Svea:

Contrary to our initial assumption, stringency did not affect happiness. Despite the challenges faced during these COVID times, people have found ways to adapt and stay happy. Some people may even have felt more content with their lives as a result of the pandemic. Possible factors could have been more family time, opportunities to learn new skills, or a greater appreciation for little things.

So what can we take away from these insights?

First of all, it is important that our happiness does not solely depend on external circumstances, but comes from within.

Second, common adversity could serve as a reminder to focus on what really matters in life - relationships, health, purpose.

In summary, the Covid pandemic has shown that we are resilient and able to find joy even in difficult circumstances.

Let's take this lesson to heart and focus on how to foster happiness within ourselves.