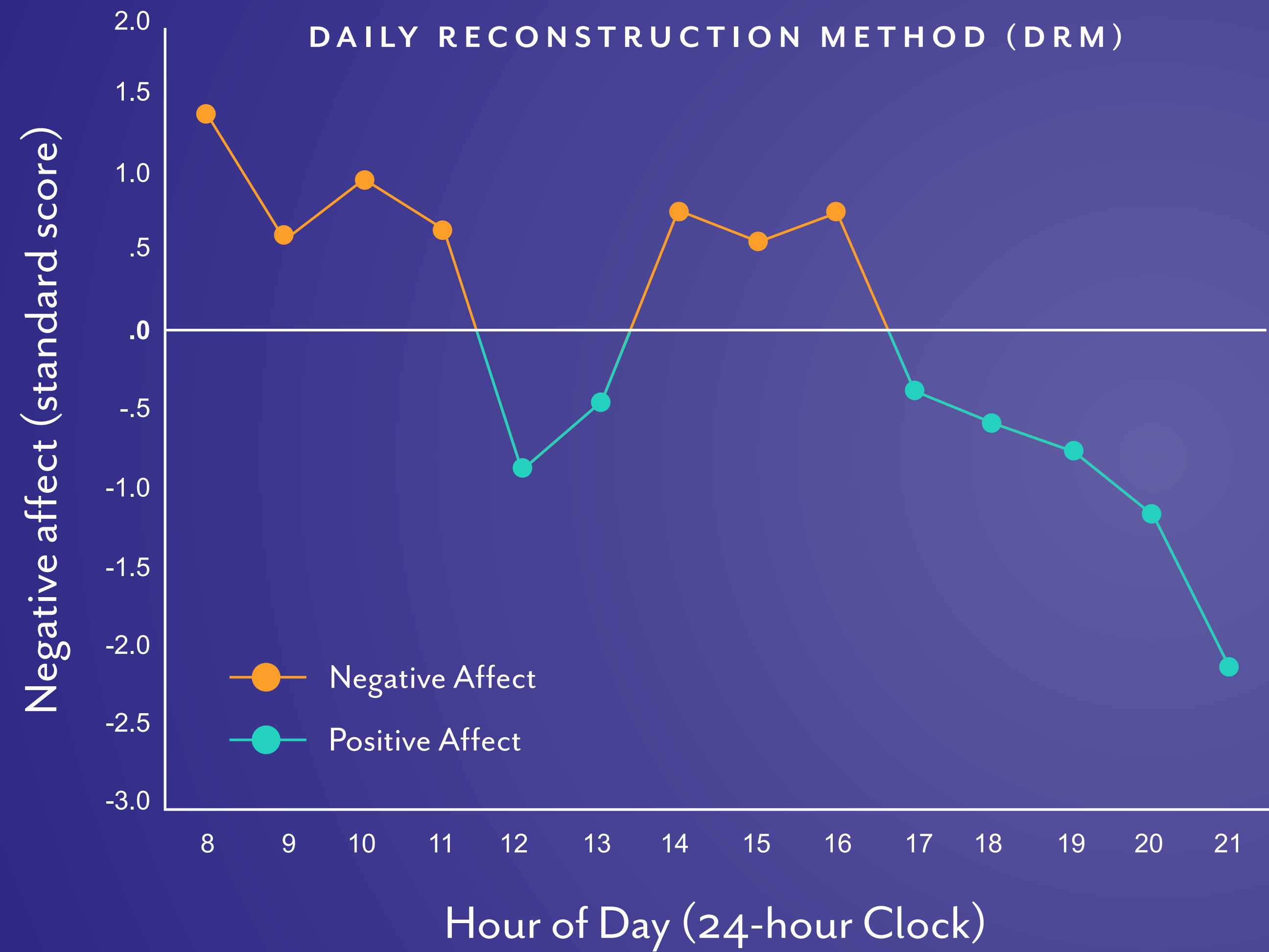
## MIXED FEELINGS



- Old theory: Emotions are on a continuum
- Today we know they are separable
- People experience them in sequence, or simultaneously
- Mixed emotions are the most taxing for mood



Positive and negative affect (feelings) in overall daily activity

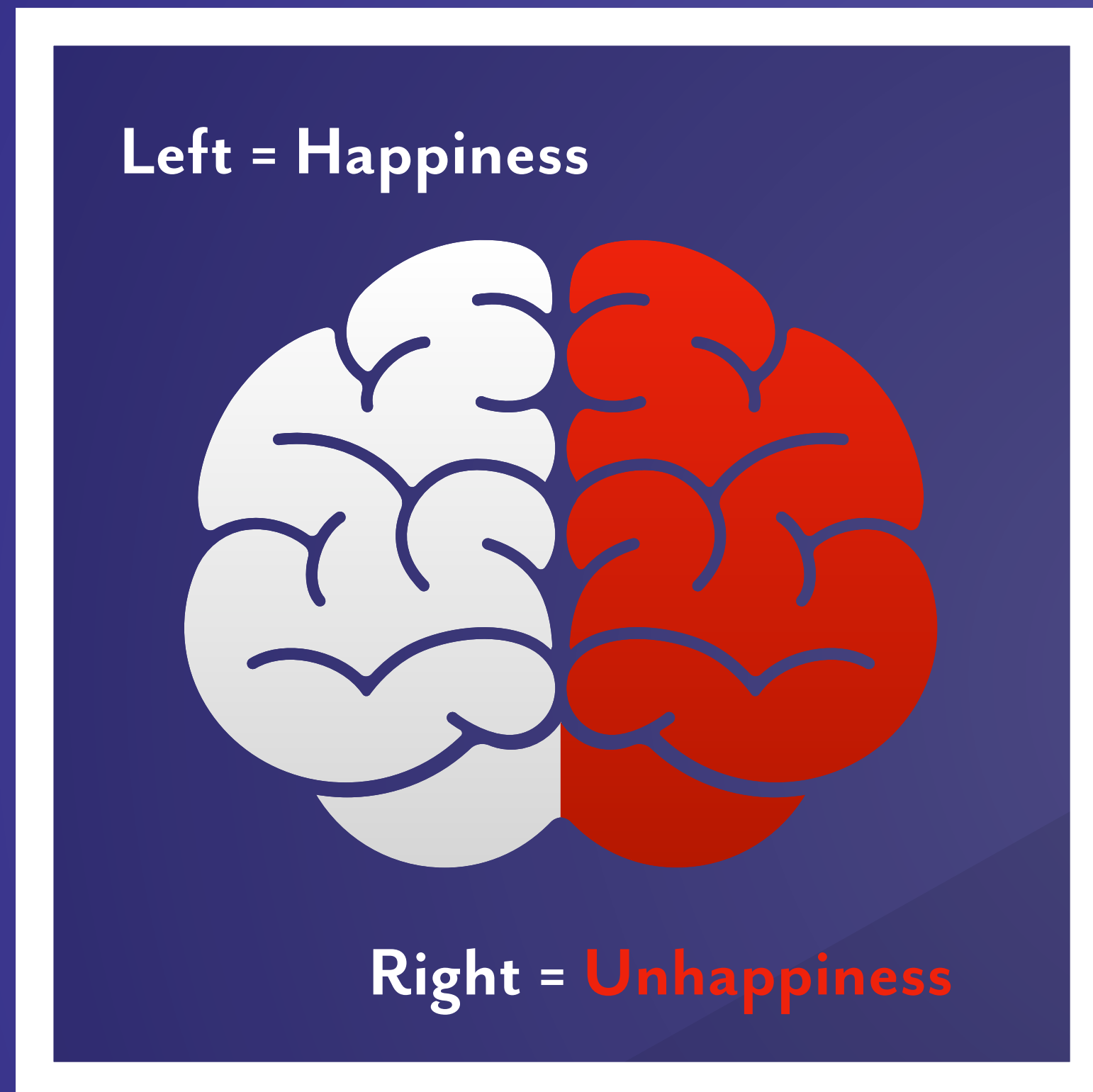


Positive and negative affect (feelings) in specific daily activities

Activities	Positive	Negative
Intimate relations	5.10	0.36
Socializing	4.59	0.57
Relaxing	4.42	0.51
Pray/worship/meditate	4.35	0.59
Eating	4.34	0.59
Exercising	4.31	0.50
Watching TV	4.19	0.58
Shopping	3.95	0.74
Preparing food	3.93	0.69
On the phone	3.92	0.85
Care of my children	3.86	0.91
Computer/email/internet	3.81	0.80
Housework	3.73	0.77
Working	3.62	0.97
Commuting	3.45	0.89

Activities	Positive	Negative
Friends	4.36	0.67
Relatives	4.17	0.80
Spouse/FO	4.11	0.79
Children	4.04	0.75
Clients/customers	3.79	0.95
Co-workers	3.76	0.92
Boss	3.52	1.09
Alone	3.41	0.69

## SOURCES OF UNHAPPINESS



- Mental illness & mood disorders
- Blockages of the sources of happiness
- Daily aggravations

Ask: Is my issue a lack of happiness, or an excess of unhappiness? Am I addressing the right problem?

# MENTAL HEALTH AND UNHAPPINESS

How much do life characteristics affect misery

	Britain	Germany	Australia
Mental health problems	0.46*	0.26*	0.28*
Physical health problems	0.08*	0.16*	0.08*
Log income per head	-0.05*	-0.12*	-0.04*
Unemployed	0.02*	0.04*	0.05*
Age	-0.10*	-0.07*	-0.13*
Married	-0.11*	-0.06*	-0.10*
Female	-0.04*	-0.04*	-0.04*
<hr/>			
Time, region dummies	✓	✓	✓
N	71,769	76,409	73,813

\*p<0.01