

National Institute of Open Schooling
Secondary
Lesson 17 – Happiness and Well-being
Worksheet-17

1. “A very rich person may be unhappy and a poor person may be happy”. Comment on the given statement.
2. In current times, every individual is dealing with stress. Stress has become a part of our life and it has become the cause of many health disorders. Keeping this in mind, suggest at least 8 measures that can help people in maintaining a healthy lifestyle.
3. As human beings we all have experienced happiness some or the other time. Using any one of your experiences where you felt the emotion of happiness and explain the factors that helped you in identifying the emotion as happiness.
4. Interview two people, one in the age group of 14-30 and another person of age 60 years and above. Prepare a report, comparing their views on the desires and needs of life and contentment (Santosh).
5. Various scientists, sports persons, activists have shown resilience even in the most difficult times. Enlist the strengths that help these people in moving towards their goals.
6. Identify any two individuals who, in your opinion, are self-actualized. List their characteristics and compare them with the nine characteristics of self-actualized people. (Refer to Page no. 51)
7. Emotions are like a continuum. We go through positive and negative emotions in life. But positive emotions are desired more and more by us. Explain why we desire positive emotions. Support your answer with suitable reasons.
8. Observe any one person (with their consent) for about fifteen days and analyse their characteristics in comparison to the characteristics of a happy person. Suggest them some ways through which they can attain more happiness and well-being.
9. List some ways to promote the growth of positive emotions. Maintain a gratitude journal/notebook for 31 days. Prepare a report explaining your experience.