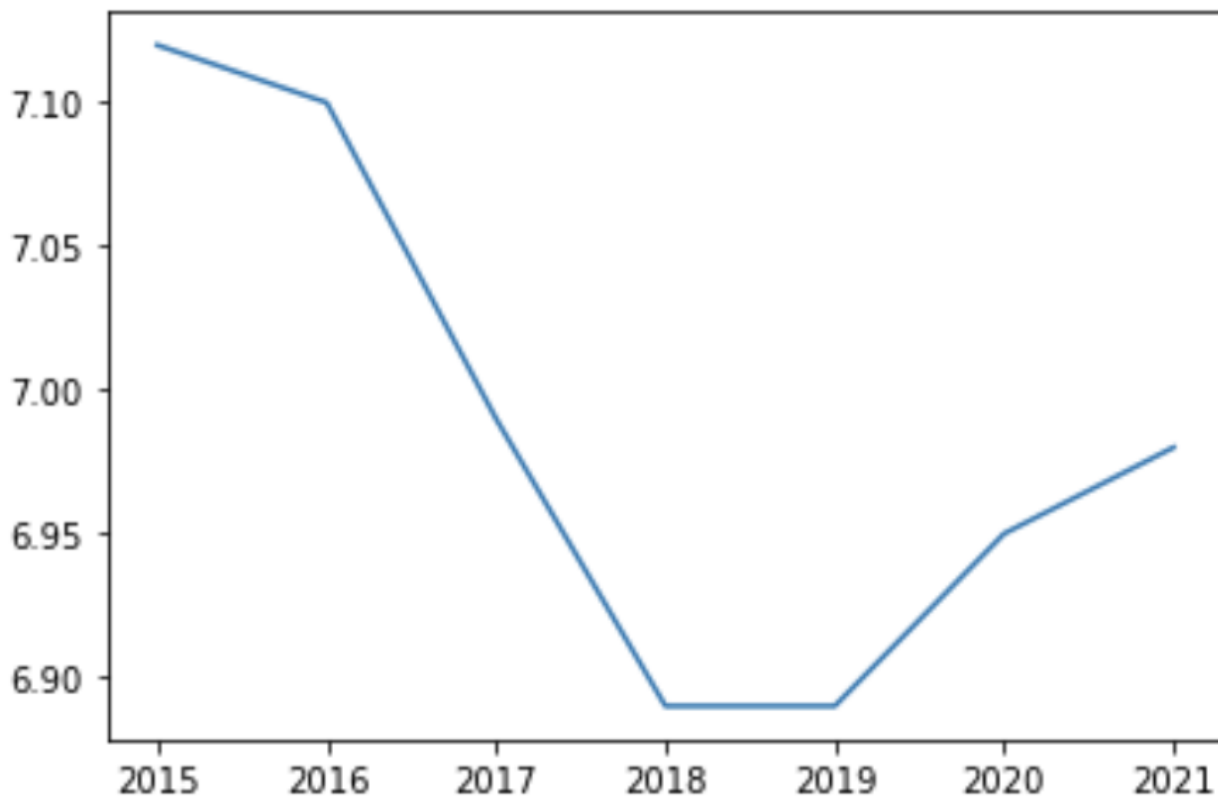# How to be happier

By Tianye Song

People are getting less happier according to the happy index from 2015 to 2021 in the US
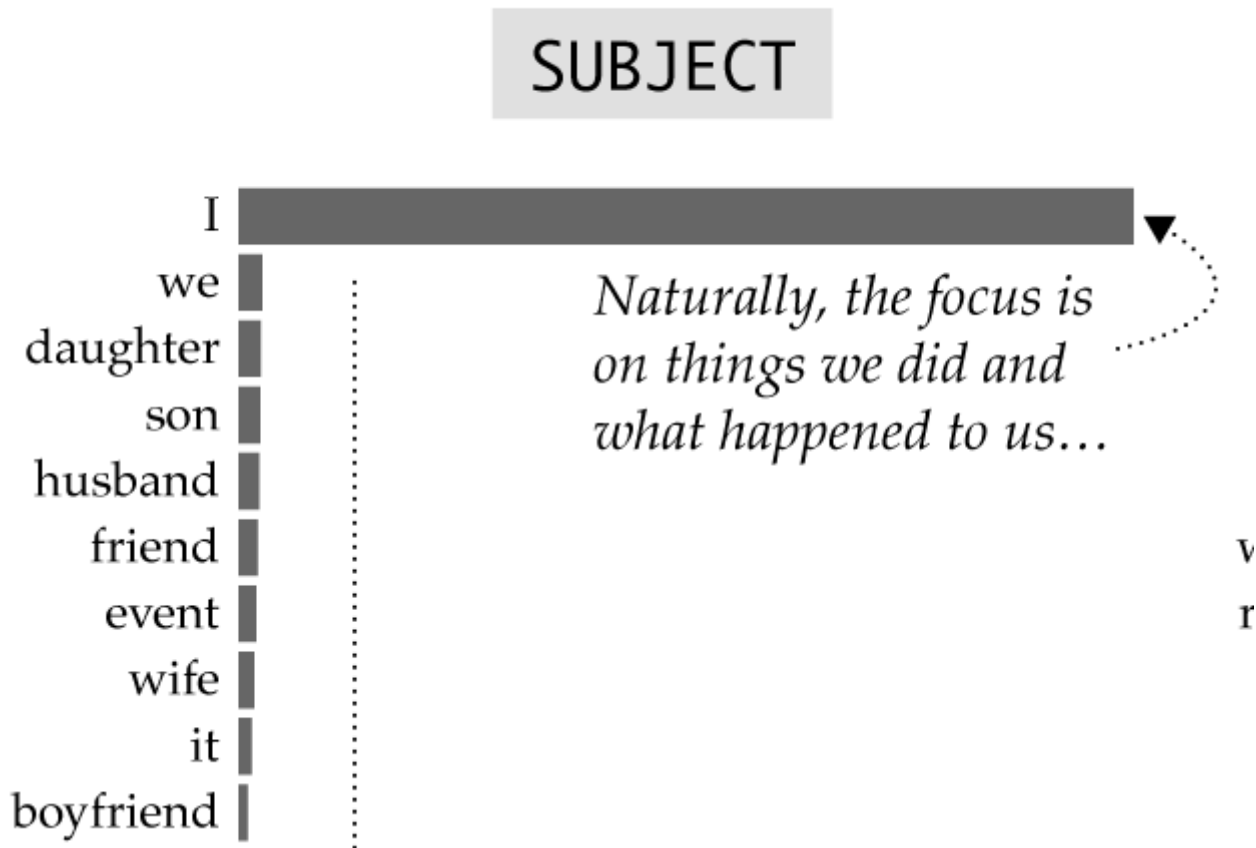

What made you happy in the past 24 hours?

Researchers have asked 10,000 people this question. More specifically, the collaboration between the University of Tokyo, MIT, and Recruit Institute of Technology asked participants on Mechanical Turk to list 10 happy moments. This generated a corpus of 100,000 happy moments called HappyDB.

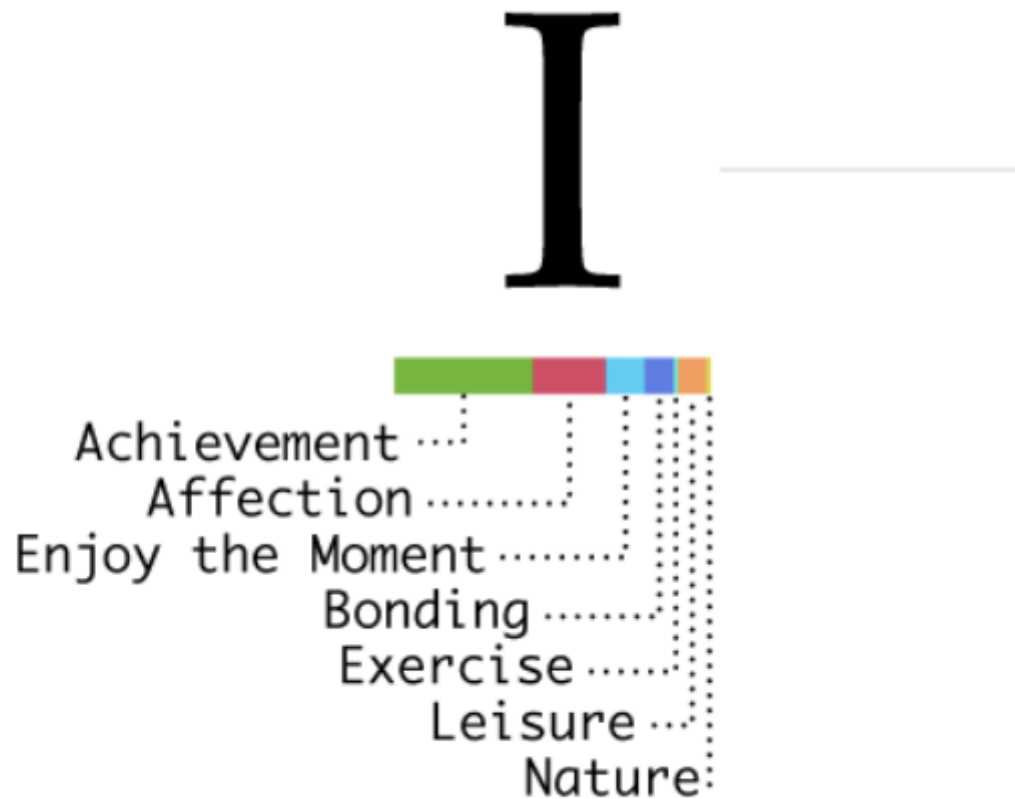The happy moments falls in to categories in a proportion like this
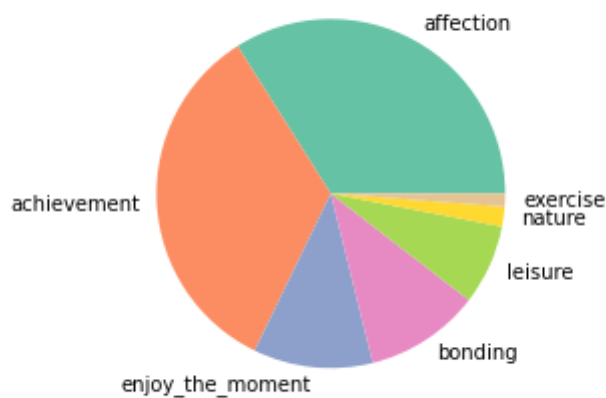
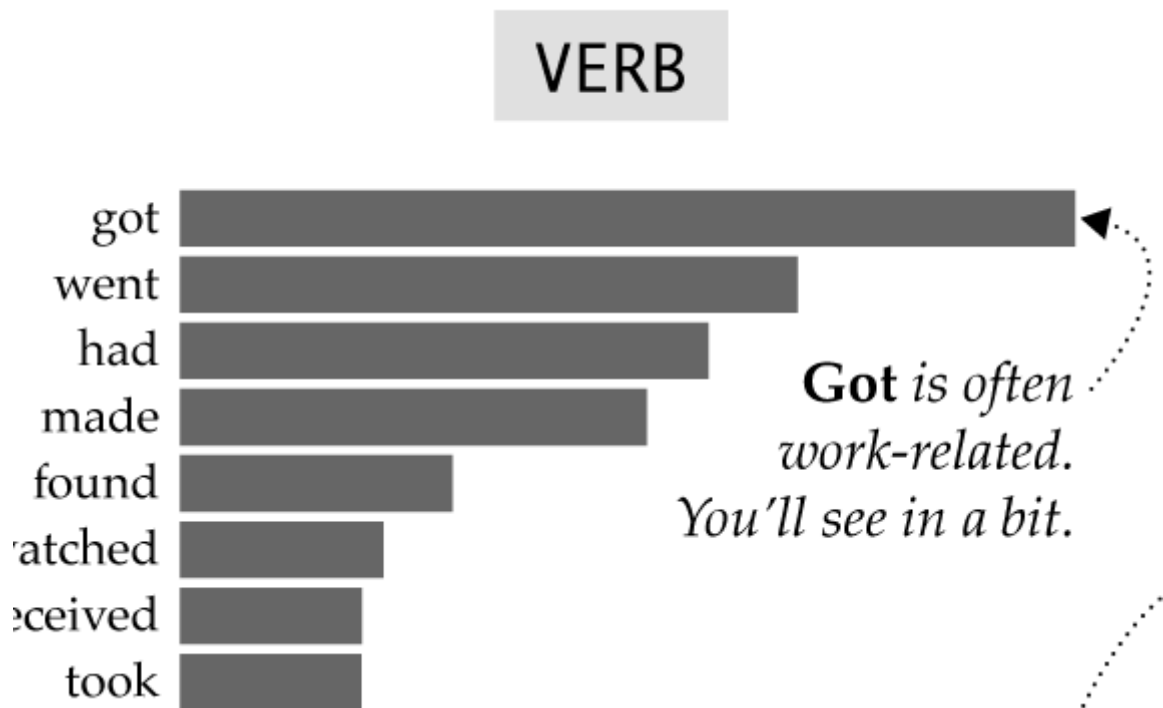By analysis of the corpus, we could find the what is the secret of being happy.

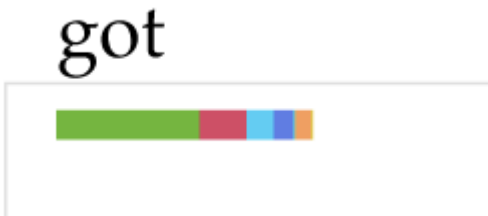The most common used subjects in sentence

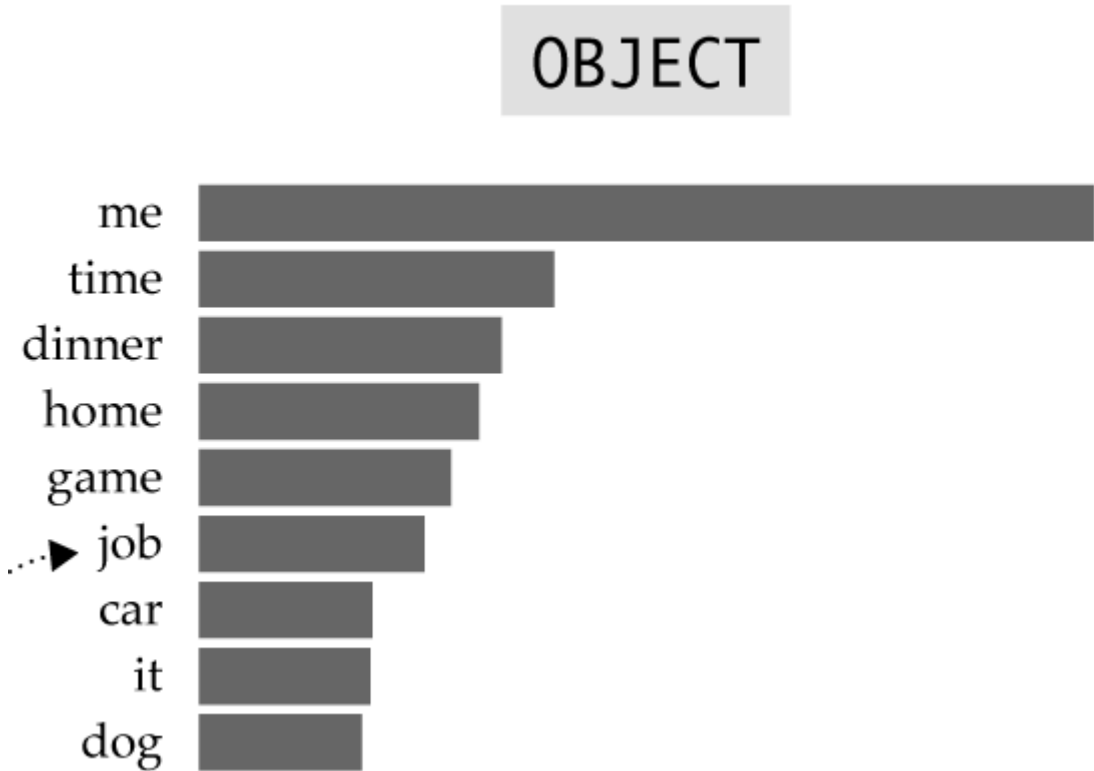The most common types of happy moments for different subjects.

I

Achievement ····
Affection ·········
Enjoy the Moment ········
Bonding ·······
Exercise ······
Leisure ···
Nature

The most common used verbs in sentence

VERB

got
went
had
made
found
atched
eceived
took

Got *is often*
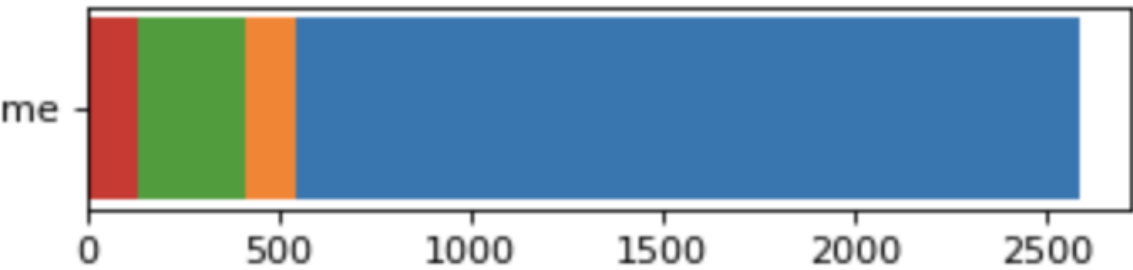*work-related.*
You'll see in a bit.

The most common types of happy moments for different verbs

The most common used objects in sentence of people's happy moments

The most common types of happy moments for different objects

We could see that happiness moments lie in small things in life. Something simple could cheer you up!

Reference:

https://github.com/megagonlabs/HappyDB

https://www.theglobaleconomy.com/rankings/happiness/North-America/