

How to Be Happier by Richard Layard – intermediate level

(Lord) Richard Layard is a British economist specialised in labour and work. He is also an expert on mental health and **well-being**, and how government policy can help promote these, especially in schools. The video begins with Layard saying that during the day, people are most unhappy when there are with their boss.

Key points/"Cheat Sheet" by ChatGPT based on Youtube transcript of the video. Words in bold are in the crossword

Main Idea:

We are richer but more stressed. We need new goals to be happier.

Problems Today:

- We focus too much on personal **success** and **competition**.
- This causes **stress** and political fights.

What Really Makes Us Happy:

1/ Good mental health; 2/ Good job conditions; 3/ Having a **partner**; 4/ Good physical health; 5/ Money is less important than people think.

New Goals for Happiness:

- Try to help others, not just beat others.
- Schools should teach **life** skills and check children's **happiness**.
- Managers should care about their workers' happiness.
- Governments should focus on **mental health**, family **support**, old people's care, and **climate** change.

Good News:

- Crime is going down in many countries.
- Women leaders (New Zealand, Scotland, Iceland) focus more on happiness.
- In Britain, mental health care is improving.

Hope for the Future: We are starting to build a kinder and happier society.

The crossword is available on line here:

<https://crosswordlabs.com/view/keywords-for-happiness>

The crossword: use words in bold above as answers.

Across

- 4.Help and care given to people in need
6.(two words, 6 and 6 letters) How well your mind feels and works
7.Achieving a personal goal or winning something
9.(two words with a hyphen, 3 and 5 letters) The state of being healthy and happy
10.skills Important abilities to live a better life

Down

1. Feeling of being joyful and content
2. Trying to be better than others
3. A person you share your life with
5. Mental pressure or worry from difficult situations
8. change Big changes in the Earth's weather over time

