Figure 7 The drivers of happiness.

Health

Health is the best predictor of happiness. The best example of this is that. S study showed "health predicts higher happiness by 1.72 points, "which is more than 4 times the difference of being unemployed or employed. Physical health impacts mental health and vice versa. Happiness drives health as health also drives happiness. Another aspect of health would be stress, and the accumulation of chronic stress could lead to "dysregulation of the hypothalamic-pituitary axis." As such this deregulation could lead to illness, which then impact physical health, which is interconnected to mental health, aka happiness.

Demographics

Demographics reflect how culture and society interact with people's particular characteristics. It provides historical context for how personal and collective aspects of people are associated with a disparity of well-being between different ethnicities, genders and age groups. Through consideration investigation, analysis and appreciation, we can improve inequalities in happiness through demographic factors.

Relationships

Relationships impact happiness through social support and ties to partners, family, friends, etc. Stronger relationships benefit mental and physical health by giving support during stressful situations and giving a sense of community. Marriage can be an example of this as there s a sustained link to more happiness with intimate relationships rather than cohabitating couples and single individuals. Stable relationships from

marriage create a sense of satisfaction from feeling loved and sharing experiences.

Resources

- Resources = all amenities that are (should be) available to satisfy needs.
- Types? Human/social services, neighborhood support, neighborhood compensation, absence of negative situational factors, natural environment.
- Happiness partly depends on person's context of essential needs (impoverished has negative implications).
- Resources embedded in government policy and economic patterns.

Economics

- Economics impacts mental well-being by improving evaluative happiness. However, money does not necessarily create happiness, it provides sense of security to meet fundamental needs.
- There is a stronger associate between money/happiness the further down you go in the financial scale, because situations of poverty involve more stressors and mental disorders
- Employment is associated with happiness because it generates income and allows people to find meaning and engagement in their lives.
- It also helps social connections in support, generating happiness

Equality

As absolute wealth increases so do expectation of a good life because of comparison with our surroundings which in the case of inequality counteracts happiness one might receive from a rise in absolute wealth. The more unequal a place, the bigger the gap between the rich and poor and the worse it does on most metrics like health, education and crime. Wealthy people can isolate themselves, but they live in the same cities as those worse off, so inequality effects everyone.

Governance

Governance shapes people's lives in terms of their freedom and ability to make choices throughout society. As individuals, we are dependent on social regulations, norms and structure. This also encompasses economic freedom as well as political freedoms and civil rights.

Culture

- Intersubjective; dynamic of a group of people relating to shared values, ideals, traditions and practices.
- Microsystems (families) up to macrosystems (regions)
- Language shapes people's perceptions of happiness
- Religion and spirituality often help drive happiness
- Environmental/social factors affect people differently from culture to culture depending on values and priorities.