Covid took a toll on all of us, preventing large parts of what constitutes human freedom, from travelling to being able to physically meet friends and family.(Zusammenhang herstellen)(Warum ist happiness wichtig) We want to know how the stringency affected happiness during the Covid pandemic. Specifically, we aim to understand if more stringent measures decreased our happiness on a societal level or not. Our aim is to generate insights to support policy makers with data-driven information to make informed decisions in future pandemics - to understand how to strike the right balance between virus containment and societal well-being.